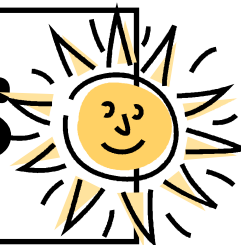




News & Views

A Newsletter for Families at the University of Victoria



June 2009

Issue 141

UVIC Family Centre
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web.uvic.ca/family-centre

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NEWSLETTER

EMMA CHALIFOUR

Family Centre Hours

Tuesdays 9am-5pm

Playgroup
10:00am-12pm
After School Club
3:20pm-4:50pm

Wednesdays 10am-2pm

Playgroup
10:00-12pm

Thursdays 1pm-3pm

Culture Club
1pm-3pm

Fridays

Playgroup
10-12pm

Father's Day

by Emma Chalifour

In Canada, Father's day falls on the third Sunday of June. Sonora Dodd began Father's day in response to a Mother's day sermon. Sonora's mother died during childbirth leaving her father to raise six children on his own. Sonora viewed her father as a courageous, selfless and loving man. His birthday fell in June and so she chose to hold the first father's Day celebration in Spokane, Washington on the 19th of June 1910. In 1966, President Lyndon Johnson signed a presidential proclamation declaring the 3rd Sunday of June as Father's day. President Richard Nixon signed a law that made it a permanent celebration in 1972. Although the date varies considerably around the world most countries seem to set aside a day to honour father figures. The majority of cultures adopting the June date established in the States.

It is a day to celebrate and express thanks to the father's in our lives. Many mark the occasion by giving cards and gifts, spending time together or eating special foods. If you are looking for something to do this year there are a number of local events to choose from. There is a Father's Day Run taking place at Royal Roads University, you can choose to do an 8km run or a 3km walk. For more information call 1-888-788-4645. Alternatively spend Father's Day with the family at the annual *Father's Day Céilidh in the Park* (details on page 4). There is also a Family Golf Day at Olympic View Golf Club for more information call 250-474-3673. Have a fun!



Mini Workshops... UVic Counselling Services

The following workshops are being put on by Counselling Services. They are free for students and individuals are welcome to attend just one or all of them. Simply turn up at Counselling Services at the listed time.

Self Care Equals Less Stress Wednesday, June 3 9:30am - 10:30am

It is important to take care of ourselves, by taking responsibility for what we need and want. How stress can impact our lives will be explored. Caring for self is a healthy way to ensure success.

Growing in Relationships Tuesday, June 16 3:15pm - 4:30pm

We are social beings and growing in relationships can bring us puzzles, challenges, friendships and joy. How to positively relate to another so that they can feel heard, understood and connected will be shared. Five love languages will be discussed.

Living in the Moment Friday, June 19 2:00pm - 3:00pm

Time is an illusion; time stands still and yet time flies. Often people live in the past remembering or regretting, and people plan for the future or are afraid of what the future will bring. Being in the "now" moment enables us to create a memorable past and a hopeful future.

FAMILY INTERACTIVE VIDEO GAME RESEARCH AT UVIC



Researchers in the Behavioural Medicine Lab are conducting a new research study using interactive video games to better understand family physical activity motivation. The study utilizes GameBikes, which are interactive stationary bikes linked directly to a Playstation. They allow the user of the bike to control the Playstation game by pedaling and steering with the bike.

Research using interactive gaming equipment is minimal, but studies do show positive health benefits and increased enjoyment over traditional exercise equipment. This research study builds upon past research by providing equipment use for the entire family in the home setting, thereby providing convenient ways for the entire family to increase physical activity levels.

Families with at least one child between the ages of four and six are still needed to participate! Families will receive exercise equipment in their home for six weeks. All participating families will be entered into a draw to receive a one year family membership at Commonwealth Place.

For more information or to participate please contact Rachel at 250-472-5488 or rsmark@uvic.ca

La Leche League Canada

Breastfeeding? Pregnant? Wanting to meet other breastfeeding mothers? Looking for information? READ ON! La Leche League is an organization that exists to encourage, promote and provide mother-to-mother breastfeeding support. It seeks to give mothers information on the importance of breastfeeding to the health of children, families and society.

La Leche League leaders operate more than 200 La Leche League groups in communities across Canada. In June they will be starting a group in Family Housing. At each meeting leaders will facilitate informal, guided discussions to provide accurate, up-to-date and personalized breastfeeding information and support for mothers. In addition, mothers are able to build relationships and draw on the experience of the other mothers who attend.

There will be two meetings in June to determine the best time for the group to meet:~

Wednesday June 17, 7:00 - 9:00pm @ the Family Centre
Thursday June 18, 10:00 - 12:00am @ the Family Centre

We look forward to seeing you there. For more information about La Leche League please check out their website www.lllc.ca



Contributions for the newsletter can be emailed to

fcnews@uvic.ca

Recipes; book reviews;

parenting tips; reflections ... all gratefully received!



SEEKING OCCASIONAL CHILDCARE

A family that has recently moved into Family Housing is looking for someone who could provide occasional evening childcare for a 9 and 10 year old. If you are interested please contact Leanne for further information. L_wiltsie@uvic.ca or 250-208-4107.



WANTED!

The Family Centre is in need of cardboard egg boxes and baby food jars. If you have any please

drop them off at the Family Centre where they will be put to good use by the children! Also, please remember to take your children's arts and crafts home with you as the Family Centre can only keep it for a limited time.

FREE!

There is a small motel style fridge available to a family that needs it. Please call the Family Centre for more details (250) 472-4062

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
Many thanks!

Profile ~ Miki McMechan

by Emma Chalifour

We are thrilled to announce that the Family Centre now has their very own Early Childhood Educator (E.C.E) on staff! Miki has joined the Family Centre team to oversee the Wednesday and Friday morning Drop-In time. Despite having only been around for a few weeks Miki has already cultivated many friendships amongst the young children who frequent the Family Centre. It is fun to watch them follow her around eager to play, read stories or do crafts with her. Their eyes light up when she sings to them either as they play or as part of circle time.

Miki brings with her over twenty years of experience with young children. In addition to raising two sons of her own as a single parent, Miki has also owned and operated her own licensed group childcare centre in Fernwood, was employed as a Family Support worker in a woman's transition house in Richmond and is certified to facilitate MotherGoose and Nobody's Perfect programs. Miki also works as a Family Consultant and Group Facilitator.

Greetings from Miki...

I would like to take this opportunity to thank everyone attending the Drop - In on Wednesday and Friday mornings for making me feel so welcome. I am enjoying getting to know all the parents/caregivers and of course your children. I am working hard getting to know everyone's names and I appreciate your patience.



In addition to free-play and crafts we have introduced "circle time". Circle time lasts about ten minutes and takes place after snack on both Wednesday and Friday morning.

If your children have any songs, or rhymes that they especially like please let me know and I will incorporate them into the circle time activities.

Please do not hesitate to ask me any questions or if you have any concerns regarding child rearing, I am there for you as well as your children.

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



PLEASE NOTE :~ The Family Centre will be closed on Wednesday June 17th for a Fall staff planning day. There will be no drop-in on that day.

HEALTHY CHILDREN - HEALTHY PLANET

A Discussion Circle

Facilitated by the Interfaith Chaplaincy

"discussion circles provide an enjoyable, supportive setting in which to examine personal values and habits, engage in stimulating discussion, and make personal changes if desired"

Purpose:

- To understand how the pervasive effects of advertising, media, and our consumer culture can influence a child's view of the world.
- To discover ways to create meaningful family times and healthful environments for children.
- To explore ways to develop a child's connection to nature, and to foster creativity.
- To have some great conversation!

DATE: Starting June 8th for 7 weeks.

TIME : 10-11:30am

PLACE: The Family Centre - 2375 Lam Circle

BURSARIES FOR VIKES SUMMER CAMPS

A bursary may pay part of the fees for a child while attending a Vikes Summer Camp. The maximum bursary available is \$150.00. There will be a limited number of \$50.00, \$100.00 and \$150.00 bursaries available. These will be selected based on full completion of the application package and financial need of the family. Priority will be given to student families. Look at www.govikesgo.com for more information. The deadline for applications is June 1st.

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 with Kathleen. 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:

Tuesdays from 3:20 – 4:50pm. Every week we will do something different. Sometimes we cook, or do crafts, or learn history. We also play sports or get help for our homework. Come meet some friends and get to know other people your age while having a great time. We are always looking for new ideas for the After School Club so if any adults or older teens have a talent or expertise they would like to share with this group please Call or e-mail Dana at (250) 472- 4062 or familylc@uvic.ca.

June 2: Cooking
June 9: Father's Day gift making
June 16: Crafty with nature
June 23: End of school celebration

There will be no Afterschool club on June 30th. Starting in July the Afterschool program will be moved to Thursday morning from 10:30 to 12:00. Please watch for our schedule in the July newsletter.

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 June including cooking, discussion groups and information sessions. Please do not hesitate to contact the Family Centre with your ideas for Culture Club.

Please note that there will be no Wednesday morning Drop-In on June 17th due to a Fall staff planning day.

Community Events

Thursday June 4th – August 27th: Sidney Summer Market. Experience Vancouver Island's best outdoor market every Thursday night during the summer months. Over 200 vendors sell gifts, fresh produce, hand-made crafts, great food, and so much more! Wonderful entertainment on every block! The market lines the main street of Beacon Avenue, between First and Fifth Streets. For more information please contact the Summer Market Co-ordinator at 250-655-6433.

Saturday 6th June and Sunday 7th June: The 47th Annual Oak Bay Tea Party. This event includes much more than tea drinking! There is a parade, air show, bathtub race, pancake breakfast, entertainment....go to www.oakbayteaparty.com for full details.

Saturday 13th June: Gordon Head United Church Garden Party. 10am-2pm 4201 Tyndall Avenue. Lots for children to do - such as a bouncy castle and face painting. In addition there will be a farmers market, country store and thrift shop. There will be lots of food. Flyers available at the Family Centre.

Registration begins Tuesday June 16th: Library Reading Program. The Greater Victoria Public Library hosts a reading program that pairs teen volunteers aged 13-18 with younger children to participate in paired reading, crafts and fun reading based activities. Volunteering for this program will provide you with an excellent opportunity to gain great experience working with kids. This summer teens are needed to volunteer one or two hours per afternoon Monday-Friday or Tuesday-Saturday for one or more weeks. The program will take place at all library branches.

Saturday 20th June: Heritage Day. Location: Stage in the Park Cameron Bandshell, Beacon Hill Park Celebrating Victoria's cultural diversity through Dance from 12 - 9 pm. Come and join the excitement as dance groups light up the stage with their vibrant costumes and energetic music! Bring a snack, or lunch, and plan to stay for the afternoon. It's an event that everyone will enjoy! Proudly presented by the Veselka Ukrainian Dancers.

Contact for more Information: (250) 475-1174.

Saturday 20th June: Family Kayaking. Saanich Commonwealth Place. 4:30-5:15pm or 5:15-6:00pm. Experience kayaking with your family. Each registered participant will get 45 minutes of kayaking. Enjoy the Family Swim as well! Children aged 5 -7 years must be accompanied in a kayak by an adult. Free with general admission. Call 250-475-7600 to register.

Sunday 21st June: Father's Day Céilidh in the Park, featuring live performances by fiddlers, the Hernandez Sisters, BC Fiddle Orchestra, Cookeilidh, and the O'Brien Irish Dance School and hosted by Bert Johnston, Tenor. "Céilidh" is the Gaelic word for an informal gathering of music, dance, and storytelling. 1:30-3:30pm Cameron Bandshell Beacon Hill Park. FREE. For more information call (250) 361-0358.