

News & Views

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT



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Check out our complete listing of programs at:

<http://web.uvic.ca/family-centre/>

Meany Strangers and Fairy Books

By Kathleen Bortolin

I've just spent approximately seven minutes trying to calmly persuade my 18 month old to stop rolling around on the floor of the public library. He is finding this pursuit, and my reaction to it, increasingly enjoyable and his gleeful giggles are interrupted only by dissident "NO"s. Trying not to disturb what seems like an infinite number of serious bibliophiles who glance suspiciously up at me from beneath their newspapers, magazines, and large print novels, I successfully cajole said toddler into accompanying me to the self-check out line. His older sister clumps along behind in rubber boots one size too big which I suddenly can't remember having agreed to let her leave the house in. Nonetheless, she is still bipedal, spinning a narrative that I should be attending to, but am not because I'm too focused on weaving my way through the stacks, trying to make it without further calamity to the self-check out. Balancing one on-the-edge toddler on a stool and holding a bag full of books in the same hand, I hunt through my over-packed day pack for my library card somehow employing my mouth in the process. I begin to sweat. My daughter is still chattering away as she pulls another stool closer and begins to climb up. Suddenly, in a voice dripping in irritation, the patron using the neighbouring self check-out haughtily snaps at my daughter, "Excuse me young lady! You should watch what you're doing." And then, for dramatic effect and to ensure everyone in the library can

hear him, he lets out an enormous sigh and continues, "And your mother—she should be watching her children more carefully!" And before I even know what is happening, the 40-something Jeff Goldblum look-alike turns sharply on his heel and strides away. I glance behind me at those in line and discover a few painfully ambiguous expressions. Sympathy? Disdain? Convinced it must be disdain, I feverishly continue to scan our books. Why do we need 7 (yes, 7!) chapter books on fairies? Frazzled, embarrassed, confused—I scoop up toddler and almost run, clomping preschooler in tow, from the library to the safety of my vehicle. I spend the drive home processing this critique and thinking of numerous clever comebacks that of course come only after the fact. I start to think about the power random strangers have over us, and how a few simple words left me questioning my ability as a parent. In the end, I forgave him his haughtiness, realizing that he didn't know the back story—the on-the-edge toddler, the heavy books, the mental stress that comes with sandwiching a library visit between morning dance class and lunchtime. Also, I didn't know his story, which I spent way too much time trying to envision, making it as sad and pitiful as possible in order to make forgiving his irritability easier. Many of us have these stories, these experiences of unsolicited advice or criticism on our parenting. It's annoying and unnerving, but on the upside, I have 7 (yes, 7!) fairy books to read, and that guy in line...he doesn't have any. Take that, meany stranger in the library line.

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	Afterschool Program: 3:30pm-5:00pm
Friday	10am-12noon	Playgroup: 10am-12noon

One of the Family Centre's many friendly faces: Mr. Guangcun Zhang

By Lina Guo

A familiar and very friendly face around the Family Centre these days is that of Guangcun Zhang. Mr. Zhang is Brandon Zhang's grandpa. He and his wife came from Shandong province in China at the end of last year to help his son and daughter-in-law, both students at UVic, take care of little Brandon. For Mr. Zhang, it is a joy to help his son and daughter-in-law and be a part of Brandon's life here in Victoria. Mr. Zhang takes Brandon to the Family Centre on Tuesday mornings for the music class and on Wednesday and Friday mornings for the drop-in play groups. Although his English is very limited, he still actively takes part in the programs with Brandon and often assists the Family Centre staff with various chores.

Mr. Zhang had been an elementary teacher in China for 42 years and had just retired before he came to Canada. As an elementary teacher, he taught different subjects including Chinese, Math, PE, and Music. He especially likes music, having enjoyed it from a young age. When he was young, his favourite entertainment was listening to the Beijing Opera, trying to learn and write down the music. Besides music, Mr. Zhang has other hobbies including basketball, table tennis and soccer.

Mr. Zhang is fascinated by his experiences in Victoria—its beautiful environment, friendly people, and enjoyable lifestyle. However, he misses home, where many of his memories are. His son is graduating from UVic this year so Mr. Zhang will be staying in Victoria for only a little while longer. No matter how much longer he will be with us, we wish him happiness and health everyday.

Miki's Corner:

What's happening at our playgroups this month



June is here and I hope the sun will stay. During the month of June we will continue our insect theme for the first week as our butterfly kit will be arriving.

The children will be learning about caterpillars and butterflies as we continue to watch as our cocooned caterpillars turn into beautiful butterflies. During the remainder of June the theme will be reptiles and amphibians. June 19th is Father's Day and the children will be making something special for their dads and perhaps grandfathers also. Hopefully the weather will cooperate so that we can begin to spend more time outside.

张广存老先生是Brandon (乐乐)的爷爷,从中国山东省来加拿大已经有5个月了。因为儿子和媳妇都忙于学业,他和老伴就担当起了照顾孩子和做家务的重任。每周2,3,5,他都会带着乐乐到家庭中心玩,这时候他的老伴就留在家中做家务。虽然他不怎么会说英语,他还是积极地参加各种活动,并且帮着做一些力所能及的杂务。他很欣赏家庭中心员工教育小孩的方式,既有多样性,又有灵活性。

张老先生在中国当了42年的小学老师,在来加拿大之前才刚刚退休。他曾经教过语文,数学,体育和音乐等等,其中音乐是他教得最长的学科。虽然他从来没有受过这方面的专业训练,但他刻苦钻研,自学了简谱,年轻的时候还经常一边听京剧和样板戏,一边记谱。除了音乐外,张老先生还喜欢各种各样的体育运动,比如说足球,篮球,乒乓球等等。

张老先生非常喜欢维多利亚的自然,人文风情。但是,不管人身在何方,心中最牵挂的还是自己的家乡。因为儿子今年要毕业了,他可能还要在这里再呆上一段日子,帮助他们渡过这段忙碌的时期。不管我们还能和张老先生一起相处多长时间,我们都衷心地希望他老人家开开心心,健健康康地渡过每一天。



Mr. Zhang, a retired elementary teacher, takes care of his grandson, Brandon, while Brandon's parents study at UVic.

Book Review: *Kids are Worth It* by Barbara Coloroso

By Abeer Heikal



I would like to share with you a parenting book I recently read and thoroughly enjoyed. I will summarize some of the key points from the book and perhaps you will also find it interesting or helpful during your parenting journey.

Kids are Worth it by Barbara Coloroso is concerned with how parents can avoid raising kids who are praise and reward dependent, but who care deeply, share generously, and help willingly. Coloroso wants to teach children to stand up for themselves, and exercise their own rights while respecting the rights and needs of others. To address these goals, Coloroso's approach to parenting is more than a collection of techniques. Instead, she believes that "kids are worth it," and that parents should use strategies that provide an attitude and an environment that is conducive to raising children who

know *how* to think, and who take responsibility for their own actions.

Kids are Worth It discourages the use of treats, punishment, bribes, and rewards. Rewards and punishment, according to the book, send the wrong message—that kindness is a commodity that can be bought. In the end, love support, and good examples are a child's best lessons in the art of compassion. Finally, this book suggests that as parents, we want our children to have lives filled with friendship and love and high deeds. We want them to be eager to learn and to be willing to confront challenges. We want our children to be grateful for what they receive from us, and to be proud of their own accomplishments. We want them to be resilient in the face of setbacks and failures that growing up always brings. Coloroso discusses a number of strategies that are aimed at achieving these goals. If this seems like your parenting style or philosophy, you might be interested in reading this book.



Interested in affordable locally grown produce? The UVSP is supplying low-cost locally produced fruit and veggie boxes!

The Good Food Box purchases fresh produce from local and regional farmers. Boxes of produce are made up and delivered to various locations around Victoria, including the University.

How much is a good food box? There are several types and sizes of boxes:

- **\$6, \$12 or \$18 Fruit and Veggie Box**
- **\$15 All Fruit Box**
- **\$18 Organic Fruit and Veggie Box**



For more detailed information about what goes into a box, and how much you can expect to receive, please see the examples on the Good Food Box Brochure: <http://www.thegoodfoodbox.ca/>

To order, you can pick up (and drop off) order forms at the UVIC Family Centre OR at the UVSP office (in the SUB basement). Orders are due the 2nd Wednesday of the month (before noon), and boxes are delivered the following Wednesday.

Currently the boxes are available for pick up in the SUB basement, but we are still brainstorming ways to get boxes delivered to the Family Centre—we will need volunteers! If anyone is interested in volunteering their time for a few hours on the 3rd Wednesday of the month, please contact Elizabeth at 250 589 2181 or by email at eriddett@uvic.ca

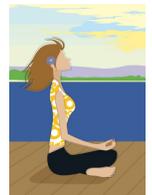


Kathleen Woods: Five years and 1000 volunteer hours!

We can't say a big enough Thank You to Kathleen Woods, the Family Centre's Tuesday morning music leader, songstress, storyteller, guitar strummer, and scarf-whirling master. Five years and over 1000 volunteer hours later, children and their parents continue to cram the lobby of apartment building #39 Tuesday mornings to participate in her music programming. Thank you, Kathleen, and we hope you enjoy your summer holidays! See you in September.

Personal Growth Workshops: Free at UVic

Wendy Lum, a registered counsellor with UVic's Counselling Services, is offering a variety of personal growth mini-workshops this June. Topics include: *Growing in Relationships*, *Living in the Moment*, and *Visioning Your Life*. For more information on these sessions, please phone 250-721-8341, or visit the Counselling Services events website at <http://www.coun.uvic.ca/month.html>





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. Kathleen's lively Music and Movement Playgroup meets on Tuesday mornings. On Wednesday and Friday mornings, Miki hosts playgroups involving arts and crafts, free play, circle time, and snack. We look forward to seeing you and your little ones this month.

Please Note: Kathleen will be away for summer vacation beginning at the end of June. We look forward to her return in September.

After School Club: Thursday afternoons, 3:30pm-5:00 pm.

Wow! School is almost out. I would like to continue doing outdoor activities for the month of June (weather permitting). June 30th will be the last meeting until the new school year. Some of this month's activities may include sports at Arbutus Middle School, scavenger hunts, and trips to local parks. Hope you all have a good rest of the school year and summer. This month's schedule:

June 2	Outdoor Activity
June 9	Outdoor Activity
June 16	Outdoor Activity
June 23	Outdoor Activity
June 30	Year end celebration



Note: Make and Take

Need a girls night out? The Family Centre is open on Wednesday evenings from 7-9pm. Currently a group of mums are working on knitting projects, but feel free to bring your own craft project along and work on it while getting to know other women in the community. Don't have a craft project? Can only make it for an hour? Come anyway! The kettle is always on and we'd love to see you!



Father's Day is Sunday, June 19th!

Community Events

Oak Bay Tea Party, Saturday and Sunday, June 4th-5th, Willows Beach, FREE

On Saturday, the parade begins at 10:30am at Windsor Park, winds through the streets of Oak Bay, and ends at Willows Park about 45 minutes later. On Sunday, enjoy the Bathtub Races at 1pm and Air Show at 2pm. Midway, entertainment and concession stands both days. For more information, visit: <http://www.oakbayteaparty.com/>



Safeway's Father's Day Walk/Run for Prostate Cancer, Sunday, June 19th, Royal Roads University, FREE

3km walk/run, family BBQ and entertainment. For more information, phone 250-388-0214.

Nature Play Day, Wednesday, June 15th

On June 15th, 2011 The Child and Nature Alliance of Canada invites you and your community to celebrate outdoor play and join us for Nature Play Day! This **Canada-wide day of playing in nature** is all about finding a simple way to connect with nearby nature in your backyard, local park, schoolyard, rooftop garden . . . wherever really! For more information, and to see local community events, visit: <http://www.childnature.ca/nature-play-day-canada>

Victoria Sunday Market in the Square, every Sunday in Centennial Square (Douglas and Pandora), 11am-4:30pm

This is THE Sunday Market to visit! We've got plant starts, locally raised meats and eggs, artisan breads and baking, preserves, flowers, jewelry, clothing, bath and body, food and so much more including live music. Come visit us and prepare to be delighted with smiling faces and products that you won't find anywhere else. Get something delicious to eat, sit by the fountain or the stage and enjoy the sunshine on your face. We are the Victoria Sunday Market and we are proud to support local farmers and artisans.

