



News & Views

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



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

End of Summer Potluck



The Family Centre is hosting its annual End of Summer Potluck and everyone is invited to join us. Come and meet other UVic families and celebrate the diversity of our community.

Bring a dish to share: appetizer, salad, main course or dessert. The Family Centre will provide drinks and ice cream. To help reduce waste, please bring your own plates and cutlery.

Date: Wednesday, August 31st

Time: 4:30pm-6:30pm

*Place: In front of the Family Centre,
2375 Lam Circle*

Family Centre Summer Closure

Just a reminder that the Family Centre will be closed from Monday, August 8th until Monday, August 22nd.



Family Centre Weekly Hours and Programs

Monday	Closed	Closed
Tuesday	9:30am-3pm	Music and Movement Playgroup: 10am-12noon
Wednesday	9:30am- 3pm	Playgroup: 10am-12noon
Thursday	1pm-5pm	No programming
Friday	10am-12noon	Playgroup: 10am-12noon

Family Hiking Group: Raincoast Rascals



Are your kids sitting inside watching TV on a beautiful day? Get them outside! The founders of this group hope to provide an opportunity to get you and the children in your life enjoying the benefits our local wilderness areas. Our aim is to help children develop an appreciation of the natural world through nature walks, hikes, and outdoor adventures. Children must be accompanied by an adult. This is a free group, but you must register on the MEETUP website to access information about days and times of hikes. For more information, visit:

<http://www.meetup.com/RaincoastRascals/>

Swings and Roundabouts



Do you (or your kids) love going to parks? But getting kind of bored of the neighbourhood standbys? Well, a local mom has created a blog documenting her pursuit of finding great parks in Victoria. She has information on endless parks in the Victoria (and Vancouver!) area, including pictures and reviews. So if you're looking to inject some excitement into your next park outing check out:

<http://swingsandroundabouts.victoria.blogspot.com/>

Thinking of Camping this Summer?



A lot of families take advantage of Vancouver Island's gorgeous environs and climate and go camping at least once during the summer. Camping is a great way to enjoy the outdoors, get some fresh air, leave the stress of work and study behind, and make great memories with your family and friends. There are a number of excellent provincial campsites within two hours of Victoria including Bamberton Beach, China Beach, and Gordon Bay. BC Lodging and Campgrounds association operates a user-friendly website providing information on a variety of campgrounds all over British Columbia: <http://www.camping.bc.ca/>

Another useful website is operated by BC Parks and includes information on all provincial park campgrounds, including maps and reservation systems: <https://secure.camis.com/Discovercamping/>

Provincial park campsites are operated by the provincial government and tend to be clean and well-organized, whereas private campgrounds can be hit or miss—some are great, others are not. For this reason, it's useful to talk to someone who has camped in a private campground before your commit to packing up your gear and heading into the unknown. Provincial park campgrounds tend to cost between \$15-22 per group (usually a maximum of 8 members/site with no more than four adults) per night. Firewood is usually available for between \$5-\$7/bundle, or you can bring your own. You are not allowed to burn wood that you find nearby your campsite. Some campgrounds offer communal showers and flush toilets, but many offer no showers and only pit toilets. If you or your loved ones enjoy a warm shower at the end of the day, you may want to check to see if your campground has one before you leave home. Some campgrounds have playgrounds and may even offer educational (and often entertaining) daily performances about local flora and fauna. Drinking water is available at all BC Parks campgrounds.

Camping Gear Rentals

The Outdoor Recreation Resource Centre (ORRC) is a Vikes Recreation service that provides camping and outdoor recreation equipment rentals to Vikes Recreation members. We are located in the Ian Stewart Complex (3964 Gordon Head Road, Victoria). To rent equipment call **250-472-4044**.





Speak Well" English Conversation Program

Practise your English through small and informal group discussions with Canadian volunteers. Learn important English skills such as pronunciation, grammar and new vocabulary. This FREE program is ideal for mature adults who are immigrants, refugees or international students. **Every Wednesday from 7:00pm-8:30pm at the Gordon Head Lawn Bowls Club. For further information, call 250-475-5424.**

Miki's Corner: What's happening at the Family Centre this month?

"Rain, rain, go away these little children want to play!" Hopefully August will bring us less rain and more sun so our children can go out and play. Although we have a more laid-back program during the summer, we still incorporate themes into our programming. In July it was "sea creatures," and for August I thought we would explore nursery rhymes. If your child has a favourite nursery rhyme or a song please let me know and I will incorporate into circle time. Also, if parents have a favourite nursery rhyme or folk tale from when they were a child, it would be wonderful if you would share it with us. Looking forward to seeing you this month at the Family Centre.



Useful Numbers

Moving in or out? Need that oven fixed again? Have a question about the neighbourhood? Here are some useful numbers to have handy:

Housing Office: (250) 721-8395

Maintenance: (250) 721- 8658

24-hour Campus Security: (250) 721-7599

Campus Safewalk: (250) 721-7599

Campus Security Non-Emergency Phone: (250) 721-6683

Family Centre: 250-472-4062



Kid's Bible Camp St. George's Anglican Church in Cadboro Bay

**Monday, August 22 to Friday August 26, 2011
9:00am– 12:00pm
For children aged kindergarten—grade 7**

Crafts, games, and activities
\$40 per child with a family maximum of \$100.
Registration deadline is Friday, August 19, 2011

Financial assistance is available. Please contact us should you need assistance.

To Register your child/ren - please visit
<http://www.stgeorges-cadborobay.ca/vbs2011.htm>
Or call: **(250) 472-2090**



Farewell to Friends and Neighbours

August is a month where many families in our community pack up and move forward. To all of our friends and neighbours who are moving on, we wish you the best of luck in your future pursuits. We hope you will stay connected to us in some way, perhaps through our website or Facebook page. Or if you're not moving too far afield, feel free to continue stopping by the Family Centre during events or playgroups. We'd love to see you!

BIG Moving Sale and Bake Sale! Everything MUST go! August 27, Saturday, 9am-2pm In front of the Family Centre (2375 Lam Circle)

Several families are selling lots of baby/kids stuff, kitchen appliances and dining sets, stationery, furniture, books/CDs...etc. Bring some coins with you and take them home! We'll also have a fundraising baking sale for Japanese orphans, victims of the March 11 earthquake and tsunami. Your support contributes to their education. Contact: Mikako & Simon for more info: ottawa0616@hotmail.com





Programs and Events

A great way to get connected!

Playgroups:

On Tuesday, Wednesday and Friday mornings from 10am-12pm, the Family Centre hosts fun and energetic playgroups. This summer the Tuesday morning Music and Movement Playgroup will be led by Miki as Kathleen is on holidays. On Wednesday and Friday mornings, Miki also hosts playgroups involving arts and crafts, free play, circle time, and snack. Please bring hats and sunscreen because on sunny days we hope to have our playgroups outside! We look forward to seeing you and your little ones this month.

After School Club:

Please note that the After School Club is on holiday over the summer and will begin again in September.

Note: Make and Take

The Make and Take group will be taking a break for the month of August. If there is enough interest the group will start up again in September. The group is very informal; some people come every week, others just once in a while. We get together to make something to take home however, sometimes we just get together to have a cup of tea and a chat. Last year we made everything from candy to bath salts, we learnt to knit and crochet and often just brought whatever project we were working on down to the Family Centre. If you are looking for a way to get to know other people in the community this might be the place for you. If you are interested in participating please email us at familyc@uvic.ca, we'd love to hear from you.

Community Events

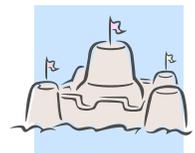
Symphony Splash, Sunday, July 31st, from 1pm, FREE Victoria Symphony Splash is an annual Victoria Symphony event that takes place on a floating stage moored in Victoria's Inner Harbour. It includes musical entertainment, food, and the evening's highlight: a live performance by the Victoria Symphony. Many people arrive early to ensure they have a good view for the orchestra performance at 7:30 pm. The Family Zone opens from 1:00pm – 4:00pm. Splash concludes at approximately 10:00pm.

Community Events Continued...

Raven Baroque on Mt. Tolmie , Monday, August 1, FREE Musicians in period costumes play the hits from the 1650's atop Mt. Tolmie on the reservoir on BC Day. Two 1 hour concerts 1:30 - 2:30 and 3:00 – 4:00 pm Mt. Tolmie Park. Event information: 250-514-8916

Cadboro Bay Festival, Sunday, August 7, 11:00am-3:00pm, Gyro Park, FREE

Enjoy an afternoon at the beach in the picturesque Gyro Park. The festival features a variety of hands-on activities, sand sculptures, bouncy castles, pirate school, information displays, children's arts & craft activities, and food and fun for the entire family.



European and Classic Car Picnic, Sunday, August 21st, 10:00am-2:00pm, Queen Alexandra Foundation (2400 Arbutus Road), by donation.

The 9th annual European and Classic Car Picnic, a fundraiser for the Queen Alexandra Foundation, will feature over 200 unique, beautiful cars. Lots of family activities on site including Tom Thumb pedal cars, magic shows, craft station, bouncy castle, face painting, BBQ, silent auction and more!



Victoria Kids Consignment Spring/Summer Sale Saturday, August 27th and 28th, 2011, Pearkes Arena, 10:00am—3:00pm, FREE



We feature clothing in sizes preemie to boys/girls 14, maternity clothes, toys, infant gear, shoes, bedding, books, games, DVD's, and SO much more! At the Back-To-School sale you can also expect to see everything you need to get ready for cooler months: snowsuits, snow boots, heavy jackets, Halloween costumes, Christmas attire, and LOTS more! For more information contact Jennifer Smith at 250-514-4080.