

NEWS & VIEWS

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



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Greater Victoria Public Library and You

By Lisa Hoskins, GVPL Children's and Family Literacy Librarian

Now that you're living in Victoria you are eligible for a free library card from the Greater Victoria Public Library (GVPL). Just show us identification with your legal name and current address and we'll sign you up for a free card today. Find out where your closest branch is at www.gvpl.ca.

Your library card isn't just for borrowing books. You can check out DVDs or music on CD. You can download an e-book or enjoy one of our many library programs for children, teens and adults. You can access our website at all times. Check out our digital content and find information on health, news events, and other topics of interest. Also check out our downloadable ebook and audiobook collections using GVPL's Library to Go. We offer online stories for all ages. Look for Tumblebooks on the kids page of our website.

The library offers books, music CDs and DVDs in 15 languages, and newspapers and magazines in 11 languages. Check our website to find online newspapers in many languages, including online Chinese magazines and newspapers. Mango Language Learning will help you learn another language online.

Use your online account to see when items are due, renew items and place "holds" on titles you would like. Most items may be borrowed for three weeks and returned to any of our library branches.

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Don't forget the No Foolin' Event on April 4th, 4:30 pm outside of the Family Centre.

Family Centre Weekly Programs

Monday – Make and Take	7:00-9:00pm
Tuesday – Music and Movement Playgroup	10:00am-12noon
Wednesday – Under 5 Playgroup	10:00am-12noon
Wednesday – Afterschool Program	3:30-5:00pm
Every Second and Fourth Wednesday– Adult Choir	7:30-9:00pm
Friday – Under 5 Playgroup	10:00am-12noon (closed April 5th)

In addition to weekly programs, the Family Centre is open from 9:30-3:00pm every Tuesday and Wednesday. For more information contact the Family Centre through Facebook or by email at familyc@uvic.ca.



Find us on Facebook

...Continued (Greater Victoria Public Library and You)

We offer free programs to children of all ages including Family story time, Toddler time, Baby time and so much more. We also offer programs for adults – such as computer classes, author visits, and programs on health, gardening and parenting. **Check out our online events calendar to register.**

Do your children love stories? Why not check out a storytime in a box! GVPL's *Stories to Go* and *Puppets to Go Boxes* were created for families, caregivers, and educators to use with young children. These themed boxes have been designed to help develop early literacy skills.

All GVPL branches have wireless or you can use the library's computers for free. Our computers have Internet access, Microsoft Office and other software such as Cypress Resume Builder.

Not sure what book to read next? Enjoy browsing our many staff picks lists in our catalogue or ask a friendly staff member. We'll see you at the library!



Two Egg Carton Crafts for Spring

Egg Carton Flowers

1. Take an egg carton and cut each "cup" into an approximate flower shape.
2. Pull out the paints and let the kids go wild.
3. Once dry, use pipe cleaners to make stems.

Egg Carton Caterpillar

1. Cut a large egg carton in half.
2. Again, pull out the paints and let the kids go wild.
3. Once the paint is dry, add googly eyes and pipe cleaners to make the head.



Spring is in full bloom all around Victoria. With that in mind, here is a list of things to do to celebrate spring with the kids:

- Visit a garden
- Do some sidewalk chalk drawing
- Have your first official beach day or picnic of the year
- Start a nature journal and observe the changes to the plants and wildlife around our neighbourhood
- Plant a seed
- Collect and press flowers
- Play a family soccer game
- Go for a hike in the woods
- Lie outside in a sunny spot and rest in the rays

Thriving Into Motherhood

Explore common experiences in the transition to motherhood, including how women maintain a sense of well-being and thrive during this significant life change. Facilitated by Registered Clinical Counsellor R. Joss Hurtig-Mitchell.

Hosted on select Fridays by the Midwives Collective, 1120 Yates Street.

Next event April 5th, 12-2pm, free.



Earth Day is Monday April 22nd
I'm a fairly green person. I carpool to work, I recycle and compost, I teach my kids about pollution. But recently I learned (and excuse me if this is common knowledge) that plastic NEVER breaks down. It might turn into smaller pieces but it never biodegrades aka turns into something else. So this Earth Day I am making an Earth Day Resolution, much like a New Year's resolution, to reduce my plastic consumption and start recycling any piece of plastic that enters my house, including those darn plastic bags. Happy Earth Day!

Please join us for the 10th Annual No Foolin' Event
Thursday, April 4th 2012 from 4:30 - 6:30 pm
Outside the Family Centre (2365 Lam Circle)
Free food, free entertainment, free fun for everyone!



Making Tomorrow Conference for Childhood Development

A Day of Learning for Parents and Educators

The Making Tomorrow Conference is a one-day conference about our tomorrow: Children. The conference offers a keynote speech and a large variety of workshops on the topic "Community for Children – Children for Community". Some examples of workshops include Helping Kids with Stress: Tools for Building Resiliency, Organizing the Brain through Music, Movement and Creativity and Five Minute Meditation.

The conference also offers a "Marketplace" of vendors, most of them specializing in educational toys. And each year, the parents of the various VICPA preschools donate great prizes for a Silent Auction.

The Making Tomorrow Conference will be held on April 27, 2013, at the University of Victoria. Registration, the Marketplace, lunch, and the keynote address will be in the Student Union Building (SUB). The workshops will be held in the Clearihue and David Strong Buildings.

Fees

General \$80
 Students \$65
 VICPA Members \$65

For more information visit
www.makingtomorrowconference.com

Family Clothing Swap Fairfield Community Place Every First Saturday of the Month Next clothing swap: April 6th

Come to Fairfield Community Place once a month for a family clothing swap. Bring along your beloved but outgrown items to exchange for new duds, or come empty handed & fill up a bag! Please bring items in clean and gently used condition (please NO ripped, torn or dirty items). Clothing will **only** be accepted during the event hours and all remaining items will be removed by end of event for donation to charity.

Black Bean Corn Salad

Total time: 15 mins

This black bean corn makes a great side dish, appetizer, and healthy snack.

Ingredients

- 11 oz sweet corn, drained
- 15 oz black beans, rinsed & drained
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 small red onion, diced
- 1 pint grape tomatoes, diced
- 2-3 cloves garlic, minced
- 2-3 Tablespoons fresh cilantro, chopped
- 1 avocado, diced (optional)

Chili Lime Dressing

- 1½ Tablespoon fresh lime juice
- ½ teaspoon olive oil
- 1 teaspoon chili powder (can add more)
- 1 teaspoon salt
- Pinch of cumin

Refrigerate for at least an hour before serving.

(Recipe from Divas Can Cook.)

Programs and Events

Playgroups:

On **Tuesday, Wednesday and Friday** mornings from **10am-12noon**, the Family Centre hosts fun and energetic playgroups for children under five with their caregiver. Kathleen runs the popular Music and Movement program on Tuesday. On Wednesday and Friday mornings, the Family Centre hosts playgroups with arts and crafts, free play, circle time, and snack.

Please note: The April 5th Playgroup is cancelled this month.

After School Club:

School Aged Kids (Grades 1-6) are invited to the Family Centre's After School Club on **Wednesdays 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 and crafts.

Make and Take:

Need a night out? The Family Centre is open on **Monday** evenings from **7-9pm**. Currently the group is 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!

Book Club:

The Family Centre has a book club that meets on the third Thursday of each 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.

Adult Choir:

The Family Centre has started a choir led by Lina Guo. The Choir meets on the 2nd and 4th Wednesday of the month from 7:30-9:00 pm.

Community Events



Carnival of the Arts

Cedar Hill Recreation Centre

April 13th, 11-3, Free

A variety of hands-on activities and exhibits that allow you to explore the world of visual and performing arts.

Reynolds Eco-Fair

Reynolds Secondary School

April 13th, 1:00-4:00pm, Free

"Where We Live." Celebrating Eco-Concious Businesses, NGOs, Schools, Governments and Farms in our community. Booths, food vendors, speakers and workshops.

Yam Magazine Autism Walk

University of Victoria, Parking Lot 10

April 14th, 9:30-1pm, Adults \$25, Kids \$10

The Yam Magazine Autism Walk supports autism services and resources for the 1 in 88 children currently being diagnosed with autism. In addition to raising funds for local programs, this family-oriented event is a celebration of community, diversity, and lifelong learning. There will be entertainment, informational booths, raffles, and the famous Kids Zone. Check-in: 8:30am, entertainment: 9:30, and walkers leave the starting point at 10:30am sharp!

Wildflower Weekend

Swan Lake Christmas Hill Nature Sanctuary

April 28th, 12:00-3:00pm, Free

Spring has sprung and Swan Lake and Christmas Hill have never looked better. Celebrate the wonderful world of wildflowers with guided tours of the native plant garden, hikes to Christmas Hill, crafts for the kids and the wildflower musical revue.

Coast Capital Free Swim, Gordon Head Rec

May 3rd 7:00-8:30pm