



# News & Views

Happy Canada Day



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

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## Making Connections

What is it about the Family Centre that creates a welcoming space for the student families at UVic? I pondered this question and many answers came to mind. The most significant point to me was how the centre creates connections. The centre provides excellent opportunities for new and returning members of the UVic student family community to form lasting connections with each other and to obtain information regarding community services available to them. These connections are created through the welcoming atmosphere offered by the Family Centre where the families can connect over a cup of coffee or a casual conversation on the playground. The centre has the ability to reach out to families and let them know they are not alone. "At the Family Centre our goal is to make you feel at home whether you've come to UVic from near or far". So come check out what we have to offer.

Thank you  
Sherrie Alexander

This is a call to all UVic student parents who would like to connect through the Family Centre's Facebook page ([www.facebook.com/UVicFamilyCentre](http://www.facebook.com/UVicFamilyCentre)). Whether you are an in-coming student or have been here for a while, there may be things you want to know or share (eg. how to balance student life with the many responsibilities of parenting, how to get momentum when writing a thesis/dissertation). This is not an exclusive call to moms, but to those who are trying to do their studies and who have a central role on the domestic and parenting front. Some of us may use the services of the Family Centre and some of us, may not. This is, in part, an evolving experiment in support because it seems this demographic group is under-represented in the clientele of the Family Centre. If you are finding support in other places around campus and your kids' schools, then maybe you don't feel you need the Family Centre, but if there is some niche that is lacking, let's create it as a community! If you are not on Facebook but would still like to connect please email us at [familyc@uvic.ca](mailto:familyc@uvic.ca).

Thanks, Anita Girvan (Family Representative on the Family Centre Advisory Committee)

Have an idea,  
submission or  
feedback for the  
newsletter? We'd  
love to hear from  
you. Email  
[fcnews@uvic.ca](mailto:fcnews@uvic.ca).

## Family Centre Weekly Hours and Programs

Tuesday	9:30am-3pm	Music and Movement Playgroup: 10am-12noon
Wednesday	9:30am- 3pm	Playgroup: 10am-12noon
Thursday	10am-12noon	Studio Time: 10am-12noon
Friday	10am-12noon	Playgroup: 10am-12noon



**Hello!** My name is Nadeema and I am joining the Family Centre as a practicum student from the School of Child and Youth Care at UVic. Some of you might already recognize me from drop-ins with Ildiko on Wednesdays and Fridays. I have not worked with children under five until this summer so being at the Family Centre is an

exciting experience; everyday I am learning something new from the families, children and the staff. Everyone is so warm and welcoming and I love being here.

Hello everyone! I would like to invite you to contribute to a **Family Centre Recipe book**. This project is one of my practicum assignments. I would greatly appreciate it if you could send in favorite recipes through the Family Centre email ([familyc@uvic.ca](mailto:familyc@uvic.ca)) or drop them off when you come in. My goal is to put together a collection of great recipes that reflect the diversity of the Family Centre community, so I am looking for traditional recipes and also ones that are easy to make with children. The recipe book will be made available at the Family Centre. Please feel free to talk to me if you would like to know more about this project. Thanks, Nadeema



### Local Businesses

**Jennifer McGregor,**  
M.A., BMus, A.R.C.T, R.M.T, Certified MYC® Teacher  
[cadenzamusicstudio@gmail.com](mailto:cadenzamusicstudio@gmail.com)

I offer piano lessons (beginner through advanced), Suzuki piano lessons, instruction and tutoring in all levels of Theory and Music History, sight singing and ear training, exam preparation for Royal Conservatory of Music and Victoria Conservatory of Music exams, as well as level I Music for Young Children® classes ([www.myc.com](http://www.myc.com)). Private, shared and group lessons are available.

**Anabel Wind, M.Ed, B.Mus.**  
Educational Consultant and Vocal Instructor  
[wind.singing.lessons@gmail.com](mailto:wind.singing.lessons@gmail.com)  
250-483-3921

Come and learn how to benefit from the vocal techniques used successfully by over 120 Grammy Award Winners, and enjoy the dramatically increased vocal range, powerful projection, vocal flexibility, control and singing freedom. Anabel Wind is a Victoria Vocal Coach and Singing Teacher who empowers Singers and Vocal Recording Artists with cutting-edge vocal techniques and emotional transformation. She also works with Victoria's aspiring singers on comprehensive Artist Development, combining her knowledge in Anatomy, Psychology of practice and performance, and diverse educational methods.

**Saanich Neighbourhood House** is happy to announce a recreation and out-trip program for New Canadian Youth, age 10-12! There are snacks, games, outings, festivals, hiking, soccer, skating, and etcetera! What we do depends on what the group is interested in. For more information contact Stephanie at [Stephanie.wizinsky@gmail.com](mailto:Stephanie.wizinsky@gmail.com).

### Camping Resources

Thinking of venturing into the great outdoors this summer? If you are new to camping or lack the right equipment, consider the following resources.

#### ABC FAMILY CAMPING July 28-29

A fun filled night of camping under the stars in Mount Doug Park! This family camping experience is designed for first-timers, providing you with basic camping skills and instruction. Register early, this program fills up fast! Please call 250-475-5462 for more information.

#### Outdoor Recreation Resource Centre

The Outdoor Recreation Resource Centre (ORRC) is a Vikes Recreation service that provides camping and outdoor recreation equipment rentals to Vikes Recreation members. Located in the Ian Stewart Complex (3964 Gordon Head Road, Victoria). The camping equipment is available to rent by Vikes Recreation members only.

*Below is just a sample of the many summer festivals Victoria hosts in July and August. Visit the Tourism Victoria website for more summer festival fun.*

**Victoria Pride Week**, July 1st- July 8th

Dig those rainbow streamers out and wrap that feather boa around your neck, because Victoria Pride Week celebrations come to us July 1 - 8! There's Youth Pride Dance; the Big Gay Dog Walk; Pride and the Word; Drag Ball - Baseball and of course the much anticipated annual parade and festival, which features more than 100 vendors and new stage acts for all to enjoy.

**Saanich Strawberry Festival**, July 8th

This event originated as a celebration of the agricultural roots of Saanich and has blossomed into a grand festival for all ages. The afternoon would not be complete without the traditional serving of strawberries and ice cream from 2:00 - 3:00 pm for only 50 cents. Activities planned for 2012 will include face painting, pony rides, children's relay races and arts and crafts.

**Festival Mexicano**, Jul 13, 2012 - Jul 15, 2012

The weekend is packed full with professional Latin music and dance performances, traditional Mexican food, craft vendors, workshops, dance lessons, games and pinatas.

**Taste: Victoria's Festival of Food and Wine**, Jul 19, 2012 - Jul 22, 2012

A local taste of Vancouver Island, the wine regions of British Columbia, and beyond.

**International Buskers Festival**, Jul 20, 2012 - Jul 29, 2012

Victoria will once again be home to one of the world's most unique street theatre festivals! Buskers from around the world will converge in Victoria and present ten days of performances on event stages along our Inner Harbour and in Bastion Square. Additional daily lunch time performances will also be presented at the Bay Centre.

**Fort Victoria Family Festival**, Jul 29, 2012

Everyone is welcome to take part in an afternoon of music performances, historical stories, tours and activity stations for all ages that will make 'Fort Victoria' a fun way to learn more about the city's past and celebrate Victoria 150.

**FolkWest Festival 2012**, August 11-12

Annual Folk music festival for all ages. FolkWest's Artisan Fest will showcase some of the finest craftsmen, artists and designers from Vancouver Island. The KidsFest area will have activities such as hands-on art projects, folk dance and hula hoop workshops as well as nature workshops lead by some great folks from the Swan Lake Christmas Hill Nature Sanctuary. See website for line-up and additional evening performance details.

**Victoria Dragon Boat Festival**, Aug 17, 2012 - Aug 19, 2012

One of Victoria, British Columbia's most Spectacular Summer Festivals and the only Dragon Boat Festival in Canada to take place in a Working Harbour. Watch 90 Dragon Boat Teams from across North America race across a 500-metre water course in Victoria's Beautiful Inner Harbour.

**26th Annual Victoria Fringe Theatre Festival**, Aug 23, 2012 - Sep 02, 2012

The Victoria Fringe Festival is an 11-day celebration of live theatre from around Canada and the world in a dozen venues across town. Vancouver Island's biggest theatre event features over 50 comedy, drama, spoken word and physical theatre shows, plus free special events such as FringeKids Fest in Market Square.

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# Programs and Events

## Playgroups:

On Tuesday, Wednesday and Friday mornings from 10am-12pm, the Family Centre hosts fun and energetic playgroups. The Tuesday morning drop-in time features a lively Music and Movement program. 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. Summer is the favorite season of most children. Through this unit, the children will become more aware of summer weather activities, food and clothing. Learning experiences will highlight summer concepts including:

- Exploring the outside and inside of a watermelon and then eating it!
- Trying on sunglasses in the dramatic play area.
- Preparing fruit juice popsicles.
- Being and thinking with water.
- Arts and crafts in the theme of Summer.
- Outdoor activities.

## The Family Centre as Studio Time:

The Family Centre is open **Thursday mornings from 10-12** for Studio Time. Focusing on art exploration, this playtime is run by practicum students Erin and Sherri. It is designed for 0-5 year olds (with an adult).

## After School Club and Make and Take:

The After School Program and Make and Take Programs will start up again in September.

## Book Club:

The Family Centre has a book club which meets once a month to discuss a novel chosen by the group. If you enjoy reading and would like to get together with others please come along. To find out more go to our Facebook page.

The Family Centre will be closed from **Monday August 13th until Monday August 27th**. Otherwise, the Family Centre will be open throughout the summer and will continue to offer morning drop-in programs for children under 5 years of age and their caregivers. With good weather en route we will incorporate outdoor activities such as the water table and parachute games. The After School Program will begin again in the fall. We encourage families with children over 5 years of age to access some of the many programs put on through local facilities such as the recreation centres, public library, Vikes and Saanich Neighbourhood House. During open hours families are still welcome to drop by to say hello or to access the clothing share and the toy and book library.

# Community Events



## **MARK YOUR CALENDAR:**

The Family Centre End of Summer Potluck is  
**Thursday August 30th, 4:30-6:30.**

## **Travelling Puppet Show: Under the Puppet Tree Puppetry Workshop**

**Nellie McClung Branch**

**July 13th, 11:00-12:00**

Join us for a puppetry workshop that includes puppet-making, puppetry tips, and some general puppet history. For this school aged workshop, we will provide the arts and crafts supplies and you supply the creativity. At the end everyone will get a chance to introduce and try out their new puppet friends. For ages 6-9. Register online or call your local branch for more information.

## **Reptile Day**

**Swan Lake Nature Sanctuary**

**Thursday, July 19, Noon to 3:00 p.m.**

(drop-in anytime) Admission by donation.

Join our annual reptile bash as we celebrate all things scaly. Hold some snakes, play some games, sing some song, get your face painted as we learn about the important role reptiles play in our environment. Crafts \$3

## **Bejewelled Dragons of the Pond**

**Elk and Beaver Lake**

**Saturday July 28th, 10:00-11:30**

Join guest CRD Regional Parks' naturalist and biologist, Gord Hutchings for an up-close and personal look at the amazing world of dragonflies as they zig and zag in search of their prey across the wetlands. Meet at the Retriever Area off Beaver Lake Rd. Ages 5+.

## **Navigating the Night Sky**

**Nellie McClung Branch**

**July 27th, 10:30-11:30**

Blast off into space and meet the stars. Take a spin around the sun and move around the solar system in the guise of your favourite planet. View sun spots, solar prominences and more with the Royal Astronomical Society. For ages 6-9. Register online or