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News & Views

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVic

Thank you!

The Family Centre would like to express our appreciation to all the UVic departments who supported student families during the holiday season. Thank you to the Office of the Vice-President, Co-op and Career Services, National Student Recruitment, Counselling Services, School of Public Health and Social Policy, the Bookstore and Campus Security. Your thoughtful, caring and generous donations of food, clothing, gift certificates and toys made a difference for these families and were greatly appreciated.

Get Shaking – Build an Emergency Preparedness Kit

On January 26th over 300 years ago, a megathrust earthquake (meaning a “big one”) occurred in the Cascadia subduction zone, which lies off the coast of Vancouver Island. Although it sounds like a distant threat, a large earthquake is always a potential here in Victoria. Having a family emergency kit is a simple step you can take to be prepared for earthquakes and any other emergency. A basic emergency kit should be able to sustain your family for at least 72 hours and include the following items.

- Water (At least 2 litres per person per day. 4 litres per person is optimal to have extra for cooking washing)
- Non-perishable food
- Flashlight and batteries
- First Aid Kit
- Candles and matches
- Battery powered radio
- Special items such as prescription medications, glasses or diapers
- Extra keys for house and car
- Some money in small bills
- A copy of emergency contact information such as police, fire, ambulance, family doctor and an out of town emergency contact

In addition to a family emergency kit, make photocopies of important documentation such as passports and birth certificates and place them somewhere safe. Discuss a family emergency plan and, if you feel really inspired, prepare personal grab and go kits in case of evacuation. For more information on family emergency preparedness visit www.getprepared.ca. UVic also has an emergency alerts program. Visit www.uvic.ca/alerts for more information.

By Avril Nagel

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 with arts and crafts, free play, circle time, and snack. We look forward to seeing you and your little ones this month.

After School Club:

Hello January! Welcome back after the nice winter break. This month's After School club is full of some fun activities that everyone will enjoy. 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.**

January 5th: Nature walk (weather dependant) bring your rubber boots!

January 12th: Scavenger hunt—put your thinking caps for this day.

January 19th: Bake time—come prepared to do some baking.

January 26th: Craft day—time to get creative.

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 stop by Tuesday mornings between 7:30 and 9:00am for a breakfast drop-in group run by Laura, our practicum student. Pop by on your way to school, work, daycare...come share some food, meet new people or connect with friends. Each week will be a different breakfast food, along with the staples like toast and cold cereal. We hope to see you there! EVERYONE WELCOME!

Community Events



January 2nd-9th

Royal BC Museum

Admission By Donation Week

Saturday January 21st, 10am-1pm

Life Drawing sessions at UVic. Bring your own supplies. First come, first served.

Located in the Visual Arts Building A150. \$5

Sunday January 29th, 12pm-3pm

Swan Lake Christmas Hill Nature Sanctuary
Who Gives a Hoot

Who glides silently, can turn their head almost completely around? Who can cough-up a wicked hairball? Who, who, who... Drop-in anytime as we explore the wonderful world of Owls. Admission by donation.

Sunday January 29th, 1:00pm-2:30pm

Ha-bat-itat, All ages

This guided walk with a CRD Regional Parks' naturalist will help dispel fear and misinformation about these fascinating flying mammals. Meet at the Francis/King nature centre off Munn Road.

1st and 3rd Saturday of every month until March

Winter Farmers' Market at Market Square
The Victoria Downtown Public Market is back for a second delicious winter season. Shop for fresh produce, local cheeses, meats, poultry, breads, preserves and lots more tasty treats. It's all local. It's all food. And it's all great!
www.victoriapublicmarket.com