



News & Views

A Newsletter for Families at the University of Victoria



March 2010
Issue 150

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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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



SPRING IS COMING... TIME TO GARDEN!

Kristine Mannion

Well - we've done it—made our first trip of the season out to our garden plot in the UVic Community garden. The earth is warming, the weeds have yet to take hold, and many people we can see have been harvesting crops like Kale all winter long. I already know that some of my fondest memories of our time in family housing will be of seeing our 3 year old figure out how AMAZING fresh raspberries taste, and of him becoming an expert in finding strawberries hiding beneath their leaves (no matter who's plot they were growing in...sorry!). He shied away from the bigger jobs of weeding and digging, but loved to "play at" these things in the special children's area of the garden...he would always come out covered in mud there's nothing better than a kid who is happy in the dirt! He loved pulling up carrots this fall, and was more willing to eat them because of it!

Children need to see where food really comes from, and they need the connection to our earth that only comes from playing and digging in the dirt, eating the fresh berries, and smelling the wild flowers. I am so glad that we were able to give our son this opportunity. Also, it is so important for him to see adults working. So much of the work we do now involves computers or an office away from home, and our children are not able to see what it means to be an adult, doing the work that people do. In the garden, this all comes together, and our children can see that adults really do things that they can see and learn from.

And yet, this is the last year for our Campus Community Garden. After thirteen years in it's current location, a notice of eviction has been given, and a new location has yet to be determined. Will the university see the development of a new site for a community garden as a priority? This spring, there will be a Campus Plan Committee meeting. Neil Connelly, from UVic's Sustainability Office, will be offering a proposal to include our gardens in the master plan for use of the university-owned CJVI property on Cedar Hill Cross Rd, know as Cedar Hill Corner. According to the university, potential uses include academic expansion, faculty and student housing, sports and recreational facilities, parking and other special opportunities. Another alternative is a triangle area of land off of McKenzie Avenue by the rugby fields, a highly visible location with no concrete building plans. There is some concern that there is no mention of the garden in the current UVic Campus Plan and that the university may not deem our space as an important university asset. As a result, we are requesting your support to show that sustainability and education includes the UVic Campus Community Garden.

If you agree, and would like to get involved, please email Ada Saab, the site coordinator of the Campus Community Garden, asaab@uvic.ca or visit the website at <http://web.uvic.ca/~ccgarden/>



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。

No Foolin' ...



It's that time again; the school year is almost over!! The Family Centre is getting ready for its 7th annual No Foolin' Event, which takes place on **Thursday April 1st**. No Foolin' is an opportunity for UVic student families and community supporters to come out and celebrate the wonderful energy and diversity that families and their children bring to campus life here at UVic. This annual event is about celebrating our vibrant, diverse, and unique community, as well as raising awareness about the challenges and barriers that some student families face.

The No Foolin' event will be a time to showcase the Family Centre at UVic. We will have lots of activities that focus on day-to-day life here at the Family Centre (music, singing, crafts, laughter and fun). There will be lots of free food as well as face painting, henna, bubble blowing...Come down to the UVic Family Centre on your way home from work or school. Please come by and show your support to student families here at UVic!

Everyone is welcome to attend this free community event! It takes place on Thursday April 1st from 4:30-6:30pm in front of the Family Centre at 2375 Lam Circle in UVic Family Housing. We are looking for volunteers to help in the planning and on the day of this event. Please call us at 250-472-4062 for more information or if you would like to volunteer.

WRITING WORKSHOPS

The Writing Centre is offering some great workshops in March. Check out their website at www.ltc.uvic.ca/servicesprograms/twc.php and be sure to register online if you are interested.

Stronger Sentences

Monday, March 1, 2010 1:30 PM ~ 2:20 PM

Location: McPherson Library, Room A003

Are your sentences awkward or unclear? Come to this workshop to learn some simple rules about clear and strong writing. As this is a hands-on workshop, please bring two or three pages of a paper you are writing, a highlighter and a pen.

Punctuation

Monday, March 8, 2010 1:30 PM ~ 2:20 PM

Location: McPherson Library, Room A003

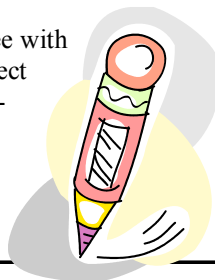
Are you confused by the comma? Are you guilty of semi-colon abuse? Come to this workshop to learn some simple rules about clear and strong writing. As this is a hands-on workshop, please bring two or three pages of a paper you are writing, a highlighter and a pen.

Grammar

Monday, March 15, 2010 1:30 PM ~ 2:20 PM

Location: McPherson Library, Room A003

Do you misuse pronouns? Do your verbs disagree with your subjects? This workshop covers how to detect when your subjects and verbs disagree, your pronouns are misused, and your modifiers are dangling. As this is a hand-on this workshop, please bring two or three pages of a paper you are writing, a highlighter and a pen.



An Invitation

Are you a busy parent or stressed out student? Are you looking for ways to decrease stress, create some balance in your life, or enhance your overall wellbeing?

Then I invite you to experience Integrative Energy Healing as a form of self-care.

My name is Linda, and I am a doctoral student at the School of Nursing at the University of Victoria. I am also a student in the Integrative Energy Healing Program offered through the Centre of Holistic Studies at Langara College in Vancouver. In March, I will be offering free Integrative Energy Healing sessions at the Family Centre.

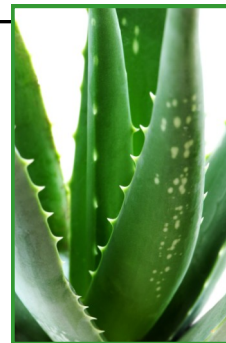
"Integrative Energy Healing (IEH) is a gentle non-invasive approach to healing. It facilitates a path to wellness of your body, mind and spirit. Based on principles of Western scientific energy medicine and ancient Eastern knowledge, the goal of IEH is to awaken your body's innate healing potential. IEH works with you to integrate all aspects of your health and well-being – physical, mental, emotional, spiritual and energetic."

(www.integrativeenergyhealing.ca)

For more information, or to book a session with me, please contact me at lshea@uvic.ca

Thank you for your interest!

Linda





LEARNING TO MEDITATE

Kristine Mannion

I found a little piece of paper last year advertising a "Learn to Meditate" group on campus. Meditation always interested me, but from a distance. The closest I ever came to trying was reading a book about it years ago and then trying to stare at a flame for a half hour without thinking...I never did it again. Here, though there was someone who would teach me, and it was FREE, *and* it would get me out of the house a couple times a week, and so I started going.

I did not go in order to become a better parent, though I believe this has been a side effect. I did not go with the intention of becoming more courageous - more able to be myself, but again, I think this has been a side effect. Above all, meditation reminds me often (and I need frequent reminders!) that my thoughts are not me, and that I need not allow these thoughts to make me unhappy. Sounds simple, and yet it is utterly transformative. On top of all that, it's just *really* relaxing!

If you think you might like to give it a shot, Henri Lock from campus interfaith services will be coming to the Family Centre on March 25th from 10:00-12:00 for our *Family Learn and Share* program, and/or you can go to one of the "Learn to Meditate" programs that take place every Monday and Thursday at the Interfaith Chapel from 4:30-5:15 p.m.

A new Volunteer



If you've been at the Family Centre recently, hopefully you've had the pleasure of meeting Karen, a new volunteer helping out with our Friday morning playgroup. Karen has been anonymously contributing to UVic families for a long while now, which you know if you are lucky enough to be sporting one of the beautifully crocheted hats she has dropped off! We are very fortunate that Karen has decided to come out of the shadows and spend some time with us every week. She brings some lovely "grandma" energy to the group (she has two grandsons who are both taller than her!) and just a little while ago she played the part of the dragon's head in our Chinese New Years dragon parade!

Karen is also an accomplished cellist (can we all try to convince her to bring her cello in to play for all of us one day?) She plays for an English country dance band (you know - the kind of dancing in *Pride and Prejudice*!) She loves this kind of music and dancing, because it is so courteous. And couldn't we all do with a bit more courtesy? She also composes music...maybe one day she will play one of her songs for us, when she brings in her cello! (wink, wink, nudge, nudge!) We are all so glad to have Karen around!



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



Miki's Corner

According to the Chinese zodiac this is the Year of the Tiger. In celebration the children made tiger masks, painted the head and body of a dragon and, created noise makers. The highlight for me was the Dragon Parade on February 14th, with the children and their parents making their way down the path through Family Housing; shaking their noise makers and shouting Gung Hei Fat Choy.

During the remainder of February art activities and circle times included tigers and other jungle animals. Some of the children have been asking for dinosaurs, so the theme for the first two weeks of March will be dinosaurs.

Here is a short poem by Robert Byrd:

**Dinosaurs lived so long ago
They never had a chance to know
How many kids would love to get
A dinosaur to be their pet.**



Spring will officially greet us on March 20th. Therefore the rest of the month will be dedicated to "Spring". This is a poem about spring written by Alex, age 8 from Hertfordshire, England



**People mowing
Tadpoles growing
Hedgehogs waking
Ice is breaking
Squirrels playing
Foals neighing**



**Lambs bleating
Caterpillars eating**

**Pretty flowers
Wind and showers**

**Blossoms falling
Birds calling**

**Washing drying
Butterflies flying**

**Bees are humming
Spring is coming**



