



News & Views

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVic

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Have an idea,
submission or
feedback for the
newsletter? We'd
love to hear from
you. Email
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Beach Days, Here We Come

What better way to spend a day than at the beach enjoying the lovely hints of summer we've been having. Luckily, we have a plethora of neighbourhood beaches to choose from to fulfill any sun-seeking urge.

- Gyro Park, straight down the hill. A great beach with a fun, old-fashioned playground. (I know this one is obvious but I had to put it on the list right?)
- Telegraph Bay, at the end of Telegraph Bay Road. A quieter beach that is still close to Cadboro Bay Village and often offers shelter from the wind.
- Queen Alexandra, off of Arbutus. The property surrounding the Queen Alexandra complex is great for an after dinner stroll. There is a lookout, a huge playground and an accessible beach.
- Hollydene Park, end of Hollydene Place. This is a summer time favorite. There is shallow water with sand, little wind and a good patch of sunshine.
- Arbutus Cove, end of Arbutus Cove Lane. This park accesses the other side of the bay that Hollydene beach is on. There isn't as much sun on this side of the bay but it is still a nice beach for walking and pebble collecting.
- Glencoe Cove-Kwatsech Park, end of Gordon Point Drive. The beaches in this park are more rugged but the views are spectacular. Traipsing over the rocky coastline is also great fun.
- Balmacarra Park, end of Balmacarra Road. A hidden gem! We recently discovered this beach and it is now near the top of the list. A long beach for walking, sandy, and a built in salt water pool at one end.
- Mount Douglas Park, on Cedar Hill Road. Usually frequented for its trails, Mount Doug Park also boasts a very 'westcoast' beach. A fun place to look for sea and forest creatures alike.

Enjoy the beach (whichever you choose!).

By Avril Nagel

Family Centre Weekly Hours and Programs

Monday	7:00—9:00pm	Craft Group (Knitting)
Tuesday	9:30am-3pm	Music and Movement Playgroup: 10am-12noon
Wednesday	9:30am— 3pm	Playgroup: 10am-12noon
Thursday	1pm-5pm	Studio Time: 10am-12noon (beginning May 10th) Afterschool Program: 3:30pm-5:00pm
Friday	10am-12noon	Playgroup: 10am-12noon

The Family Centre as Studio Space?: A Summer Pilot Drop-in Program

By B. Denise Hodgins

Exciting news! We are going to pilot a drop-in program this summer term at the Family Centre that will focus on exploring art materials. We are very lucky to have two fourth year practicum students, Sherrie Alexander and Erin McKenzie from the School of Child and Youth Care here at UVic, who will help develop and run the program. The program will begin on May 10th and run each Thursday for about 10 weeks, from 10:00 a.m. -12:00 p.m. The drop-in program will be similar to the playgroup on Wednesdays and Fridays (for children age 0-5 years with a grown-up), but will have a strong focus on working with different kinds of art materials. Depending on the weather, we may even find ourselves creating outside! Erin and Sherrie will be popping into the other programs in April and May, so hopefully you will get a chance to meet them soon. If you have any questions about the Thursday pilot program you can certainly ask them or any one of the Family Centre staff. We will have information flyers in the Family Centre that you can take home. We hope to see you on Thursdays ready to explore with art!



April 10th was Laura's last day at the Breakfast Club. She really enjoyed getting to know all the breakfast regulars and wanted to leave you with a recipe to remember her by.

Oat Pancakes

2 cups buttermilk
1 egg
1 1/2 cups rolled oats
1/2 cup whole wheat flour
1 tbsp sugar
1 tsp baking soda
1/2 tsp cinnamon
1/4 tsp salt



Raspberry Compote

2 cups raspberries (fresh or frozen - thawed)
2 tbsp maple syrup
1 tsp cinnamon

Whisk buttermilk and egg in a medium bowl. Combine oats, flour, sugar, baking soda, cinnamon and salt in another medium bowl. Stir the dry mixture in to the wet mixture, and let stand for 15 minutes. The mixture will bubble slightly as it sits. Grease a non-stick skillet and use one 1/4 cup batter for each oatcake.

To prepare compote:

Place raspberries, maple syrup and cinnamon in a small heavy saucepan. Bring to simmer over medium heat, stirring occasionally until the berries are mostly broken down (3-5 minutes). Remove from heat and cover.

UVic Kids Safety Day June 3rd, 2012

UVic Kids Safety Day hosted by Campus Security Services. Please join us Sunday June 3rd, 2012 1pm-4pm parking Lot #2. There will be a bike rodeo for children aged 5-12 yrs; a bouncy castle, a visit from Island Farm's Daisy the Cow; SFD, SPD OBPD, St Johns Ambulance, ChildFind BC, and BC Hydro Powersmart.

No pre- registration is required. Call the Personal Safety Coordinator if any questions or concerns arise, 250-721-8981.



*Celebrate your mom on
Mother's Day, May 13th.*

No Foolin' ...

By Emma Chalifour

On April 4th the Family Centre celebrated what my four year old calls 'Fire Truck Day'. Over 250 UVic student families and community supporters gathered by the Family Centre to celebrate the 9th Annual No Foolin' event. Despite the threat of a thunder storm the rain clouds stayed away. The chill in the air did not deter people from eating ice cream; though I'm sure many welcomed the warmth of a hot cup of coffee afterwards. There was pizza, bagels, fruit, chips and ethnic food cooked by our wonderful Chinese families. In addition to exploring the fire truck or police cars, children had their faces painted, learnt some new dance moves, created fridge magnets, launched the Stomp rocket, played with the parachute, sang songs and beat drums and met Angela-the-Bee!



The event could not have been the success that it was without the generous support of many. Firstly we would like to thank the volunteers who set-up, cleaned-up, cooked, served, face-painted, danced, played, did crafts and so much more! We would also like to express our gratitude to Saanich Fire Department; Saanich Police, Campus Security, Pepper's Food, Thrifty Foods, Starbucks, Old Dutch, Human Social Development Dean's Office, UVic Corporate Relations/Sponsorship Marketing and members of the Family Centre's Advisory Committee. Thank you everyone and we look forward to next year!

Lina Guo - A Remarkable Volunteer

Everyone at the No Foolin' Event enjoyed some wonderful Chinese steamed buns and noodle salad! All this was produced by four wonderful volunteers - Jenny, Nan, and Ling under the guidance of Lina Guo. It was hours of work, but they wanted to share their traditional foods with the larger community!



Lina completed her Masters in Music at UVic and is a mother of two little boys. She shares her love of music and the music of her culture, teaching, facilitating and assisting in the Music and Play Groups at the Family Centre. Her experiences as a student family from China led her to understand that families need help adjusting to life in Victoria. In her quiet way she has provided care and support to a number of families over the years. She is always available to translate and she shares information that supports integration into the community. Lina has also supported parents in Parenting Education courses, quietly translating, making sure that those who do not have English as a first language understand. She does this with respect and

caring. And, now Lina continues her community involvement in her children's school experiences.

The Family Centre is so grateful for the wonderful help that volunteers like Lina, Ling, Nan and Jenny provide!

We couldn't do so well without you!

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. During the first two weeks of May our theme for all three morning drop-ins is 'Feelings' During the second half of the month we will be doing 'Gardening'.

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.

May 3: Farewell to Hiroko (our practicum student)

May 10: Gardening

May 17: Nature Walk

May 24: Baking

May 31: Mystic Vale

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!

The Family Centre as Studio Time:

Starting May 10th the Family Centre will be 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).

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.

Community Events



Coast Capital Free Family Swim

Friday May 4th, 7-8:30pm

Gordon Head Recreation Centre

Victoria Kids Consignment Spring 2012 Sale

Saturday May 5th, 10-4

Sunday May 6th, 10-1 (Half-price)

Four Points Sheraton Hotel, Free

Bang, Pow, Kaboom

Saturday May 5th, 2:30-3:30 pm

Emily Carr Library

Calling all superheroes. Join us for an adventurous program about comics and graphic novels. Test your superhero skills with trivia and character drawing and learn how to create your own cool comic strip to take home. For ages 10-12. Register online or call for more information.

Braefoot Family Fun Night

May 8th, 5:30-7:30

Braefoot Park

A fun-filled evening of children's activities. Bouncy castle, Sportball, games, prizes, loot bags and more. BBQ by donation.

Island Children's Festival

May 12th, 1:00-5:00

5575 West Saanich Road

\$5 in advance, \$7 at the door. Children under 6 free.

The Island Children's Festival is a one-day community event on May 12th, 2012, that welcomes families for an afternoon of great food and live entertainment, featuring highly acclaimed children's entertainer, Fred Penner. Afternoon festivities also feature local performances by some of Victoria's favourite bands and multiple children's activities, including face painting, a bouncy castle and hands-on crafts by the local experts at Crafty Victoria.

Selkirk Waterfront Festival

May 26th, 10-3

Selkirk Waterfront

A fun, family-friendly festival. Live entertainment, rides, games and a vendors market.