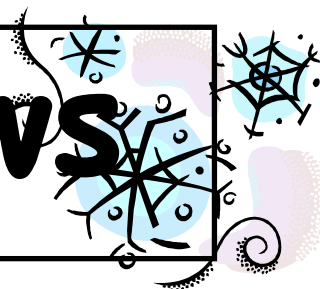




# News & Views

A Newsletter for Families at the University of Victoria



January 2010

Issue 148

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

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#### **FACULTY**

#### **COORDINATOR**

LAURENE SHEILDS

#### **NEWSLETTER**

KRISTINE MANNION

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## 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

#### **Fridays**

**10am-12:00 noon**

Playgroup

10am-12 noon

## Twenty-Ten!

*Written by Kristine Mannion*



Twenty-ten—it just slips nicely off the tongue doesn't it? Funny how a small thing like that makes me feel good about the year ahead. It's nice because usually at this time of year I am cringing with all the media over "how to keep your New Years resolutions", or "top resolutions for the year" etc.. etc... I've never been good at New Years resolutions. Do I want to lose 10 pounds, exercise more, be a better parent? You bet! Do I think making a resolution is going to help me make those things happen this year? Not a chance.

I guess it's because for me, packed into the whole concept of "resolution" is a big, fat "I failed to keep my resolution!" (which I invariably do) And so this year, I've decided to try something different, and I'm taking a cue from my two best teachers—my kids. A month ago my 6 month old daughter pulled herself up to standing on a coffee table. We were astounded! The first big step towards learning how to walk! She promptly proceeded to not do it again for another 3 weeks. Like all babies and children, she will go about the important work of learning new things and making big changes, in fits and starts, often with many bumps and bruises along the way. And she will be perfectly happy to do it this way.

And so this year, I resolve that resolutions are not for me. I will expect and accept that my desire for learning and change will happen, and that it will happen in fits and starts. What I really want for this year is to let happiness in, and notice when it's there. Sounds small, but for me I think this is going to be HUGE! I've spent 15 years trying to figure out what makes me happy—and have yet to come up with the conclusive answer—so I'm officially giving up on that and trying something new. I'm going to try to notice those little moments when there is nothing actually happening that would detract from my potential happiness. For example, I'm walking outside with the kids, it's a beautiful day, so clear we can see Mount Baker—in this moment (and so many more like it) I want to notice my happiness and let it in MORE. I will set aside any thoughts in my head that are drawing me away from the happiness already there in those little moments. And I will do this all in fits and starts. Which means that sometimes I will fail, other times I will forget, and other times again it will work beautifully. And then maybe, just maybe, by the end of this year twenty-ten, the question of what I need to make me happy (to lose 10 pounds, exercise more, etc..etc...) will just seem ridiculous, because I will already be happy... most of the time.

And this is what I wish for all of you. Happy 2010!

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。



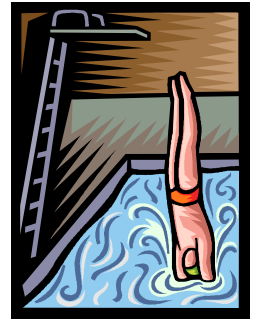
# L.I.F.E - Leisure Involvement For Everyone

**The start of a new year marks the time to renew your L.I.F.E pass!**

The L.I.F.E. (Leisure Involvement For Everyone) program assists individuals and families with low incomes to access Saanich Recreation programs and services. If you are a resident of Saanich and your combined gross family income falls below the Statistics Canada's low income cut off, you and your children are eligible for passes. However, only the non-student members of your family will be eligible since fulltime students are not included in the program.

## How Do I Apply?

Complete the application form which is available online or pick up a copy from one of the Saanich Recreation Centres. You only need to complete one form per household. When you submit your completed application, you will be required to show proof of Saanich residency for yourself and your dependents and your BC Care Card. If you qualify, you will receive one **Coupon Book** and one **Access Card** per family member. All family members must be present to apply for the access card as photos are taken for the ID card. They are both valid from January 1st - December 31st of every year. The access card is valid at any recreation centre in Greater Victoria. It entitles the holder to 52 free drop-in activities. The coupon book contains discount coupons for 50% off any registered program in Saanich. There are coupon books for adults, teens and children. Coupons cover things such as childcare, facility rental, summer playground programs, youth special events. So...time to fill out that form!



## Miki's Corner

I would like to wish all our families a very Happy New Year. I am looking forward to seeing you all again on January 6th. The month of January will have mostly a winter theme which will include snowy and rainy activities. Here is a fun action rhyme you might want to do with your child.

**SNOWFLAKES, SNOWFLAKES**  
(to the tune of "Are You Sleeping/Frere Jacques")

Snowflakes, snowflakes,  
(*wiggle fingers like falling snowflakes*)  
Snowflakes, snowflakes,  
All around,  
(*move arms and body around while wiggling fingers*)  
All around—  
Whirling, twirling snowflakes  
(*twirl in a circle*)  
Whirling, twirling snowflakes.  
Hit the ground,  
(*fall down gently to the ground*)  
Hit the ground.

**Need some inspiration at the video store? Here are the top 10 movies for 2009 (according to Roger Ebert!)**

**Bad Lieutenant**—Werner Herzog  
**Crazy Heart**—Scott Cooper  
**An Education**—Lone Scherfig  
**The Hurt Locker**—Kathryn Bigelow  
**Inglorious Basterds**—Quentin Tarantino  
**Knowing**—Alex Proyas  
**Precious**—Lee Daniels  
**A Serious Man**—the Coen brothers  
**Up in the Air**—Jason Reitman  
**The White Ribbon**—Micheal Haneke

**And the "special jury prize" goes to Avatar by James Cameron**





A BIG thank you to Campus Security, McPherson Library and Childcare Centre 5 for generously donating food to our food-share table at Christmas time. Many student families were able to make use of this. We shall continue to set up the food share table throughout January. Families are invited to continue to take

whatever they can use and to donate to the table if they wish. We would also like to thank Career Services, Student Awards and Financial Aid, the Education Department, Peppers Food and The Christmas Bureau of Greater Victoria for their generous support of student families.



## The Ladies Social Event of the Year!



**MARK YOUR CALENDARS: THURSDAY JANUARY 28TH 7-9PM.** Many of the mothers who drop-by the Family Centre have expressed a desire to get together socially. Therefore, we will be starting a once-a-month social event for women to come to while their partners take care of the children. These will take place on the last Thursday of the month. This month will be a dessert & clothing share, please feel free to drop by the

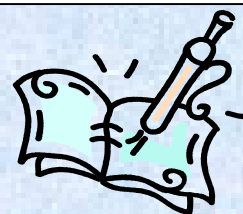
Family Centre between 7 and 9pm on January 28th. If you are able to bring along a dessert to share that would be wonderful, but if this is difficult for you don't let that stop you from coming. You are also invited to bring along good condition women's clothing items that you no longer wear. We will arrange the clothing and let the exchange begin! If you have any questions about the event please feel free to contact Emma at the Family Centre.



### Winter Celebration

The Family Centre was once again bursting at the seams at our first ever Winter Celebration. It was wonderful to catch up with families we had not seen in a while as well as to meet families new to the UVic community.

We enjoyed festive food and drink and the children had opportunity to get creative at the crafts table. The celebration was made even more special since it marked the opening of the 'quiet room'. Thank you to Dr. Mary Ellen Purkis and all the members of the Whittington family who came to participate in this event. The quiet room is now available as a place to read, reflect and enjoy some peace! If you were unable to come to the winter celebration please feel free to drop by the Family Centre to visit the new room.



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

### 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



# 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](mailto:familyc@uvic.ca).  
 January 5: Resolutions for a New Year  
 January 12: Field Trip to the Game Bike Club  
 January 19: Spectacular Science  
 January 26: Sports Day

## **Culture Club:**

The Culture Club has been discontinued at this time. The Family Centre is looking at new program ideas and would be glad to have suggestions from student families. Please look in the February newsletter for upcoming events.

## **Important Dates in January**

**January 4**—Spring term classes begin

**January 13&14**— Club and Course Union Days in the SUB

**January 14**—Last day for course changes in the Faculty of Law

**January 17**- Last day for 100% reduction of tuition fees if you drop spring term courses

**January 20**—Last day for adding courses that begin in the spring term

**January 31**—Last day for payment of spring term fees without penalty



## *Community Events*



**Victoria Independent Film and Video Festival** ~ No matter if it's controversial cinema, oscar-winning drama, evocative documentary or the list of who's attending the Victoria Independent Film and Video Festival, this romp through the world of film is the event you don't want to miss. Don't miss Vancouver Island's biggest and longest running film festival, where you'll see the best of independent cinema from across Canada and around the world. Tickets go on sale January 11, the opening gala is January 29! For more information visit [www.vifvf.com/](http://www.vifvf.com/)

## **Victoria Symphony Concert for Kids: How the Gimquat Found Her Song**

Sunday January 17th 2:30pm  
 In this enduring, award winning classic, a rare and silent bird lives in hiding until she meets a magician who takes her on a search for the perfect song. Join them on this sparkling journey through the history of western music. This heart-warming story, told in Dr. Seuss-like verse, has kept audiences of all ages spellbound. All Concert for Kids programs take place at the Royal Theatre, Sunday at 2:30 pm with the instrument petting zoo and other activities beginning at 1:30 pm in the lobby

**Celebrate Family Literacy Day with: Twisted Tales: Dragons, Pigs and Princesses** Saanich Centennial Branch Library. January 27 2:30-3:15 pm— Free. Celebrate Family Literacy Day with a puppet show. Enjoy three well known children's stories given at twist at the hands of the puppeteers! Everyone welcome, younger children should be accompanied by an adult. No registration required. For information: 250 477-9030

**Classic Short Filmstrips for Kids** Central Branch Library, January 30 10:30-11:30—Free If you love retro animated films, join us for a wonderful collection of short multicultural filmstrips such as *The Magic of Anansi*, *Clever Hicco-Ichi*, *How the Kiwi Lost His Wings*, and more. This program is brought to you by GVPL, Open Space and CineVic. For families with young children. Younger children should be accompanied by an adult. For information: 250 413-0365

## **Family Sunday at the Art Gallery of Greater Victoria.**

Family Sunday takes place on the third Sunday of the month (January 17th). Drop in between 2:00pm-4:00pm A day of hands-on art making for children and their families inspired by *Vision into Reality: The Birth of the Collection* which will invite visitors to take on the role of both artist and curator! More information at [www.aggv.bc.ca](http://www.aggv.bc.ca)

