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News & Views

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVic



The 9th Annual No Foolin' Event
Wednesday, April 4th 2012 from 4:30 - 6:30 pm
Outside the Family Centre (2365 Lam Circle)



Free food, free entertainment, free fun for everyone!

It's that time of year again! No Foolin' is a free community event and an opportunity for UVic student families and community supporters to celebrate the energy and diversity that families bring to campus life. No Foolin' is a chance to meet with members of the community, eat delicious food, listen to music, enjoy crafts, and have some fun. And it's all free. We will have lots of activities and entertainment that focus on day-to-day life here at the Family Centre-- music, singing, crafts, laughter and fun.

There will be lots of free food donated by local businesses, as well as ethnic food created by members of our community. So come and join us for ice cream, fruit, bagels, coffee, and other tasty treats on your way home from work or school.

This annual event celebrates our vibrant, diverse, and unique community, as well as raises awareness of the challenges some student families face. Come out and show your support for our family-focused community here at UVic. Everyone is welcome. And did we mention...It's free!

We are also looking for volunteers to help on the day of this event with setup, clean-up, and face-painting. Or perhaps you have a talent you would like to share. Magic? Balloon animals? Magic balloon animals? If so, please call us at 250-472-4062 or email us at familyc@uvic.ca if you would like more information about this event. We look forward to celebrating our community with you!

Family Centre Weekly Hours and Programs		
Monday	7:00—9:00pm	Craft Group (Knitting)
Tuesday	7:30am-3pm	Breakfast Club: 7:30-9:00am 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

A message from University of Victoria Housing

Treat Wild Animals Properly

Please DO NOT feed wild animals (raccoons, squirrels, deer, etc.) When you feed native animals you're giving them the wildlife equivalent of junk food. Instead of eating a wide range of natural foods, they depend on processed seeds, bread and other foods that are not part of their natural diet. This can make them very sick. Animals that expect to be fed by people can become aggressive, harassing people for food when they are hungry. They may also lose their ability to forage for natural foods.

Keep Our Home Clean

Family Housing is our community. Those of us who live there, work together with the grounds and garbage crews to keep our living space clean. The common garbage areas have become a concern for all us here at Family Housing. Please ensure that when you are placing garbage in the bins that the bags are wrapped and tied and that the lid is closed when you are done.

Tuesday, Wednesday and Fridays...

Did you know that the Family Centre hosts three drop-in programs for children aged 5 and under? They take place at the Centre from 10am to 12 noon on Tuesday, Wednesday and Friday mornings. Starting in March we will have a collective theme for all three programs. For the first half of March we will be looking at **Colours and Counting**. Kathleen will be teaching songs on the theme on Tuesdays which we will incorporate into Wednesday and Friday mornings along with theme related crafts and activities. As part of our theme we are going to have two special colour days...Tuesday **March 6th is BLUE day** and **Tuesday March 13th is RED day**, if you have something blue or red to wear on those days that would be wonderful. For the second half of March our theme will be **Tools and Construction**.

Did you know...

The Greater Victoria Public Library has family passes for both the Royal BC Museum and the Art Gallery of Greater Victoria for check out?



Wear green on March 17th to celebrate St. Patrick's Day.



Spring Break Fun

Swan Lake Spring Break Programs

All events 12:00-3:00

(drop-in anytime)

Admission by donation.

Monday, March 19: Birds of a Feather
Tuesday, March 20: Marsh Madness
Wednesday, March 21: Ssssss-Snakes
Thursday, March 22: Plants and Pollinators

March 20th Spring Fling

At Elk/Beaver Lake Regional Park. Come and explore the sights, sounds and smells of spring. Join in the celebration with CRD Regional Parks naturalists for exhibits, crafts and activities. Fun for the entire family. There will be guided walks at 11:15am and 1:15pm. Meet at the Beaver Lake Nature Centre. All ages.

March 21st The All New Amazing Race

At Elk/Beaver Lake Regional Park. Challenge yourself on this 'skill-testing' and fun jaunt through the forest. Drop by any time between 11am and 2pm and get the scoop from a CRD Regional Parks naturalist. Meet at the Beaver Lake nature centre. All ages.

Treating Colds and Flus Naturally

With damp and windy February coming to an end runny noses and coughs are still cropping up everywhere. As soon as your toddler is finished with an earache, the baby gets a cold and you get worn out from lack of sleep and come down with sinusitis. Oh, the joys of mucus!

Luckily, we are blessed with fairly robust immune systems, which are working full-time fighting all those nasty bugs. Here are a few simple things you can do to help your defense mechanism do an even better job:

- 1) Avoid sugar, even honey and excessive amounts of juice, meaning more than ½ a cup a day for children under five. High sugar foods can actually suppress immune system function.
- 2) Chicken soup really does work, make it from the bones and add lots of fresh garlic and ginger.
- 3) Echinacea is a time-tested and safe herb to strengthen immune system function during a cold. Use a tincture and give five drops every three hours to babies up to age one, ten drops every three hours to toddlers, 15-20 drops to older children, 30-40 drops to adults. The trick is to start at first symptoms and repeat doses frequently.
- 4) Zinc is a mineral important for many aspects of immunity. Toddlers can take 5 mg three times a day, children five and up can take 10 and adults 30-50 mg three times a day.
- 5) Onion poultice on the feet are superb at loosening mucousy coughs and congested sinuses. Apply a thin layer of vaseline on your child's feet, follow with finely sliced onions, wrap the little feet in saran wrap and cover with a sock. If your child is too squirmy you can do it while they sleep. Leave on for 20 minutes at a time.
- 6) And now my secret weapon of choice: Oscilloccocinum. A great word to teach to toddlers! This number one ranked homeopathic remedy is pretty close to a magic bullet when it comes to the early treatment of flus and colds. It's available in almost all pharmacies now, as well as health food stores. I've used it for years with great results. Here are a couple of tricks that will save you money: You don't need to buy the special children's version of the remedy, it's exactly the same stuff as the adult one in a cuter package. Plus, you only need to give about ten pellets at a time, rather than the whole vial, but repeat it every hour or as needed to relieve symptoms. Follow my instructions rather than the package for less pain in your head and your wallet!

By Dr. Anke Zimmermann, Naturopathic Doctor, www.drzimmermann.org

Anke Zimmermann is a local naturopathic doctor who specializes in pediatrics and homeopathy.

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. During the first two weeks of March our theme for all three morning drop-ins is 'Colours and Counting' (Tuesday March 6th will be blue day, see if you can find something blue to wear! Tuesday March 13th is red day. Do you have something red you can wear?) During the second half of the month we will be doing 'Tools and Construction'.

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.

March 1: Super Science

March 8: Games Day

March 15: Baking

March 22: Building Day

March 29: Scavenger Hunt

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



Sunday Paint-In

BC School of Art Therapy, 125 Skinner St.

Sunday, March 4th, 2:00-4:00

An open studio for everyone ages 1-101. Come to try your hand at art. Attendance is by donation, and art materials are provided. For information: www.bcsat.com

LEGO Mania Challenge

March 9th-11th

At Tillicum Centre. Get out your LEGO bricks and create something that will showcase the SEA and SKY. Bring in your completed masterpiece between 2-6pm and enter to win LEGO prizes. Meet Lego Certified Professional, Robin Sather, and watch him build a giant Lego sculpture and see lots of other cool Lego creations. For registration and information, please visit www.tillicumkids.com.

Mystery at the Lake

March 11th, 1pm

At Elk/Beaver Lake Regional Park. What are animals at the lake up to in March? Join a CRD Regional Parks naturalist as we walk along the shore to solve a mystery. Meet at the Beaver Lake nature centre at 1pm. All ages.

Storyteller Shoshana Litman: The Magic Tree March

15th, 10:30-11:30

At Nellie McClung Library. Celebrate trees and World Storytelling Day with fun participatory stories, songs and a craft for children. Explore trees through the magic of your imagination, movement and voice. For ages 5-12. Register online or call your local branch for more information.

Fossil Fair

March 24 & 25, 10 a.m. to 4:00 p.m.

Admission by donation.

At Swan Lake. Who lived here from millions of years ago to the Ice Age? Dinosaurs, trilobites, ammonites, clams, sharks, corals and other creatures lived in the ancient seas and palm tree and deciduous forests of Vancouver Island and other areas of British Columbia. Palaeontologists from the Victoria Palaeontology Society will share their discoveries. Bring your own fossils for identification. Kids could go on scavenger hunt, colour and make fossil and dinosaur rubbings, look at tiny fossils through microscopes, dig for fossils in a sandbox and take one home as a treasure.