



News & Views

A Newsletter for Families at the University of Victoria

November 2009

Issue 146

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NEWSLETTER

EMMA CHALIFOUR

Family Centre Hours

Tuesdays
9am-5pm

Playgroup
10:00am-12noon
After School Club
3:20pm-5pm

Wednesdays
10am-2pm

Playgroup
10:00am-12noon

Thursdays
1-3pm

Culture Club
1pm-3pm

Fridays
10am-12noon

Playgroup
10am-12noon

Ode to the fruit fly

By Kristine Mannion

I love composting...I mean, I really *love* it. We've had compost bins in the last two houses we've owned. I love that I can go a week or more without putting the kitchen garbage out. So, of course when we moved to Family Housing with it's amazing compost system, I was in heaven! We quickly got a small bin to collect our waste in the kitchen and then, as always, arose the one thing that mars this perfect love of mine...that nasty thorn....the FRUIT FLY! Argh...

It got so bad a while ago that a *swarm* of those little guys would escape every time I opened the lid and I hated it! We tried numerous traps, none of which worked. So I started leaving the food waste in little bowls and piles *around* the bin in the hope that someone else (ie: my husband) would put the food in the bin and be the one to deal with 'The Swarm'. But then our counter was starting to fill up with spoiling food...this wasn't nice either. Finally, I got fed up enough with the food on the counter that I decided I'd best just grow up, deal with the fruit flies, and keep my kitchen clean. Every time I opened that bin (at least three times a day) I would be filled with loathing and anger - gritting my teeth (sometimes even growling!) just hating those fruit flies!

I am very grateful for the day that I began to see the insanity of this.

Fruit flies exist in this universe, and no matter what nasty feelings I might have about it, I certainly have no control over it! And so I decided to accept the tiny fruit fly...nay...not just to accept him - to celebrate the swarm! Every time I opened the bin I started yelling "Fly fruit flies! FLEE!!! Escape!! Run for your lives!" I would find myself starting to giggle at my own craziness and I would feel good! I actually started opening the bin MORE OFTEN just so I could free the swarm. And so my entire relationship with the noble fruit fly changed.

My relationship with others has actually changed too. Changing my perspective regarding the fruit fly has allowed me to see other areas in my life where I was gritting and growling unnecessarily. Like, for example, when my over-tired and frustrated toddler has had enough of the demands I am placing on him, and decides to let it rip! I now hear myself in my head calmly cheering him on "Rage! Little boy rage! Rage with all your might!" And, in my acceptance and celebration of what is in that moment, some lightness finds it's way in, and we find our way forward together.

As I write this is has been about a month since I started cheering on the fruit flies and something strange has happened. They have begun to leave. The swarm has been replaced by only a few hardy stragglers. Perhaps they can see that I've begun to learn the lesson they came to teach... Fly!! fruit fly!! Fly!!

Kristine, and her husband Steve, live in Student Family Housing with their two small children, Connor (3 years old) and Maeve (5 months).



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。

Car Sharing

By Emma Chalifour

The University of Victoria introduced a car sharing program last fall designed to save students money and reduce greenhouse gas emissions! There are a number of families making use of the program and I had the opportunity to chat with a few of them this month. I wanted to find out how the program worked for them in practical terms. Families were motivated to become car-share members for both financial and environmental reasons. Car-sharing means that they have none of the costs or inconvenience of maintaining a car - since most car owners know only too well the costs of car repairs it is easy to see why this is such a bonus. I could see how the car share program would work for special events, but wanted to know how easy it is for day-to-day errands. Families said that they typically use a car for a larger once a month shop and walk, or bus locally for the rest. They are simply more conscious of their car usage and therefore tend to group errands together. One drawback is that families with small children do have to install car seats each time. The cars are readily available, even for last minute trips families reported no difficulty in getting hold of a car.



Did you know?

That you can borrow car seats from the Family Centre? Please call 250-472-4062 for more information.

If you currently do not own/operate a vehicle on campus, you can apply for a FREE membership in the Victoria Car Share Co-op (worth \$400)! This program is designed to support those living on campus who normally cycle, walk, and take transit -- and intended to encourage current vehicle drivers to switch to sustainable transportation. As a member of the Victoria Car Share Co-op you have access to 18 vehicles in Greater Victoria, including 4 on campus, with a mini-van and wagon located right in Student Family Housing. Members of the co-op simply "book" vehicles when they need them using the 24 hour online booking service. All vehicles are family friendly!

Are you a current driver? Consider selling your car and return your 09/10 FH parking permit (you will receive a substantial refund of the total fee paid). Take green living to the next step and reduce your family's transportation footprint! Call 250-853-3758 for more information or download a copy of the application form from the Family Housing web page <http://housing.uvic.ca/family/fhguide.php#carsharing>

Are you interested in providing Family Daycare?

Join us for an information session with staff from Victoria Child Care Resource and Referral. They will be talking about the requirements to start your own family daycare and the support and information that can be provided by CCRR.

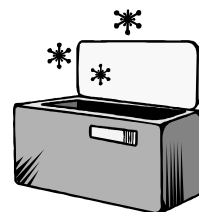
Wednesday, November 25th ~ 6:30-7:30pm

Place: UVic Family Centre

Call 250-472-4062 to register.

Free to a Good Home!

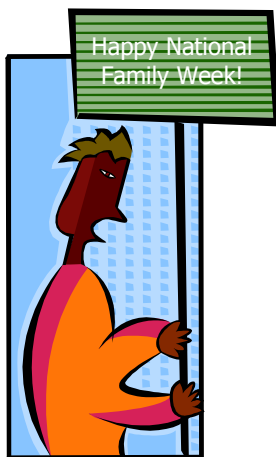
The Family Centre has a small used chest freezer to give away. Please contact us if you are interested in having it. We will do a name draw should there be more than one request for it. Ph: 250-472-4062 or



The staff at the Family Centre would like to extend a special thank you to a small group of people from the Garth Homer Society. They come by every week to care-

fully clean the toys in the play room. Darren, Brenda, Edmund and Carla, thank you so much for helping us keep the Family Centre a safe and welcoming place for everyone!

UVic Campus Captivated by After School Club...



On Tuesday, October 16th, the UVic campus was captivated by the Family Centre's After School Club! The kids prepared slogan signs and then marched along the campus paths, through the SUB, and around the fountain while wishing everyone they encountered a "Happy National Family Week!"

October 5th to 11th was Canada's 25th anniversary of National Family Week and the kids did a great job enthusiastically sharing the event with the staff and students on campus.



Did you know?

Vikes Recreation is offering swimming lessons for the whole family at McKinnon Pool. Adult lessons run M & W evenings from 7:30- 8:30pm or Saturday mornings. Children's lessons run Saturday mornings. For children

we offer Red Cross Swim Kids, lead by our fantastic water safety instructors, and the Lightning Fast program, lead by the dedicated coaches of Pacific Coast Swimming. Saturday morning lessons have already begun for this semester, but its not too late! For more information and to register, check out the website at www.vikesrec.uvic.ca

We Would Like To Hear From You!

The UVic Family Centre is looking for feedback about our programs. If you have already completed the survey—thanks!, if not please take the time to fill in this survey as it will help us to provide quality programming for participants. Many other family resource programs across Canada are also answering these questions in order to build a picture of family resource programs nation wide. Your information is provided anonymously. If you would prefer to complete a paper version - copies are available at the UVic Family Centre. They will be collected and entered in the system.

If you have any questions please phone 250-472-4062 or email familyc@uvic.ca. We are extending this into the month of November due to technical difficulties! Thank you for your help with this project!

<http://e-valuation.frp.ca>

G'day Everyone!

My name is Lauren Osborne, I am a 3rd year Bachelor of Education Student. I am currently on exchange at UVic, studying here for the Fall Term. I have come from Murdoch University in Perth, Western Australia. I have been spending my Tuesday afternoons as a volunteer at the Family Centre with the After-School Club.

It has been great to meet all the children, each one brings something different to the program which makes it so enjoyable and interesting. The program offers children the chance to participate in a variety of fun activities. The After-School Club is fantastic and I love being a part of it. It has given me valuable experiences and has taught me many new things. I am looking forward to the things that are to come and meeting many more of you.



Miki's corner... The Importance of Play

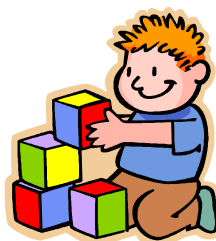
When adults observe children we often think that they are just playing. However, through play children are learning to make sense of their world. Play is a child's natural way to learn. "Play is children's work". Children start to play when they are infants. They may start with sucking a toe or waving their arms and legs in the air. Parents can "play" with their babies through singing, moving and playing with their fingers and toes, gentle little tickle rhymes and lots of face to face interactions.

- Play develops curiosity and self determination
- Play builds knowledge of self and social skills
- Play builds self-esteem
- Play builds a sense of personal power and problem solving skills
- Play builds language and communication skills
- Play builds both large and small muscles

As your child develops and grows play takes the form of crawling, moving, walking, babbling, talking and exploring their world. Toddlers are very curious little beings. They love to experiment with cause and effect, for example, "If I hit this pot what will happen?", "Wow it makes a loud noise, I'm going to hit it again". They love water play, pushing cars and trucks around, age appropriate puzzles, scribbling, painting, looking at books. As parents we can encourage toddler's play by providing space for them to move about in and activities to encourage their learning, keeping in mind that most toddlers have a short attention span and can move quickly from one activity to another.

As children become pre-schoolers (3-5 years) their play becomes a bit more sophisticated. By age three their language skills have increased considerably. Their social skills and interactions with other children are developing. Although they may still play side by side with another child they are gradually learning cooperative play. Preschoolers love pretend play. They are learning through; water/sand play (pouring, measuring, floating, sinking, etc.), building things with blocks, puzzles, art, exploring nature.

As parents we can support our children's learning by providing many opportunities for play and through our continued supportive and encouraging words and actions.



Haro Woods - Location of Sewage Plant?

Emma Chalifour



Haro Woods (located beside Family Housing) is one of the leading locations earmarked by the CRD for a sewage treatment plant. The deadline to decide where the plants will go is December 2009.

At a meeting in October it was decided to proceed with a detailed environmental analysis of the site. The CRD has purchased the eastern half of the woods. Another part of the woods, currently owned by Saanich Municipality, is also under consideration for the sewage plant, however, this portion is currently covered by a covenant protecting woodland. Engineers have suggested building a plant that straddles both sites.

Other sites under consideration are MacLaughlin Point, Esquimalt. This site is likely too small and difficulties with the site may make it too expensive to build there. The CRD is also looking into the possibility of purchasing land in Victoria's industrial upper harbour.

If you would like to know more about this please go to www.wastewatremadeclar.ca. This site provides information about what a potential site might look like, as well as how issues such as noise, odour and land use are handled. The site also offers people the opportunity to ask questions and raise concerns.

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:

Tuesdays from 3:20 – 5pm. The After School Club is a great place to meet other kids whose parents are UVic students and enjoy some fun and games.

November 3rd ~ Be a geologist: dress for the weather!
November 10th ~ What is Remembrance Day?
November 17th ~ Cookie Bake Off!
November 24th ~ Australian Day.

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 familyc@uvic.ca

Culture Club Schedule

The Culture Club welcomes members from diverse cultural backgrounds and meets on Thursday afternoons from 1:00 to 3:00pm. Its purpose is to support international and new Canadian student families.

Special Event

Wednesday, November 25th - Guest Speaker Dr. Anke Zimmerman, a Naturopathic Physician and Classical Homeopath, will be speaking at the Family Centre during the Wednesday morning play group session starting at 10:00 a.m. Everyone is welcome to come and participate in her discussion. Dr. Zimmerman will be focusing her talk on naturopathic treatments for common health concerns many parents have for their children. If there are any specific topics you would like to hear her speak on, please let the Family Centre know in the upcoming weeks, and we will relay these to her in preparation for her talk.

Who to call...

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



Community Events

Guided Birdwalks ~ Would you like to find out more about local birds? If so, why not go on one of the guided birdwalks offered by the Swan Lake Nature Sanctuary. These walks are offered every Wednesday and Sunday morning at 9am. Bring your binoculars (or borrow them from the Nature House Office) and walking shoes, and meet in the parking lot for an informal and informative walk around the lake area. 3873 Swan Lake Road, Victoria, B.C V8X 3W1. Phone (250) 479-0211 for more details.

Parent & Tot Drop-in at St. George's Church, Cadboro Bay. A casual atmosphere for children 0-5 years, with their caregivers, to play, mingle and make new friends. Coffee and tea provided. Free. Most Thursdays 9:30-11am until May. For more info, contact Jannah at jannah@shaw.ca

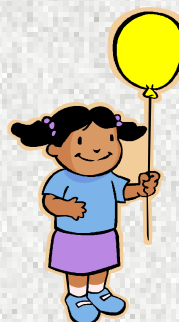
Drop in Baby Time. Learn songs, rhymes, fingerplays to use with your baby every day. For babies 0-15 months and caregivers. Nellie McClung branch, Thursdays 10:30-11am. Call (250) 477-7111 for more details.

Sunday 15th November ~ Be a princess for the day! Once upon a time there was a little girl who wanted to be a princess for the day. She came and made her own tiara and wand, decorated princess cookies, sang princess songs, and had a great little tea party! Gordon Head Recreation Centre. 1:00pm-3:00pm. Geared towards 3-5 year olds. Call (250) 475-7100 for more details.

Saturday 21 November ~ Island Farms Santa Light Parade. Starts at the Legislative Buildings at 5:30pm. Bands, floats, and even Santa himself will spread cheer and joy to all in sight. Santa Light Parade volunteers will be collecting food donations along the parade route for the Mustard Seed Food Bank.

Wednesday 25th November ~ Special Salmon Kings Visit! Calling hockey fans of all ages! Join us for a fun-filled visit from a Salmon Kings player and Marty the Mascot! We'll enjoy stories, you'll have the chance to ask what it's like to be a hockey player, and you'll find out about cook hockey books to take home. Saanich Centennial Branch Library. Call (250) 477-9030 for more information.

Success by 6 invites you to come and celebrate International Child's Day and the 20th Anniversary of the Convention on the Rights of the Child.



Guest Speaker: **RAFFI CAVOUKIAN** will be delivering his message on

Child Honouring—A Spirit of One

Special Performance by Choir Kids

Wednesday, November 18th 7:00-9:00pm

The First Metropolitan United Church,
932 Balmoral Road, Victoria, BC.

Tickets: \$5.00

Tickets available at the door or for advance purchase visit:
www.successby6victoria.ca