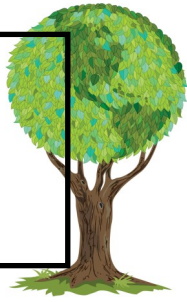




News & Views

A Newsletter for Families at the University of Victoria



April 2010

Issue 151

UVIC Family Centre
P.O. Box 1700 STN CSC
Victoria, BC V8W 2Y2

Phone: 472-4062

Fax: 472-4669

E-Mail: familyc@uvic.ca

Check out our complete
listing of programs at:
<http://web.uvic.ca/family-centre/>

DIRECTOR

ELIZABETH QUONG

STAFF

EMMA CHALIFOUR
MIKI McMECHAN
DANA SIBLEY

FACULTY COORDINATOR

LAURENE SHEILDS

NEWSLETTER

KRISTINE MANNION

Family Centre Hours

Tuesdays

9am-5pm

Playgroup

10:00am-12pm

After School Club

3:20pm-5:00pm

Wednesdays

10am-2pm

Playgroup

10:00-12 noon

Thursdays

10am-12:00 noon

Fridays

10am-12:00 noon

Playgroup

10am-12 noon



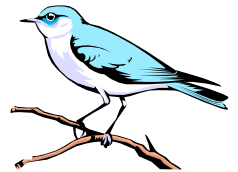
Endings... and Beginnings

By: Kristine Mannion

I have no idea where we might be living in a couple of months. Facing the end of the program my husband came here to do, and without any solid plans yet for the coming year, we are in a position I have not faced in quite some time...not since I graduated university. Of course then I had no one but myself to think of - I wasn't facing the challenge with two kids. It was stressful then. I thought it would be even more stressful now, but in fact- it's not! Every time I've talked to my mom on the phone for the last few months she has asked what our plans are, and I never have any new information to give her....my lack of stress over this has befuddled her, and made me ask myself "why"?

I think I may have discovered part of the answer the other day while watching an old Disney movie "The Rescuers" with my son. At one point in the movie an old cat, giving reassurance to a scared and sad little girl, says:

"Faith is a bluebird you see from afar
It's for real and as sure as the first evening star.
You can't touch it or buy it or wrap it up tight,
But it's there just the same, making things turn out right"



And somehow, that just felt right. I have no idea where this faith may have come from, but I think I have it! This partnered with a new skill I have developed since moving here of "*not boarding THAT thought train!*" ie: not getting so involved in my head with thoughts of what I don't want to have happen - what I'm most scared of, etc... has been very helpful. Of course changes that happen in spring, when the whole world seems to be changing so fast every day, in a wonderful, flowery smelly, pretty kind of way is good too. It makes me feel like the change that is coming can only be good.

Of course it may well be good, and it may not be. Either way though, at least I will not have wasted my last couple of months here worrying about what was coming next. Last summer taught me that there's nothing like a summer in Victoria, and so I will enjoy everyday here as best I can. And who knows, perhaps by the time I'm delivering you all this newsletter, we will finally know what is coming next for us...and perhaps not! It's all good.

And so for all of you facing changes this spring, as so many of us are, I say "let's go!" Here is great... and there may well be too.



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。



40th anniversary of EARTH DAY April 22, 2010

Forty years after the first Earth Day, our planet is still in trouble. While climate change is the greatest peril of our time, it also presents an unprecedented opportunity to build a healthy, prosperous, clean future for ourselves and our children. Earth Day is an international event designed to bring together people to celebrate and protect our planet earth. Margaret Mead added her support for Earth Day in 1978, declaring:

“EARTH DAY is the first holy day which transcends all national borders, yet preserves all geographical integrities, spans mountains and oceans and time belts, and yet brings people all over the world into one resonating accord, is devoted to the preservation of the harmony in nature and yet draws upon the triumphs of technology, the measurement of time, and instantaneous communication through space.”

What will your family do this Earth Day?

Visit www.earthday.net for some ideas and inspiration!



CELEBRATING VOLUNTEERS!

Mid – April is the official time to celebrate the work that volunteers do in supporting many of the programs that happen at the Family Centre – but we are grateful all year long!! Volunteers play soccer, read stories, deliver flyers, listen to parents, help

cut up snacks, paint faces, do minor repairs, clean cupboards, write articles, share information and the list goes on! **Many Thanks to All!**

The Family Centre would like to highlight a wonderful volunteer who has devoted every Tuesday morning for almost 4 years to the children and their parents – **Kathleen Woods**

Kathleen is a gifted Early Childhood Music and Movement specialist. She is passionate about sharing the experiences that children and their adults can have learning and enjoying what music offers in enhancing children's developmental skills. From babies to 4 and 5 year olds the children clap, sing, play instruments and move in many ways - learning to follow instructions and have fun all at the same time! Kathleen shares her knowledge and expertise with practicum students, other volunteers, parents and staff. Her willingness understand our diverse cultural community and incorporate a variety of books and music into her program is greatly appreciated. Kathleen's boundless energy, joy and genuine caring has been an inspiration to us all.



CAR SEATS

The BCAA Traffic Safety Foundation car seat match fund has received a donation from the UVIC Rotary club. The Rotary has asked that car seats be given to families in need in the UVic area. If you need a car seat for your child (a convertible car seat (5 - 40 lb) or high back booster (+40lb to approx 9 years of age) please contact the family centre by phone (472-4062) or email familyc@uvic.ca to request a car seat by **April 23rd**. They will be delivered by the end of April!



The Family Centre will be closed for the statutory holiday on Friday April 2nd

V DAY and the Vagina Monologues

This year, for the 2010 VDay campaign, there will be a benefit performance of the award-winning play *The Vagina Monologues*. VDay is a global movement to stop violence against women. In ten years, the global VDay movement has raised over 70 million dollars and reached over 130 countries.

The proceeds from this year's production of the Vagina Monologues will be going to VDay's campaign in the Democratic Republic of Congo (DRC), the Mary Manning Centre (resource and counseling centre in Victoria for children who have experienced sexual violence), and PEERS (a local organization supporting sex workers in Victoria).

Tickets are now available for \$20 at the UVSS Info Booth (SUB). The show is at **7:30 PM on April 17th**, at the Alix Goolden Performance Hall. (920 Pandora Ave)

For more information email: vdayvictoria2010@yahoo.ca

Contributions for the newsletter can be emailed to fcnews@uvic.ca
Recipes; book reviews; parenting tips;
reflections ...
all gratefully received!





INCOME TAX CLINICS

All international students who work in Canada must complete and file a Canadian tax return for income earned during each calendar year. Even if you never earn any Canadian income, you may still benefit from filing Canadian tax returns for every year that you study in Canada!

Canadian income tax issues are complex, but help is available at IESS Income Tax Clinics. Trained volunteers who are part of Canada Revenue Agency's Community Volunteer Income Tax Program (CVITP) will be available to help international students complete their tax returns for 2009 and previous years.

Please bring your Social Insurance Number (SIN) if you have one or your Individual Tax Number (ITN) if you have one. Please also bring your passport, your study permit, your student card, and all tax-related documents. Depending on your situation, these may include T2202A slips, T4and/or T4A slips, T5 slips, and Notices of Assessment or Re-Assessment for past years. Contact Tia Robertson (trobert@uvic.ca) if you are not sure what these documents are or how to get them.

The IESS Income Tax Clinics will all be held in University Centre, Room A269: (registration is not required)

Thursday, April 1
4:00pm - 7:00pm

Tuesday April 6
4:00pm - 7:00pm

Wednesday April 14
2:00pm - 5:00pm

Friday April 23
3:00pm - 6:00pm

Monday April 26
2:00pm - 5:00pm

Thursday, April 29
9:00am - 12:00pm



A Fond Farewell

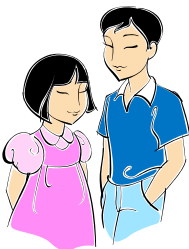
Our student volunteers will be leaving us this month. We wish them all the best as they continue with their studies, and thank them all for their generosity and kindness towards us and our children! Please come back to visit anytime!

With the departure of our wonderful helpers will also come the end of the "Family Learn and Share" program that many of us enjoyed. Thursday mornings had become a wonderful, intellectually stimulating, info-packed, relaxing time - if all that can be accomplished with one program! The gift of the students caring for our kids *in the next room* made all the difference. We look forward to this program starting up again sometime!

Sibling study taking place at UVIC

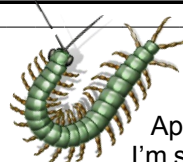
Jackie Bush, a Ph.D. student in the Psychology department at the UVic, and a member of the Families in Motion Research and Information Group led by Dr. Marion Ehrenberg (see <http://www.uvic.ca/psyc/fmric>) is looking for families to participate in her project focusing on the relationships between siblings in families who have experienced a marital separation within the past year. Clinical reports and several recent research studies suggest that siblings can play a fundamental role in how children adjust to parental separation.

In order to explore children's sibling relationships, Jackie is hoping to work with a small number of families in the area. Her work will use a child-centered approach, and will be focused on the sibling relationship, not details of the separation. If you think you can take part, please contact Jackie at : 250 853-3790 or jbush@uvic.ca



THE TUB

For those of you who are seasoned Family Centre veterans, you know of the TUB. That special place in the bathroom full of....free stuff! Kids clothes, adult clothes, umbrellas, mugs, bike helmets, and the list goes on! Come in any time and take a look! The tub recently received two new big bags of clothes, so there's fresh pickings!



Miki's Corner

April is here which reminds me of a song that I'm sure many of you may know. It is called April Showers and the first couple of lines go like this:

Though April Showers may come your way, they bring the flowers that bloom in May. Well the showers are ongoing and the flowers in Victoria have started to bloom already. Soon the creepy crawlies will be in evidence every where.

Keeping this in mind the themes for April will be "The World of Insects". We will look into the life cycle of the caterpillar; talk about bees, ants, beetles, worms, and other insects that fall into the realm of "bugs", we must not forget those wonderful eight legged creatures – Spiders!

Spiders often get a bad rap, they are thought of as yucky, icky and down right nasty. We forget that Charlotte in Charlotte's Web was a tender, loving, compassionate spider. The Ashanti people from Ghana, in West Africa still hold an oral tradition when it comes to story telling. Anansi (the spider) is a folk-hero to the Ashanti. This funny fellow is a wise and loveable trickster and mischief maker. Several of these oral stories have been made into children's books and I will enjoy sharing some of the stories with the children and their parents. I anticipate the children will enjoy learning about creepy crawlies and please don't let the spiders keep you away!



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 10:00-12:00 features a popular music and movement program with Kathleen. Wednesday and Friday mornings from 10:00-12:00 are with Miki, doing arts and crafts, playing with toys, games, and friends. Wednesday and Friday mornings end with a ten minute circle time.

After School Club:

Tuesdays from 3:20 – 5:00pm. Every Tuesday 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 familyc@uvic.ca.

Family Learn and Share:

The Family Learn and Share program is now finished. It was very successful, and we look forward to similar programs in the future!

NEW Program! OUT AND ABOUT IN VICTORIA

Spring is here and we are ready to get out and about! If you are new to Victoria and would like to explore some of the surrounding family friendly places this is for you. Or, if you love to get out but would like to do so with some other families please come and join us. **We will meet at the Family Centre at 10am.**

Thursday April 15th: We will walk to Maynard Street Park. This is a lovely park because the playground equipment is relatively new and great for little ones. Come enjoy a walk, friendship and discover a great park close to UVic.

Thursday April 29th: We will go for a walk to Finnerty Gardens, one of Canada's best collections of rhododendrons right on your doorstep! This is a great spot to enjoy a picnic through the summer months.

Women's Social Night

Thursday April 23rd. We will be having a movie night! Popcorn provided!!!
7-9pm at the Family Centre.



Community Events

EASTER EGG HUNT!

Sunday April 4 Gyro Park, Cadboro Bay Beach 10:00 am-1:00 pm
14 and under -\$3.00 18 and over - FREE

This event will provide an opportunity for children and families to get outside and be active in a community setting. There will be games, an egg hunt, bouncy castle, face painting, crafts, a BBQ, prizes, a visit from the easter bunny, and a Saanich police car and fire truck. Come and enjoy your Sunday at the beach with the easter bunny - rain or shine!



Family Game Night in the Park

Friday April 2, 6:00 - 7:30pm FREE

Beckwith Park, 857 Beckwith Ave, Saanich

Bring the kids and enjoy some family fun in your local park. Leaders will coordinate family relays, cooperative games and hand out prizes. Hot Dogs and drinks available for purchase. A great way to end the week. No registration necessary. Suitable for children ages 4 and up. Cancelled if raining by 5:00pm. Call 250 475-5408

Storyyoga

Saturday April 10 Nellie McClung Brach library

10:00am -11:00am FREE

Join us for a unique program! A blend of story, yoga, songs, rhymes, games and visualization exercises will engage your children's creative energy. Taking inspiration from traditional yoga practices children will be introduced to a variety of postures and focused breath work. Mats provided. For 3-5 year olds, parents are welcome to participate. Phone: 250 477-7111

Lego Mindstorms Robotics

Friday April 23 Oak Bay and Emily Carr branch libraries - FREE

Calling all budding engineers and scientists! Have fun building and programming a robot to follow your every command. Let us show you how to build a sturdy creation with Lego Technic. Then we'll program it to use its sensors and motors to navigate around the room. For ages 10-13. Space is limited. Register online or call the hosting branch. Oak Bay branch **10:00am -noon** 250 592-2489

Emily Carr branch **2:00-4:00pm** 250 475-6100

Carnival of the Arts

Saturday April 24 Cedar Hill Recreation Centre 11:00-2:00pm FREE

This family event features a variety of hands-on activities and exhibits that allow you to discover the world of visual and performing arts. Face painting, balloon animals, magicians, children's dance groups, and a variety of entertainment for the whole family to enjoy.

Contact: Rob Phillips - 250 475-5558

Astronomy Day

Saturday April 24 Swan Lake Nature House 10am-4pm By donation

With friends from the Royal Astronomical Society we celebrate all things astronomical. Solar observing, model solar system, mirror making, astro photography, learn how to work a telescope, and out-of-this-world crafts. For astro-kids of all ages.

Phone: 250 479-0211

