



News & Views

A Newsletter for Families at the University of Victoria

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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
JOE CHALIFOUR

**FACULTY
COORDINATOR**

LAURENE SHEILDS

NEWSLETTER

KATHLEEN BORTOLIN

Family Centre Hours

Mondays

1:00-2:30pm

After School Club

1:00-2:30pm

Tuesdays

9am-3pm

Playgroup

10:00-12 noon

Wednesdays

10am-2pm

Playgroup

10:00-12 noon

Fridays

10am-12:00 noon

Playgroup

10am-12 noon

B.C Day Quiz



We all know that August 2nd is a holiday, but did you know it's B.C. Day? Take the following quiz to test your knowledge of "The Greatest Place on Earth." Then check your answers inside on page 3.

1. Which B.C. hockey teams have won the Stanley Cup?
a) Vancouver Canucks b) Vancouver Millionaires c) Victoria Cougars
2. The first natives settled in B.C. how many years ago?
a) 11,500 years ago b) 30,500 years ago c) 1,150 years ago
3. What is the largest city outside of Metro Vancouver?
a) Kelowna b) Victoria c) Saanich
4. How many islands does B.C. have?
a) 60 b) 600 c) 6,000
5. The province's official flower is the
a) Wild Rose b) Maple Leaf c) Dogwood
6. What's the official mammal of B.C.?
a) the killer whale b) coyote c) spirit bear
7. English is the most-spoken language in our province. What is No. 2?
a) Chinese b) French c) Punjabi
8. How many shark attacks have been recorded in B.C. waters?
a) 0 b) 1 c) 10
9. According to Statistics Canada, the life expectancy of Canadians has reached 80.4 years. What is the life expectancy for a British Columbian?
a) 80.4 b) 81.2 c) 78.9

True/False

10. Victoria is the oldest town in B.C.
11. The top boy's name in BC for 2009 was Ethan.
12. The top girl's name in BC for 2009 was Ella.

Adapted from *The Province* (www.theprovince.com), July 27, 2010.

Family Centre End of Summer Potluck

The Family Centre will be hosting an end of summer potluck on Thursday, September 2nd at 5pm. Come and meet other UVic families from both inside and outside Lam Circle and experience the diversity of our community. Bring a dish to share: salad, main course or dessert. The Family Centre will provide drinks and ice cream. To help lessen the impact on the environment, please bring your own plates and cutlery. We look forward to seeing you.





Summer heat getting to you? Feel like taking a dip but not interested in the frigid, salty waters of the Pacific? Try cooling off in one of the area's FRESHwater lakes.

Thetis Lake: Set in a forest, the large lake offers a picturesque setting for a refreshing dip or an afternoon of fun with the family. At the main beach area, you'll find washrooms and picnic facilities, and access to the network of hiking trails. A concession stand with hamburgers is also located right at the beach.

Elk Lake: Located in Elk / Beaver Lake Regional park, this has long been one of Victoria's favourite swimming holes. Two main beaches are located at either end of the lake, each with washrooms and parking: there's the smaller Eagle Beach on the south end, near the rowing centre, and the larger Hamsterly Beach on the north end off the Brookleigh Road entrance. Here you'll also find a children's play park and various nearby private amenities. Trails link around Elk Lake to Beaver Lake.

Durrance Lake: Of the lakes within Mount Work Regional Park, Durrance Lake is the most accessible, and a favourite among families and picnickers. The water is cool and fresh for swimming. It has a swimming beach, washrooms and hiking trails.

Sooke Potholes: Sooke Potholes Regional Park is a swimmers paradise located on the banks of the spectacular Sooke River.

Answers to BC Day Quiz (from cover page).

1. B and C. In 1915 the Millionaires beat the Ottawa Senators for the Cup, while in 1925 Victoria defeated the Montreal Canadiens.
2. A. Although this is also debatable, it is believed settlement occurred 11,500 years ago.
3. C. Saanich has 108,265 people
4. C. Our coastline alone has about 6,000 islands, most of which are uninhabited.
5. C. The Pacific dogwood was adopted in 1956 as our floral emblem.
6. C. Also known as the Kermode Bear, they can be found on the central coast and north coast of British Columbia.
7. A. According to the latest census, Chinese (including Cantonese and Mandarin) is No. 2, followed by Punjabi, German, French, Tagalog, Spanish, Italian, Korean, and Dutch.
8. A. Zero, and the director of Jaws, Steven Spielberg, doesn't want to film any sequels here
9. B. We have the highest life expectancy in Canada, with women living 4.7 years longer than men.
10. False. New Westminster is the oldest city in Western Canada and was the capital of British Columbia between 1858 and 1866.
11. True. Ethan topped the list ahead of Liam, Jacob, and Logan.
12. False. Olivia was top of the list ahead of Emma, Sophia, and Ava. Ella was 10th.



Miki's Corner

It seems that it took forever for summer to arrive, but then July seemed to fly by. We have managed to have the water table outside almost everyday and as usual it is a big hit with the children. A reminder to bring extra clothes for your child as they can get quite wet. It's great to be able to spend so much time outside and an extra plus is that the children can practice their gross motor skills. The Family Centre will be closed August 16th - 27th, however, during the first two weeks the theme will be "Under the Sea." I wonder what surprises will be in the water table. Come to the Wednesday and Friday drop-in and check it out.



Victoria Area Farmers' Markets

Interested in finding organic and locally produced food? Local arts and crafts? Free entertainment for the kiddies? Why not spend a summer day or evening at one of the many local farmers' markets in and around Victoria?



Sidney Summer Market: Every Thursday evening, 5:30-9:00pm until August 27. Over 200 vendors sell gifts, fresh produce, hand-made crafts, great food, and so much more. Entertainment on every block. The market lines the main street of Beacon Avenue, between First and Fifth Streets. Parking is available on side streets and public lots, and is permitted in municipal lots after 5:00 pm.

Moss Street Market: Every Saturday, rain or shine, from 10am-12pm until the last Saturday in October. Located in the heart of Fairfield Gonzales, the Moss Street Community Market provides local and organic produce and foods, handmade crafts, artisan clothing, inspiring services, community education, and live entertainment to our vibrant community. Free craft tent for children. For more information, visit www.mossstreetmarket.com.

Salt Spring Island Summer Market: Every Saturday, rain or shine, 8am-4pm until the end of October. Located oceanside at Centennial Park in the heart of Ganges on Salt Spring Island. Vendors **must** "make it, bake it, or grow it" themselves, and all products must be "vendor produced and sold." Enjoy meeting more than 140 artisans of all types—world-class artists and organic farmers.

Metchosin Farmers' Market: Every Sunday, 11am-2pm until the end of October. Located in Metchosin at 4450 Happy Valley Rd (behind the firehall). Take a leisurely drive to Metchosin country and browse through our market. You will find organic and naturally grown vegetables and fruit; farm fresh eggs; jams, jellies and salsa; breads of every kind; pottery; jewellery; soap and bath items; and a variety of flowers. Wander through our Pioneer Museum or listen to the live music. You can then head out to a local beach or hiking trail (maps found on our bulletin board).

The Family Centre Welcomes a New Volunteer to its Team: Tyler Lampard

Hi. My name is Tyler Lampard and I have been volunteering at the Family Centre for the past month. This September I will be attending the Child and Youth Care program at UVic. Luckily, I happen to live in the same building as Miki, who suggested volunteering at the Family Center. Volunteering has been a great experience so far, giving me a chance to work with children of various ages. Previously, I taught English in Japan to children and have really missed working with kids since returning. Lately, I have been working with adults in mental health, addictions and corrections; so getting back to working with kids has been awesome. I would like to thank everyone at the Family Centre for welcoming, me and for such a great opportunity.



Family Centre Closure



The Family Centre will be closed August 16-27th, opening again on Monday, August 30th. In case of an emergency, Campus Security can be reached at (250) 721-6683. Family Housing can be reached at (250) 721-8395.

Programs and Events

A great way to get connected!



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Playgroups:

On Tuesday, Wednesday and Friday mornings the Family Centre hosts fun and energetic playgroups. This month, Tuesday, Wednesday and Friday morning playgroups run from 10:00-12:00 and will be led by Miki. Please note that although Kathleen will not be running the Tuesday morning music group, there will still be a playgroup led by Miki on Tuesday mornings. The playgroups involve arts and crafts, free play, circle time, and snack. Weather permitting, we'll be outside in the sunshine! Please note that the Family Centre will be closed from August 16th-27th, so there will be no playgroups during this time.

After School Club: Monday afternoons, 1:00pm-3:00 pm.

The after school club will continue in August on Monday afternoons. Please note that the Family Centre will be closed from August 16th-27th, so there will be no club during that time. Also, just a reminder to all that the school-age drop-in is for any child entering into Grade 1 to Grade 6 (in September). The after school club will return to Thursday afternoons in September.

Every Monday we will do something different. Come meet some friends and get to know other people your age while having a great time. The following is August's after school club schedule:

Aug 2: Closed for Civic Holiday
 Aug 9: Outdoor games
 Aug 16: Family Centre Closed
 Aug 23: Family Centre Closed
 Aug 30: Outdoor Games

Ladies Social Night

There will be no Ladies Social Night in August.



Community Events

Victoria Dragon Boat Festival August 13, 14, and 15, Victoria Inner Harbour FREE

A wonderful celebration of Asian culture combined with the ancient tradition of Dragon Boat racing. On Friday afternoon, the Eye Dotting Ceremony opens the festivities. Enter Forbidden City and enjoy free concerts, dancing, and other cultural performances. Craft demonstrations, multi-cultural foods, and an amazing Lantern Celebration in support of those whose lives have been touched by cancer.

8th Annual European & Classic Car Picnic Sunday, August 22, 2010, 10am - 2pm (by donation) Queen Alexandra Grounds, 2400 Arbutus Road

Expect to see approximately 200 beautiful, unique cars on display. There are lots of activities for the family to enjoy, including Tom Thumb Safety Village pedal cars, an imagination craft station, magicians, bouncy castle, stickers and tattoos, Island Radio Operated Car Club races, a Silent Auction, and a BBQ.

FringeKids Fest

Saturday, August 28th, Market Square (Downtown Victoria) FREE

FringeKids Fest in Market Square is a family friendly 100% free day for young children with live music, craft activities, face-painting, and the famous Cardboard Castle.

The Land Conservancy's Kid's Corner at Sooke Potholes, Saturdays until August 28th, 11am-3pm. Sooke Potholes Lodge Site (by donation).

Come check out our nature related Kids Corner with activities, colouring, and games for all ages. Please bring hat and sunscreen. For more information, email akaufmann@conservancy.bc.ca.



Waterparks in Victoria (FREE)

Carnarvon Park: 2800 Henderson Road, Oak Bay

A children's water spray area with assorted climbing structures for cool relief on a hot summer afternoon. The water park is open every day from 10 a.m. to 6 p.m. from July 1 to Labour Day.

Beckwith Park: Beckwith Avenue, North Quadra A children's water spray area and adjacent playground with assorted climbing structures. Parking and washrooms. July 1st to August 31st - 10:00am to 6:00pm; September 1st to September 30th - Noon to 4:00pm

Beacon Hill Park: The Watering Garden, (the giant watering can) is a new water play park facility located at the site of the old wading pool in Beacon Hill Park. 10 a.m. to 5 p.m. daily.