



News & Views

A Newsletter for Families at the University of Victoria



May 2010

Issue 152

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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

Fridays

10am-12:00 noon

Playgroup

10am-12 noon



May is for Mothers

By: Kristine Mannion

Thinking about motherhood always brings up such a deep well of often conflicting feelings for me. On the one hand I have never felt more powerful than when I have carried, birthed and nursed my children. On the other hand, I have never felt so absent from society, so powerless in realms of culture, commerce, etc... Even in my own home I sometimes find myself believing that my children can't hear me, or don't care what I say, as if I am powerless even in their lives! This of course, is the furthest thing from the truth, which I remind myself of by thinking of how I react to things my mother says to me...her words still carry so much weight! I need to remember that my words carry this weight too, and always be careful how I use them. I also need to remember that there is no greater power than to create and nurture life, and not forget that I have a stronger voice in our culture for having experienced these wondrous things. For Mothers Day this year, I will try to do one thing - to stop saying "I'm just a mom" Motherhood is by far the most challenging thing I have ever, and will ever do. It challenges me physically, emotionally, socially...the list goes on! And just when I think I have things figured out, one of my kids goes and changes! Rocket science doesn't even come close! So next time you're talking about something that is hard, say "well, it's not motherhood (or parenthood)!" I can't think of anything more amazing and more taken for granted than motherhood, and so I share the words of women wiser than me that they might remind us how great and wonderful we really are. Thank you Mothers for everything you do!

"With the power of motherhood within her, a woman can influence the entire world. The love of awakened motherhood is a love and compassion felt not only toward one's own children, but toward all people, animals and plants, rocks and rivers - a love extended to all beings. It is not restricted to women who have given birth; it is a principle inherent in both women and men. It is an attitude of the mind. It is love - and that love is the very breadth of life

Amma



Her love is like an island
In life's ocean, vast and wide
A peaceful, quiet shelter
From the wind, the rain
the tide.
'Tis bound on the north
by Hope,
By Patience on the West,
By tender Counsel on the
South
And on the East by Rest.
Above it like a beacon light
Shine Faith, and Truth,
and Prayer;
And thro' the changing
scenes of life
I find a haven there.

Unknown

Hundreds of stars in the
pretty sky,
Hundreds of shells on the
shore together,
Hundreds of birds that go
singing by,
Hundreds of birds in the
sunny weather.
Hundreds of dewdrops to
greet the dawn,
Hundreds of bees in the
purple clover,
Hundreds of butterflies on
the lawn,
But only one mother the
wide world over.

Unknown

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。



The UVic Family Centre Celebrates Earth Day!

On April 20, 2010 a group of eleven members of the UVic Family Centre's Afterschool club became garbage warriors. Armed with rubber gloves and plastic bags they set out to remove garbage from the ravine between Family Housing and the UVic Daycare. Without fear of wet feet and to the amusement of the children at the daycare they picked up every piece of garbage they could find. They found gum wrappers, plastic bags, 6 bundles of newspaper and even a bike

wheel. After 45 minutes of hard work they had accumulated a huge pile of refuse and made their neighborhood a better place. Congratulations kids on making a big difference for Earth Day!



A BIG  **THANK YOU** and  **Goodbye!** to

Dana Sibley - who has been an integral part of the Family Centre first as a Practicum Student and then as a valuable member of staff for almost three years. Dana's energy, creativity, knowledge and experience in our community was a great asset to families and children at the Family Centre. Dana enthusiastically took on programs and encouraged participation with her caring and generous nature. We all will miss her and wish her well as she continues to pursue her career.

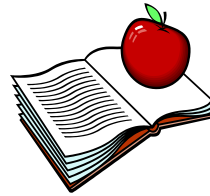
Jas Lehal - who has been our Workstudy Student since October. The Family Centre has benefited from Jas' computer and organizational skills, her interest in working with children and her wonderful henna art! We wish Jas the very best as she continues on with her Master's program in Vancouver.



We welcome a new practicum student!

Hello! My name is Stephanie Robertson. I am completing my bachelors degree in the School of Child and Youth Care at the University of Victoria. I have an energetic 4 year old boy named Joshua.

Joshua and I have travelled extensively and now we have settled here in Victoria so I may complete my degree. In my spare time (haha) I enjoy training for outdoor adventure races, hiking, and going on mini-adventures with my son to find new parks and places to play. I am looking forward to being part of the team over the next few months at the UVIC Family Centre.



BOOK REVIEW

Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason

by: Alfie Kohn

by: Kristine Mannion

I'm not a big reader of parenting books - preferring to find my own way, and not wanting to follow the next big parenting fad - but this book stole my heart. The title is what grabbed me - moving away from punishment... which is an area I had been struggling with of late with my toddler. Like every child his age, he had begun to do things that most in our culture would say deserved a "time out", and yet I found I never had the heart to do it. My feeble attempts felt harsh, angry, and not at all good - surely there must be a better way?

Turns out there is! I love this book's holistic look at raising our young ones. Rather than giving a prescription for dealing with problem X by using tone of voice Y, looking at point on wall Z and waiting XX minutes before repeating the procedure (sound familiar?) this book asks the question "what kind of people do we want our children to grow up into?" It gives a real discussion on the effects of punishment and rewards (that's right - I said rewards!) on the developing human. 211 easy to read pages where Kohn intersperses personal experience with reviews of current research make this a book that I had trouble putting down. There are countless dog-eared pages, and it is with regret that I will return this now much-used copy to the Family Centre library for one of you to borrow! I will be purchasing my own copy however, because for me, this is one of those books I know I will be returning to over and over again throughout these years of raising children, and I will learn something new every time I do.

Warning#1: this book may cause you to feel guilty for a while - let it go... we all do the best we can with the information we have!

Warning #2: best not to read this book if you love catch words like "setting limits" "consequences" and "positive reinforcement"

Warning #3: read this book only if you are willing to question years of your own training!



Goodbye from Dana

It is with a heavy heart that I announce my departure from the UVic Family Centre. Over the past 2 ½ years I have had the privilege of facilitating many programs and meeting a lot of great people. I will miss seeing the smiling faces at the Family Centre and I am so thankful for my time here. Please come and say goodbye at **Dana's Farewell Potluck** on **May 18th from 5:15 – 6:30pm**. Bring a dish and story to share. I look forward to seeing you.

How Mothers Day began...

Mother's Day actually rose out of the aftermath of the American Civil War, and the Franco-Prussian War in Europe. Julia Ward wrote a proclamation in 1870, a proposal to bring women of all nationalities together to bring peace to humanity. So different from the flowers and candy event it has become today! Here is her proclamation, which still inspires today:

Arise then, women of this day! Arise all women who have hearts, whether our baptism be that of water or of tears!

Say firmly: "We will not have great questions decided by irrelevant agencies. Our husbands shall not come to us, reeking with carnage, for caresses and applause. Our sons shall not be taken from us to unlearn all that we have been able to teach them of charity, mercy and patience. We women of one country will be too tender of those of another country to allow our sons to be trained to injure theirs."

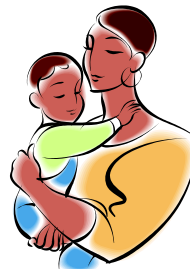
From the bosom of the devastated earth a voice goes up with our own. It says "Disarm. Disarm! The sword of murder is not the balance of justice." Blood does not wipe our dishonor nor violence indicate possession. As men have often forsaken the plow and the anvil at the summons of war. Let women now leave all that may be left of home for a great and earnest day of counsel with each others as the means whereby the great human family can live in peace, each bearing after their own time the sacred impress, not of Caesar, but of God.

In the name of womanhood and of humanity, I earnestly ask that a general congress of women without limit of nationality may be appointed and held at some place deemed most convenient and at the earliest period consistent with its objects, to promote the alliance of the different nationalities, the amicable settlement of international questions, the great and general interests of peace.

Julia Ward Howe, Boston, 1870

THE CONVERSATION CLUB IS BACK!

Are you interested in practicing your English conversation skills? Learning new vocabulary? Socializing with other international members of the community? Beginning **Monday May 3rd**, an informal six-week conversation club will be held at the family centre. The group will meet **at 8:00pm** and Kathleen will be returning as instructor. Everyone is welcome!



No One More Lovely

She Walks in elegance whose heart
Is filled with beauty, like the spring
Her gentleness is but a part
Of all the joy her graces bring.
The things she taught me at her knee
Are honesty and faith and love,
No one is lovelier than she
Whose soul is joined with things above.

Charlotte Carpenter

DONATIONS TO THE FAMILY CENTRE

Due to a lack of storage space the family centre can only accept donations of clothing and small items. If you have large family items you wish to donate, please contact a local charity



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.

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.

May 4: Mother's Day Crafts

May 11: Games Day

May 18: Cooking and preparations for Dana's Farewell Potluck

This program will continue after Dana's departure with an exciting new leader!

Out and About in Victoria:

If you are new to Victoria and would like to explore some of the surrounding family friendly places this is for you!

We will meet at the Family Centre at 10am.

Thursday May 13th: Let's go to the Mystic Vale which meanders along the side of Campus. Depending on the group dynamic we can simply walk along the top which is perfectly stroller accessible, or we can walk along the top and then return by walking along the bottom which is a little rougher. Hopefully we will get to see some fun wildlife. If your children are like mine you might want to dress them in boots and mudpants!

Thursday May 27th: Let's walk to Finnerty Park. This Park is located just off of Arbutus Road and leads to one of my favourite coves. It is small, sandy and a wonderful place to explore with children. The steps down to the beach are steep and so a child carrier is preferable, but if you want to bring a stroller and leave it at the top of the steps that works as well. This is a great little beach and only a ten minute walk away!

Conversation Club:

Monday's at 8:00 pm Want to practice your English conversation skills, learn new vocabulary, and meet with friends? Come out to the family centre to meet with Kathy for some good conversation!

Womens' Social Night:

Thursday May 20th It's a surprise! See you there
7:00-9:00pm

Community Events

The Stage in the Park

Commonly known as the "Cameron Bandshell" this is an outdoor performance venue located in the heart of Beacon Hill Park. The Bandshell comes alive with activity from May to September, hosting a variety of FREE events and concerts on its stage including the "Concerts in the Park" series, dance, theatre, band and choral performances, as well as youth community events. Bench seating and the surrounding grass areas provide a perfect spot for spectators to relax and enjoy free performances.

Contact: (250) 361 0548 or

www.victoria.ca/visitors/events_artvenuecam.shtm



6th Annual Tartan Parade (May 15) and the 73rd Victoria Highland Games and Celtic Festival (May 22nd and 23rd)

The Tartan Parade of local and visiting pipe bands and highland dancers begins at the Legislative Building and marches up Government Street to Centennial Square where there will be more demos of singing, piping and country dancing. All this is in preparation for the Celtic Festival and 73rd Highland Games scheduled the following weekend at Topaz Park (Blanshard and Finlayson). Activities include: dance, bagpipe and drum competitions, pipe bands, caber throwing, heavy event championship, historical display, entertainment, and Celtic food.

Contact for more information: (250) 598-0120 or visit

www.victoriahighlandgames.com



Victoria Day Parade! May 24

Location: Downtown Victoria, along Douglas Street
Victoria's largest parade event - marching bands, floats, clowns, etc. Over 120,000 spectators watch this popular annual event in person and on television. Fun for the whole family!

Contact for more information: (250) 382-3111

World Partnership Walk 2010 - Sunday May 30th

The World Partnership Walk is Canada's largest annual event dedicated to increasing awareness and raising funds to fight global poverty. Organized by volunteers in cities across the country, the walk attracts tens of thousands of Canadians who together have raised more than \$50 million in support of international development initiatives and the Aga Khan Foundation in just over 25 years.

In Victoria the walk will take place on **May 30th** at the **Cameron Bandshell in Beacon Hill Park**. Registration (no fee) starts at **10:00am**. Special presentations and a warm-up take place and the walk (% km to Clover Point) starts at 11:30 - rain or shine! Lunch is provided, along with music! This is a great event for families.

For more info: www.worldpartnershipwalk.com

28th annual Victoria Conservatory of Music Mother's Day Garden Tour Sunday May 9 - 10am-4pm \$25 for a 2 day pass - various private gardens around Victoria

A perfect way to celebrate Mother's Day with mom! This has become a tradition with residents - the two-day self guided tour takes visitors through nine of Victoria's most beautiful private gardens. Spend the day enjoying the gardens as well as the musical talents of the faculty and students of the Victoria Conservatory of Music who will be playing music at several gardens on the tour.

For information: Victoria Conservatory of Music at (250) 386-5311

