



February 2010

Issue 149

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

Family Learn and Share

10am-12:00noon

Fridays

10am-12:00 noon

Playgroup

10am-12 noon



Oh, Baby Love!

Written by Kristine Mannion

Valentine's Day, is a day that has come to be a celebration of romantic love. Now I'm all for a celebration of love, there's nothing better than a good deal of loving! But this year I am left wondering whether or not romantic love gets a little too much of it's share of the poetry, music, and loud professions. Since I had my great romantic love affair, and then married him (nearly 15 years ago....WHAT??) Valentines Day has lost some of it's edge I must admit. In fact I can't even remember the last time we celebrated it! Certainly it was B.K. (Before Kids).

And so this year I have decided to dedicate my Valentines Day love affair to that kind of love that doesn't get nearly enough attention in our culture...the kind that is relegated to quiet rooms and dark nights...that's right - this year, I am all about the baby love!!

I am bringing out in the open the fact that mothers and fathers everywhere just can't get enough of their babies sweet soft skin, their pudgy thighs, their big, gooey open mouthed kisses that leave a slime trail across your face. Oh yes, these sweet new creatures have to do nothing but look in our direction and give a little smile to turn us into mush! Mush willing to do whatever it takes to get another sweet loving smile! Our arms feel empty without them, peace seems only to come with their contented sighs as they sleep on our chest, and we can hardly breathe in their sweet scent enough. Ah yes - baby love is where it's at!

And so this is dedicated to all the sweet babies recently arrived, and soon to arrive. Of course, love in all it's forms deserves our time, attention and thought. So whether it's your best cat, a dear friend, sibling, lover, or child...spread the love this Valentines Day...spread it far and wide!

Tears of joy ran shamelessly down my cheeks while he sucked. I thought back to my past conviction that only when I had a baby would I know whatever it was I had to know. It is the only important thing I have ever learned, and so ridiculously simple: love exists. It's real and honest and unbelievably solid in a world where far too much is complex or confusing or false.

Leslie Kenton



My baby has a mottled fist,
My baby has a neck in creases;
My baby kisses and is kissed,
For he's the very thing for kisses.
Christina Rossetti

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。



THERE ARE SO MANY **NEW** THINGS GOING ON AT THE FAMILY CENTRE, YOU'D THINK IT WAS SPRING!



NEW Helpers!



Centre soon!

Hello! My name is Jas Lehal and I am a 4th year Linguistics student at UVic. I am helping out at the Family Centre (Mondays and Thursdays) as a part of the work-study program. After graduation I will be returning to Vancouver to finish the PDP teaching program at SFU. Hope to see you all at the



Hello to all! My name is Meena Hundhal, and I am a third year Child and Youth Care student at the University of Victoria. I am twenty years old and originally from Vancouver. I am very passionate about working with children, youth, and families from a strengths-based perspective and I have always had a strong belief that a child's

well-being can greatly be influenced by his/her family's functioning. I feel very fortunate and proud to say that I have been given a semester long practicum placement at the UVic Family Centre. Hence, as I begin my journey of experiential learning at the UVic Family centre, if ever I can be of assistance to you, please don't hesitate to speak to me either face to face or you may contact me via email: hmh@uvic.ca.



Hello, my name is Sarah Sansford. I am a 21 year old Nursing student at the University of Victoria, looking forward to graduating next year with my Bachelors of Science in Nursing. I have recently moved here from beautiful Cranbrook British Columbia and it seems that Victoria is quite different weather wise. I

currently have a practicum placement at the Family Center and enjoy watching and visiting with the children as they learn through play, song and interaction with others. I am interested in furthering my studies to work with young children and feel this placement fits my learning goals perfectly. I am very thankful to have this opportunity at the family center and look forward to meeting new families and learning from this experience. Thank you and hope to see you at the family center soon!



Hi! My name is Alison and I'm a third year nursing student at UVic. I just transferred to UVic from Camosun College and am excited to finally be here! I will be spending 14 weeks at the Family Centre and will be seeing you on Wednesday and Thursday mornings. I am looking forward to this experience, and am sure that I will learn a

great deal from all of you.

NEW Program!

The Family Centre is pleased to announce the start of a new program "*Family Learn and Share*" which will run for eight weeks beginning on February 4th. The program will take place at the Family Centre on Thursday mornings from 10am until noon. Each week will focus on a specific topic such as nutrition and children, or how to encourage healthy sleep patterns with young children. You are welcome to come to all of them or simply drop in to the ones that are of particular interest to you. Some of the sessions will be facilitated by specialists, others by staff and practicum students from the Family Centre; however, the intention is not only to present information. We hope to provide a safe environment in which we can discuss issues and learn from one another. The workshops will be casual and interactive, please feel free to bring your children with you. If you would like more information please call the Family Centre at 250-472-4062. We look forward to seeing you there.

The schedule for February is:

February 4th: "Coping with Stress" with Miki McMechan

February 11th: "Maternal and infant Care" with nurse educator Karen McKinnon

February 18th: tbd

February 25th: tbd



NEW Contact List!

The Family Centre is updating their contact information so that we can keep you all up-to-date via email. If you would like to receive these emails please drop by to fill out a contact information card, or email familyc@uvic.ca and we will send you one to fill out. Thanks!





THE YEAR OF THE TIGER!

Written by Lina Guo

Chinese New Year is the most vital festival in China and some other parts of Asia. The New Year's day symbolizes a good and fresh beginning and the celebration normally lasts for 15 days which ends on the first full moon day (also called Lantern Festival). In 2010, The Chinese New Year falls on February 14th. It is the year of Tiger. According to Chinese Astrology, people who are born in the year of Tiger are independent, optimistic and well organized. He or she is lucky and successful, but needs to refrain from being too self-centered.

中国农历新年是中国还有亚洲其他一些地区最重要的一个节日。它象征着一个美好和全新的开始。一般来说，农历新年的庆祝活动从大年初一一直持续到十五，也就是元宵节。2010年的中国农历新年是2月14日。今年是虎年。从命理的角度来说，属虎的人独立，乐观，组织能力强。虎乃吉祥，成功的象征，但切忌自视过高。



Adventures of the After School Club

The goal of the UVic After School Club (Tuesdays 3:20-4:50pm) is to build friendships and facilitate learning about a wide variety of things. As a group we have had the privilege of gaining new experiences by touring various areas of campus. Last summer we had a behind-the-scenes tour of the print shop, the mail room (and the mail truck!), and even had a special visit with Campus Security. We also had a backstage tour of the Phoenix Theatre Building, including an improvised production on the main stage.

On January 12th we were invited to the exercise lab in the McLaurin building. We tried out exercise bikes being used in a research project looking at children's level of exercise and what affects it. Anne-Marie de Zwager set up the kids on bikes and had them racing against each other using pedal power to move their "cars". All had a great time, and the kids were excited about the prospect of being a part of the study and having a bike in their home for 6 weeks. One family has now joined the study and has a bike in their home. If you are interested in being part of this research project, please contact Anne-Marie at 250 472-5488 or email amdez@uvic.ca

Conversation Cafés and English Classes

The IESS office is offering free Conversation Cafés again this term. Topics discussed may include current events, pronunciation, casual vocabulary, making sense of strange Canadian slang and idioms, Canadian culture and cross-cultural differences. Tea and cookies will be served too!

Dates: Every Tuesday from January 12 to March 30 (except February 16 which is during Reading Break)

Time: 3:30pm - 5:00pm

Location: Cornett Building, Room B145

Contact iess@uvic.ca to register.

Also, you might wish to check out the free English classes for international students provided by Daniel McDougall and his team from the International Friendship Group and Intervarsity Christian Fellowship.

Dates: Every Saturday

Time: 10:00am - 12:00pm

Location: Clearihue Building, Room A301

For further information, please email Daniel McDougall at ifg@uvss.uv.cic



Miki's Corner

Welcome to February!
We have two celebrations this month – Chinese New Year and Valentines Day

both fall on the 14th.

So Gung Hei Fat Choy to all of our Cantonese speaking families and Xin Nian Kuai Le to all our Mandarin speaking families.

Chinese New Year is also celebrated in Hong Kong, Taiwan, Singapore, Malaysia, Vietnam and Korea. This celebration follows the Lunar Year, it is celebrated on the full moon and lasts fifteen days. It is a time for renewal, family gatherings, eating rich foods and paying respect to the elders and ancestors. Parades are included in the celebrations complete with a Dragon Dance. Dragons are legendary creatures but they are important to Chinese people who think of dragons as helpful, friendly creatures, who are linked to good luck, long life and wisdom.

During the first two weeks of February the art project for the children will be to paint and decorate a simple dragon head and body.

On **February 12th** we will have our own a little Dragon parade around Family Housing. Because of the ages of the children we won't venture too far. We will serve some Asian food for snack and special little red envelopes will be given out at the end of the program. Please come and join us for this fun celebration.

Happy Valentines Day to everyone!

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.

February 2: Cultural Sharing Day

February 9: Valentine's Day

February 16: Chinese New Year Celebrations

February 23: The Family Centre Olympics

Family Learn and Share:

Thursdays from 10:00am -12:00 noon. This new program is a great opportunity to learn about important issues in family and child rearing. Join us for some expert information in an informal setting. Bring the kids too! For more information call or e-mail the Family Centre at 472-4062

familyc@uvic.ca

February 4: "Coping with Stress"

February 11: "Maternal and infant Care"

February 18: tbd

February 25: tbd

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



Community Events

Marine Birds - a course for naturalists and nature enthusiasts

Learn where to find and how to identify marine birds and discover fascinating secrets about how they live and feed at Swan Lake nature Sanctuary. The focus of this course is on the ecology and behaviour of birds encountered in our local waters. Emphasis will be given to the unique and interesting biological and behavioural information that will capture the imagination of both amateurs and professionals.

Classes: 7 - 9 p.m. - Mondays, February 15, 22, March 1, 8, 15

Field Trips : 9 - 10:30 a.m. - Sundays, March 7 and 14

\$80 Friends of the Nature Sanctuary - \$95 non-members

To register call 250.479.0211

For more information see www.swanlake.bc.ca

Valentine's Cardio Fit—be good to your heart!

Central Baptist Church, 833 Pandora Ave.

Be good to yourself! Treat yourself to a great fitness session with a certified fitness instructor. All women welcome! FREE!

Class details: Mondays and Thursdays 5:30-6:30 pm

January 18– March 11. Healthy drinks and snack are provided - free childcare on Thursdays.

Phone: 250 881-1421

Red Cross Babysitter's Training

February 11, Gordon Head Recreation Centre, 4100 Lambrick Way 3:30-5:00pm - 4 classes for \$61.00

Learn the basics of babysitting and become a qualified babysitter.

A Red Cross Babysitter Certificate will be given upon successful completion of the course. Cost includes manual.

For 11-14 year olds.

Contact: Chris Filler at 250 475-7107

Dad's Drop In

Pearkes Recreation Centre - 3100 Tillicum Rd.

Saturdays 9:00-11:00am FREE (suggested \$2 donation)

Join us at Saanich Neighborhood Place for some fun with the kids.

We offer a free play zone for male caregivers and their children ages 0-5 to relax and play. Including: outdoor playground, toys, Kindergym, pancake breakfasts, stories, and of course, coffee!

For more information call: 250 360-1148

Kid's Humungous Garage Sale

Sunday February 14 Gordon Head Middle School

1671 Kenmore Rd 9:00am- 12:00 pm

If you want a chance to clean out your kids closets, toys, books, games, etc.. and earn some extra cash - one table is \$21. Call Saanich Recreation at 250 475-7107 for more details.

The Olympic Crime Caper

Friday Feb.19 Saanich Centennial Branch Library 10:30-11:30am

A scream pierces the quiet night. You hear the shattering of glass and then...footsteps...shuffling...the door creaks and then...silence.

There's a mystery in the library and it's up to the kids to solve it.

All the books on The Olympics are missing! Suitable for children ages 6-10.

Register online or by phone 250 477-9030

