



# News & Views

A Newsletter for Families at the University of Victoria



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**UVIC Family Centre**  
**39208-2375 Lam Circle**  
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:

[web.uvic.ca/family-centre](http://web.uvic.ca/family-centre)

**DIRECTOR**

ELIZABETH QUONG

**STAFF**

DANA SIBLEY  
MIKI McMECHAN

**FACULTY  
COORDINATOR**

LAURENE SHEILDS

**NEWSLETTER**

EMMA CHALIFOUR

## Family Centre Hours

**Tuesdays**  
**9am-5pm**

Playgroup  
10:00am-12noon

**Wednesdays**  
**10am-2pm**

Playgroup  
10:00am-12noon

**Thursdays**  
**10am-3pm**

After School Club  
10:30am-12noon  
Culture Club  
1pm-3pm

**Fridays**  
**10am-12noon**

Playgroup  
10am-12noon

## Connecting Through Stories

When your children ask for a story do you head for the bookshelf, or look for a DVD you can play? If you do, you're missing a golden opportunity to do some easy connecting and coaching. You've got everything you need without moving an inch. Take a moment to think and remember, then sit down and tell them a family tale. It might seem awkward at first, but soon you'll realize you've developed a useful parenting tool that's fun for all.

Telling a family story involves choosing a memory and giving it some life. Tell them about themselves: where their names come from; the day they were born; the first time their grandparents saw them. Talk about yourself and your own memories, the way you and your partner met, the best gift you ever received, the time you were most scared when you were little. Look back to your family's roots: try to remember stories about when your own parents' were growing up; if your family comes from elsewhere, tell your children stories about that place. Get inspired from the things around you: tell them how that vase on the shelf came into your collection; talk about the holiday you went on when you bought that souvenir spoon. Tell a story about the season.

Storytelling can happen anywhere you and your children are together. You can be sorting laundry, driving to the grocery store, walking to the bus stop...or cuddling together in a darkened bedroom at the end of the day. Remember that storytelling is two-way communication. Expect children to jump in to ask a question or correct a detail. You can tailor your story just to suit them. The story starts when they are ready and wraps up when they become restless. Learn to use gestures and tone to enhance your story. With practice you'll be able to pitch and pace your voice and use movement to captivate your young listeners.

Play to your audience, you'll soon learn what kind of story your children enjoy. When they're very young, children like to hear the same story over and over again. Older children go for actions, surprises and drama. Teenagers like personal experience stories, especially ones about times you were embarrassed or anxious.

Story time builds family connections. You and your children share a fun, creative experience. At the same time your children are learning more about your life, your reactions and your roots. Children learn to concentrate and become active listeners. You stretch your children's imaginations with the word pictures you draw. When you tell stories that involve dealing with difficult emotions, you can give children relief from their own strong feelings. Sometimes you can use stories to provide children with guidance without lecturing. If a child is facing a tough situation, you can tell a story where the main character is dealing with a similar problem. You can stop at one point and ask, "What do you think this person should do?"

Once you get started, you'll catch the bug and start saving up stories for quiet moments together. Go ahead, tell a few tales!

*Canadian Association of Family Resource Programs [www.parentsmatter.ca](http://www.parentsmatter.ca)  
(Adapted from a piece written by Jane Waterston 1997)*



维多利亚大学家庭中心是为所有住校和非住校的学生家庭服务的。这里为0岁至15岁的小孩提供一些便利的活动（请参考每月简报上的日程表），同时也提供可以外借的图书与玩具，衣物交换，和一些家长们可以参加的活动。这是一个方便学生家庭交流，学习，娱乐的好去处，我们真诚期待您随时踊跃参与。

## The Camping Experience...

Emma Chalifour



I have many unforgettable memories of camping trips with friends and family. My earliest took place while camping in the New Forest in England (it is actually the oldest forest in England, I am not sure where the name came from, but that's another article!). The New Forest is unique in that it is home to wild ponies. I awoke one morning to find one of these wild ponies trying to nudge its way into our tent. As a teenager my friends and I decided to do our first overnight campout without parents. Unfortunately we forgot the inner tent, which, when added to the torrential rainfall, turned the inside of our tent into a river. We took refuge in a nearby phone box and called our parents to come and rescue us. This did not deter me from backpacking through Europe as a university student. When I moved to Vancouver Island I was fortunate to have friends who quickly introduced me to camping the Island way. I learnt which berries to eat and which to leave alone, they made me aware of bears and cougars (wild ponies is as 'wild' as it gets in England!) and I experienced the wonder of watching pods of Orca's swim at sunset. We plan on doing some camping again this summer. How about you?

Perhaps you would love to try some camping but are not sure how to go about it? Or, you new to the area and would like to learn how to camp on Vancouver Island? If so, Saanich Recreation has a great opportunity for you. They are running two ABC Family Camping weekends this summer in Mount Doug Park, July 18th-19th and August 15th-16th. Register your family or group of friends for only \$25 and they will provide the necessary camping and cooking equipment and even most of your food. The camping trip also includes scavenger hunts, beach exploration, campfire and singing! For more information email [gaileen.flaman@saanich.ca](mailto:gaileen.flaman@saanich.ca) or call 250-475-5407.

If you are looking for a little more adventure you might want to try the Juan De Fuca Trail (or just a little of it!). Unlike the West Coast Trail, there is no need to register but you will still get to experience the wild side of Vancouver Island. You will need solid hiking boots and probably a good waterproof jacket! The trail starts at China Beach and follows the coastline all the way to Botanical Beach. If you are interested go to [www.juandefucamarinetrail.com](http://www.juandefucamarinetrail.com) or phone 250-387-6121 for help planning your trip.

With two young children we tend to opt for something a little less challenging these days. The provincial site at China Beach is our current favourite. It is just over an hour drive out of Victoria, clean and family-friendly. It gives our children the opportunity to explore the wilderness, but we can drive into the campground which I suspect will be a must until they can carry their own food! Another favourite is Rath Trevor Beach, Parksville. Again, not too far from Victoria, family friendly and this site even has flush toilets! This is a very popular site with families as it is only a few minutes from a vast, sandy beach. I would recommend that you make a reservation for this site. A complete listing of provincial sites and reservation guidelines can be found at [www.discovercamping.ca](http://www.discovercamping.ca).

Whether you opt for the ABC of Camping, brave the Juan de Fuca trail or opt for something inbetween, I hope that you have a wonderful camping trip. Maybe share your experience by writing in to [fcnews@uvic.ca](mailto:fcnews@uvic.ca).

Contributions for the newsletter can be emailed to [fcnews@uvic.ca](mailto:fcnews@uvic.ca)

Recipes; book reviews; parenting tips; reflections ... all gratefully received!



## Coming or going?

Summer is a season of change for families in and around UVic. If you are new to the community please drop by the Family Centre and say hello. If you are moving away please stay in touch. Emails can be sent to [familyc@uvic.ca](mailto:familyc@uvic.ca).



## Local La Leche Meetings for breastfeeding moms!

The La Leche League will be meeting on the third Thursday of July and August from 10:00 -12:00 at a local family's house. If you are interested in attending you are very welcome! Please call Kristine Mannion at 250 920-0290 or email Darlene Archibald (our local LLL leader) at [helpformum@gmail.com](mailto:helpformum@gmail.com).

## Who to call...

Housing Office	721-8395
Family Centre	472-4062
Maintenance Line	721-8650
Maintenance (Emergency)	721-8658
Health Services	721-8492
Campus Security	721-7599

## VOLUNTEER PAINTER NEEDED

The Family Centre is looking for a volunteer painter to update our outside signage including the sandwich board. We will purchase the paint if you have some spare time. Please phone or email (250)472-4062 [familyc@uvic.ca](mailto:familyc@uvic.ca)  
Many thanks!

## Summer Camps for Children

Looking for ideas of things to do over the school holidays? Pick up a copy of the Saanich Active Living Guide or the Island Parent Family Summer Guide - both available at the Family Centre. They are jam packed full of things to do over the summer holidays. Activities range from one day events to week long summer camps. If you are a Saanich resident, and have a low family income, you can apply for LIFE passes and might be eligible for 50% off program fees (call 250-475-5424 for more details).

There are '**Mini-Madness**' camps for 3-5 year olds which offer a little bit of everything—games, crafts and adventures. Camps take place at Gordon Head Recreation Centre, you can opt for mornings or afternoons. Fives sessions of three hours each costs \$79.

What about a '**Trash to Treasure**' art camp? This camp is geared towards 8-10 year olds. Children will get to take some commonly trashed items and turn them into treasures. The camp takes place August 10th-14th at Gordon Head Middle School and costs \$90.

Dancing is your thing? There's a '**Bollywood Dance Camp**' for 5-13 year olds. Experience one of the most popular dances around, a fusion of traditional and classical Indian dances with the influence of some jazz, hip-hop and modern dance. Cost is \$28 for four lessons.

Want to be a pirate? How about signing up for '**Pirate Camp**' for 5-7 year olds. Learn about legends, read old treasure maps, play outdoor pirate games and take home a special treasure.

There are also cooking camps, gardening camps, aqua camps, various arts and crafts camps to name but a few. There really is something for everyone! Pick up your guide and register now.

## A HUGE thank you to my Family Housing family!

5 weeks ago I gave birth to a gorgeous baby girl. My mom, who had come out from Ontario to help my husband and I out with our toddler and new baby, woke up the day after her birth with the flu...and so flew back home that day! Needless to say I felt a little overwhelmed! That is...until the food started arriving!! Before we knew it, whole meals were arriving at our door....not only that ~ our friends had coordinated amongst each other so they knew we weren't going without for a day! The food was sooooo good too -just what our tired, recovering family needed.

It made us feel so loved and supported, and allowed us the time to really bond as a new, larger family. Thank you so much to my family housing family (you all know who you are!) for really being there for us!



*Kristine, Steve, Connor and Maeve*

## Beach Fires

Maybe you do not want to spend a night in a tent, but would enjoy an evening sitting around a fire. You might want to indulge in the traditional cooking of hot-dogs on



sticks or making of Smores (toasted marshmallows sandwiched between Graham Crackers and chocolate). Beach fires are permitted on three beaches in Saanich - Telegraph Bay (just up from Gyro Beach), Cordova Bay

Beach and Sayward Beach. You will need to obtain a permit from the Firehall, these cost \$10. If you would like more information call 250-475-5500.

## Summer Schedule Changes at the Family Centre

Tuesday morning drop-in: during the summer Kathleen takes a well earned break, however, the Tuesday morning music and movement time will still continue. This year Miki will be leading the children.

The After School Club: this program moves to Thursday mornings from 10:30-12 noon for the summer. Dana has lots of exciting things planned to get you out and about on campus! So, check out the details on the back page and have some fun exploring UVic.

## Preschoolers in the Park

Saanich Parks runs a free program for you and your preschooler. Each Thursday afternoon you are invited to meet at a specified park. The program consists of some free play time on the adventure playground, an organized circle time and a guided nature/urban walk through surrounding neighbourhoods. It is suggested that you bring a stroller or child carrier for the walk. This is a free program and there is no need to register. For more information call Gaileen at 250-475-5424.

**9th July ~ Layritz Park**  
**16th July ~ Rosedale Park**  
**23rd July ~ Craigflower Park**  
**30th July ~ Rutledge Park**

**Miki's Corner**...Summer has officially arrived! During the months of July and August we will try to have activities, such as circle time or snack, outside as much as the weather will permit. If your child(ren) wish to go inside and play that's fine as long as you accompany them. Since we might be outside you may want to apply sunscreen and bring a hat. I'm looking forward to having a fun filled summer at the Family Centre with you and your children. Cheers Miki



# Programs and Events

*A great way to get connected!*



## Playgroups:

On Tuesday, Wednesday and Friday mornings the Family Centre hosts fun and energetic playgroups. Tuesday mornings from 10:00-12 features a popular music and movement program. Wednesday and Friday mornings from 10:00-12 are more of a crafts time, relaxed with toys, games, and friends for the kids to play with. Wednesday and Friday morning end with a ten minute circle time.

## After School Club:

Starting on July 9th the Family Centre Afterschool Club moves to Thursday mornings from 10:00 to 12:00. This summer the theme is UVic 101. We will be exploring different areas of the UVic campus from Finnerty Gardens and Mystic Vale to the inside workings of Campus Security and other UVic departments. We will have a great time seeing how things on campus work and meeting the staff who make it all happen.

This program is open to kids aged 6 - 14 (must have completed Grade one). As we will be leaving Family Housing parents will need to sign a permission form on their first day. We look forward to summer of fun. For more information please call or email Dana at (250) 472- 4062 or familyc@uvic.ca.

## Culture Club Schedule

The Culture Club welcomes members from diverse cultural backgrounds and meets on Thursday afternoons from 1:00 to 3:00. There may be some time schedule changes at a later stage to accommodate more participants. Its purpose is to support international and new Canadian student families. A variety of activities are planned for July including cooking, discussion groups and information sessions. Please do not hesitate to contact the Family Centre with your ideas for Culture Club.



### Please Note:

The Family Centre will be closed on Canada Day  
Wednesday 1st July.

## Community Events



### **Wednesday July 1st 2009: Canada Day.**

- Celebrate Canada with a swim at the Gordon Head Recreation Centre. 1:00pm-4:00pm.
- Mount Tolmie Canada Day Picnic. This event features food, games and a variety of activities. FREE.
- Gorge Canada Day Picnic. Pancake breakfast, parade, stage entertainment, classic cars, kids' activities, canoe rides, street hockey, Strawberry Tea, market and more! Event information [www.gorgetillicum.ca](http://www.gorgetillicum.ca). FREE.

### **Saturday July 4th: 9th Annual Saanich Skate Jam.**

Skateboard competitions for all ages and levels. A day of fun, prizes and competition. Event information: 475-7111. FREE.

**Sunday July 5th: Strawberry Festival.** Activities include a petting zoo, face painting, pony rides, relay races, arts and craft stations, pie eating contest, bouncy castles and of course the traditional serving of strawberries and ice cream at 2pm. Beaver Lake Park. 11:00am—3:00pm. FREE.

**Saturday 11th July: Old Tyme Faire** at Goward House. Try your hand at the fish pond, sponge toss, egg and spoon races (25c a game). Prizes for everyone. Entertainment included Morris Dancers and Swinging Strings. Face painting, cakewalk, food and much more. Fun for the whole family. 1-5pm. 2497 Arbutus Rd. [www.gowardhouse.com](http://www.gowardhouse.com).

**Sunday July 12th: Clownfest.** A fun filled event for all ages with over 20 performers. Featuring workshops, dress-up, magic, juggling, face painting, family inprovs and more. Meet Sparkle and Sweezie the clowns. Come in costume and win a prize. For more information call 477-5713 or go to [www.galeyfarms.net](http://www.galeyfarms.net). 12:00pm-4:00pm.

**Tuesday 14th July: Story Scavenger Hunt** at Nellie McClung library. Join a scavenger hunt in the library to look for clues to some hidden stories. After the clues are found the group will gather around to listen to stories and enjoy a sweet treasure. For ages 5 plus. 10:30-11:30am. Call 250-477-7111 to register.

**Sunday 19th July: Cadboro Bay Festival.** Enjoy an afternoon at Gyro Park. Hands-on activities, bouncy castles, face painting, Local musicians, clowns and children's entertainment, pirate school, information stations, food and fun for the entire family. Gyro Park 11:00am—3:00pm. For more information call 250-475-5558.

**Thursday 30th July: Fabulous Frogs.** Long sticky tongues, breathing through skin and webbed feet. Discover even more about what makes frogs so fabulous. Join us for a puppet show, hands on displays, live animals and froggy crafts. Swan Lake Christmas Hill Nature Sanctuary. 12:00pm-3:00pm. \$3 per child.