



# News & Views



**A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVic**

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## **Stir-crazy Solutions**

Winter weather tends to keep us in the house more than we may like. The recent snow and windstorm kept our family bundled up inside, but after a couple of days, I started to feel loopy. Self-diagnosis: the stir-crazies. You can imagine how my two year old was doing! Here are some fun things to do when cooped up inside, avoiding the elements.

- Hide and seek (an oldie but a goodie)
- Build forts in the living room with sheets, chairs and cushions
- Bake cookies or muffins (everyone benefits with this one)
- Start a puzzle (check out thrift stores for reasonably priced sets)
- Play board games
- Make coffee can stilts (coffee cans overturned with string for handles)
- Get crafting
- Put on a puppet show or play
- Living room dance party
- Pull out a good story book and curl up on the couch
- Blow bubbles in the kitchen or bathroom
- Catch up with family and friends on the phone or through Skype
- Have a paper airplane race
- Role play animals
- Have a picnic in the living room
- Try out some of the indoor games and activities online. There are a lot of suggestions on <http://fun.familyeducation.com/hobbies-and-interests/games/33402.html>

And of course, a favorite solution to the stir-crazies - visit the Family Centre and join in the fun at one of the playgroups.

## **Family Centre Weekly Hours and Programs**

<b>Monday</b>	7:00—9:00pm	Craft Group (Knitting)
<b>Tuesday</b>	7:30am-3pm	Breakfast Club: 7:30-9:00am Music and Movement Playgroup: 10am-12noon
<b>Wednesday</b>	9:30am– 3pm	Playgroup: 10am-12noon
<b>Thursday</b>	1pm-5pm	Afterschool Program: 3:30pm-5:00pm
<b>Friday</b>	10am-12noon	Playgroup: 10am-12noon

## BC HERITAGE WEEK FEBRUARY 20-26, 2012

*February 20-26th is BC Heritage Week. To celebrate the Greater Victoria Public Library is hosting educational events. A great opportunity to learn more about where we live!*

### **Rattenbury- A Tale from the Vault Saanich Centennial Branch February 21st, 7:00-8:30**

A century ago, Francis Rattenbury, one of Victoria's most prominent architects, was at the height of his fame. Join local historian Stephen Ruttan for a glimpse into our city's past as we visit Rattenbury's social circle, which included the cream of Victoria society and survey both his great and little-known works.

### **Visit Saanich Archives! Saanich Centennial Branch February 21st and 23rd, 8:00-10:00**

Did you know the Saanich Archives are located in Saanich Centennial Library and that the public is always welcome to visit? In honour of Heritage Week, drop in for special evening openings following the heritage talks on Tuesday and Thursday evening. Discover more Saanich stories, enjoy displays of old photographs and learn about your community archives. Saanich Archives staff will be available to answer your questions.

### **A History of the Gorge Saanich Centennial Branch February 23rd, 7:00-8:30**

Dennis Minaker, author of "The Gorge of Summers Gone", is an authority on the history of this fascinating and storied neighbourhood. He is also an engaging speaker who is more than happy to answer all your questions about the Gorge.

### **Trinkets and Treasures: The Things Your Ancestors Left Behind Oak Bay Branch February 23rd, 7:00-8:30**

Family history research should involve more than websites, old pieces of paper and microfilm. There are tangible pieces of evidence as well. These might include items your ancestors used or created and they will help you to gain a better understanding of the lives they lived. They also serve as reminders of times past. Join genealogist Dave Obee in exploring the stories they tell.

### **Did you know...**

Every Wednesday at 11:00am Tall Tale Books hosts a story time with master storyteller Shohana Litman and other members of the Victoria Storytellers Guild? Tall Tale Books is located at 795 Fort Street. Perfect for ages 2 to 5, but open to everyone! Visit [talltalebooks.ca](http://talltalebooks.ca) for more info.

In the spirit of this month's article, here is a recipe for homemade play dough.

### **Easy Peasy No Cook Play Dough!**

- 2 cups of plain flour
- 4 tablespoons of 'cream of tartar'
- 2 tablespoons of cooking oil
- 1 cup of salt
- 2 cups of boiling water
- Food coloring

Just pop it all in a mixing bowl and mix! Keep on mixing and it will eventually take on a play dough texture.

February is Black History Month. For local events and to learn more visit [bcblackhistory.ca](http://bcblackhistory.ca).

We'd love to hear from you. Send ideas, submissions and feedback about the newsletter to [fcnews@uvic.ca](mailto:fcnews@uvic.ca).



### A new face at the Family Centre

Hi everyone, my name is Hiroko Ota and I am joining the UVic Family Centre as practicum student from Child and Youth Care studies at UVic. I am in my 4th year of Child and Youth Care studies and am planning to complete my degree this summer. I will be at Family Centre Tuesday, Wednesday, and Friday mornings. I was at Camosun College taking the Early Childhood Care and Education program before I transferred to the UVic CYC program. I have worked in a daycare as a support worker of a child who has physical challenges and I am currently working as a substitute ECE at two daycares. I like to be around children, especially early years, because they always teach me something new from their view of the world. I am looking forward to seeing everyone!

### 2012 Early Years Awards

Success by 6 Victoria has launched their 2012 Early Years Awards Survey which will gather the community's feedback on the most child friendly services, businesses, workplaces, parks and more.

From January 9th until March 16th the public are invited to cast their vote. All respondents will be entered to win exciting weekly prizes including a family vacation for four at the Westerly Hotel in Courtenay.

#### 2012 Award Categories:

- Favourite Park / Playground
- Child Advocate Of The Year
- Favourite Community Recreation Centre
- Favourite Free Service / Outing
- Favourite Family Restaurant
- Favourite Family Attraction
- Favourite Family Orientated Cafe
- Favourite Family Orientated Store
- Favourite Place For Parenting Information
- Favourite Family Friendly Employer
- Favourite Preschool / Childcare

#### To vote visit:

[http://www.successby6victoria.ca/ey\\_awards12.php](http://www.successby6victoria.ca/ey_awards12.php)

### A History

#### Saint Valentines Day, February 14th

Today Valentines Day is celebrated as a holiday to express love and affection for lovers and friends. Historically the holiday originated as a tribute to St. Valentine, a Catholic bishop, who was beheaded in AD 270 by Emperor Claudius. The story is that the Emperor Claudius banned marriage to ensure his soldiers remained focused on battle. But Valentine would secretly marry couples that came to him. When Claudius learned of what Valentine was doing, he executed him. After his death, Valentine was named a saint and February 14th was named Saint Valentines Day. Valentine greetings were popular as far back as the Middle Ages, when lovers said or sang their Valentines. After 1400, written Valentines began to appear. The oldest Valentine in existence is in the British Museum.



# Programs and Events

## 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, the Family Centre hosts playgroups involving arts and crafts, free play, circle time, and snack. We look forward to seeing you and your little ones this month.

## After School Club:

School Aged Kids (Grades 1-6) are invited to the After School Club at the Family Centre on **Thursdays from 3:30 - 5:00 pm**. We will be doing a variety of activities each week. These might include outdoor games like soccer, tag, and croquet, as well as puzzles, projects, board games, talent shows, crafts, and all kinds of other fun stuff.

**Feb 2:** Lego build off—put your Lego building skills to the test and come out and build something fun.

**Feb 9:** Gift making—time to make a nice gift for those special people in your life.

**Feb 16:** Baking—let's make something tasty.

**Feb 23:** Nature day—it is time to get outside and explore the great outdoors (weather dependant)

## Make and Take:

Need a night out? The Family Centre is open on Monday evenings from 7-9pm. Currently a group are working on knitting projects, but feel free to bring your own craft project along and work on it while getting to know other people 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!

## Breakfast Club:

Come and start your Valentine's Day with Breakfast at the Family Centre!! Everyone is welcome every Tuesday morning between 7:30 - 9:00, but on **Tues, Feb 14th** drop by and share a special Valentine's themed breakfast, as well as the regulars like coffee, juice and cereal! We hope to see you there!!



# Community Events



## **Dansko Studios Open House**

**February 5, 2012 1:00-3:00**

**4814 West Saanich Rd**

Experience dance performances from Dansko's performing company, preschool dance classes, class demonstrations in: Jazz, Tap, Ballet, Hip Hop, Breakdance, Modern, Musical Theatre and Contemporary. There will be an abundance of kid's activities such as dressing up in costumes, face painting, dancing with ribbons, scarves and prizes to be won. Come and enjoy the fun! Free.

## **Children's Music Concert-The Magic Flute**

**February 11th Victoria Conservatory of Music**

Join us in our beautiful Wood Recital Hall (900 Johnson Street) for the second FUN concert in our Children's Concert Series! The shows are fun, educational, interactive and feature four super-awesome musicians. Free pre-concert activities at 10:30am and the concert starts at 11am.

Admission: Kids \$12, Parents \$15 (Siblings under 9 months Free)

## **Coast Capital Free Skate**

**Oak Bay Recreation Centre**

**February 21st 6:30-7:45pm**

## **Wacky Woodpeckers**

**February 26th, Elk and Beaver Lake**

Drop in anytime between 1 and 3:30pm to the nature centre to discover all of the tricks of the woodpecker trade. A guided woodpecker walk with a CRD Regional Park's naturalist begins at 1:30pm. Meet at the Beaver Lake nature centre off the main parking lot.

## **Swan Lake Hummingbird Day**

**Sunday, February 26, 12:00 noon to 3:00 p.m. (drop-in anytime)**

It may seem early to be celebrating hummingbirds, but Anna's Hummingbirds build their nests in February and it won't be too long before the Rufous Hummingbirds return from their winter vacations. Join us as we get humming about these fascinating birds. Admission by donation.