

NEWS & VIEWS

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



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Getting My Student Fill

Every once and a while as the 'non-student' equation of our family, I get a bit envious of my husband's academic endeavors. While his mind is constantly being challenged by intellectual pursuits, I have the desire to expand my own knowledge but feel thwarted by my busy schedule. Luckily I have recently stumbled on some websites that can remedy my desire for higher education – plus they are self-paced and free too!

- iTunes University: This database of free and paid courses is accessed through the iTunes store, making it available both on your computer and on your portable devices.
- Coursera.com: Take a course in philosophy or dabble in physics. Coursera mission is to “empower people with education that will improve their lives, the lives of their families, and the communities they live in.” Sounds good to me. www.coursera.com
- Ted Talks: Ted.com has become increasingly popular but it is still one of my favorite places to find short but sweet inspiration and learning. They have also recently released themed groups of talks, mini-courses within themselves.
- Open Culture: This website displays links to a number of online courses in all different media forms. www.openculture.com/freeonlinecourses
- UVic Events and Continuing Studies: If online learning doesn't appeal to you, keep an eye on the many free lectures and events that happen on campus each week. <http://events.uvic.ca/> And if you really want to get serious about something, the continuing studies program at UVic is extensive and reasonably priced.

Now that I've found countless ways to educate myself, the real trick is going to be finding the time!

By Avril Nagel

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

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

Victoria's First Family Theatre Festival

This Family Day long weekend marks the first ever Family Theatre Festival presented by Kaleidoscope Theatre at the Berwick Theatre. Four of the cities most dynamic theatre companies will take to the mainstage to present Gruff (Puente Theatre), Kiki (Suddenly Dance Theatre), Wilde (Urban Arts) and The Dragon's Handbook (Kaleidoscope Theatre). The shows are running from February 8-11th and all seats are only \$10.00. For full details visit www.kaleidoscope.bc.ca.

Show	February 9 th	February 10 th	February 11 th
Gruff	3:30pm	2:15pm	1:00pm
Kiki	1:00pm	11:45am	3:30pm
Wilde	11:45am	3:30pm	2:15pm
The Dragon's Handbook	2:15pm	1:00pm	11:45am

Celebrate BC Family Day

This February our province celebrates it's first official Family Day. Use the time to celebrate your family! Take advantage and spend the day as a family doing something fun – hit a park or the beach, or go check out some of the events below.

The King Frolics!

Saturday, February 9, 7:00pm-8:30pm

Victoria Conservatory of Music

Hear Cassie the mighty Organ thunder. Do you like the organ music from Bugs Bunny and Pirates of the Caribbean? Come and celebrate Family day at a free organ concert for all 25 years and younger on Saturday, Feb 9, at 7:00pm at the Victoria Conservatory of Music. Tickets for adults accompanying kids or teenagers are \$15 each; available at the door. The Organist is David Palmer.

Family Day

Monday, February 11, 1:00pm-3:00pm

Cedar Hill Recreation Centre

Come celebrate BC's first Family Day holiday with Par-T-Perfect. 3 inflatables, face painting, balloon animals, glitter tattoos and crafts. Door prizes including the grand prize for a deluxe birthday party package.

Sidney Family Day

Monday, February 11, 10:00am-4:00pm

Downtown Sidney

A day filled with fun and adventure in Sidney with the first annual Sidney Family Day Celebration. In addition to activities throughout Sidney, come to The Sidney Pier Hotel & Spa for a day of LEGO creating. Robin Sather of Brickville DesignWorks, Canada's only LEGO certified professional, will be building a large scale LEGO figure right before your eyes.

Call for Submissions

Have you got a great idea for an article? Are you new to the UVic and want to introduce your family to your new community? Contact fcnews@uvic.ca.

February 14th is Valentines Day.



Celebrate Love!

Gung hay fat choy!!

February 10th marks the Lunar New Year and the beginning of the year of the water snake. Happy New Year everyone, or Gung Hay Fat Choy in Cantonese!



If you would like to celebrate the Lunar

New Year in a special way this year, a "Harmonious Celebration" is taking place at the Victoria Conservatory of Music on Sunday, February 3, 2013 at 2:30 pm. Enjoy a traditional lion dance, exquisite Chinese costume fashion show, Chinese dancing and music. This spectacular and colourful event will prove to be a celebration you won't want to miss!

Save the Date

On April 4th the Family Centre will be hosting it's Annual No Foolin' Event. We are currently seeking volunteers to help with activities and to provide yummy food. If you are interested please contact familyc@uvic.ca.



Remember to register for Preschool Programs and Kindergarten this month.

Easy Granola Bars

Making food that you normally buy pre-made is a great way to save some money and to manage what is going into your family's tummies. Here is a recipe for granola bars originally found on AllRecipes.com.

INGREDIENTS:

- | | |
|-------------------------------------------|-------------------------------------------|
| 3 cups quick-cooking oats | 1 cup sliced almonds |
| 1 (14 ounce) can sweetened condensed milk | 1 cup miniature semisweet chocolate chips |
| 2 tablespoons butter, melted | 1/2 cup sweetened dried cranberries |
| 1 cup flaked coconut | |

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
2. In a large bowl, mix together the oats, sweetened condensed milk, butter, coconut, almonds, chocolate chips and cranberries with your hands until well blended. Press flat into the prepared pan.
3. Bake for 20 to 25 minutes in the preheated oven, depending on how crunchy you want them. Lightly browned just around the edges will give you moist, chewy bars. Let cool for 5 minutes, cut into squares then let cool completely before serving.

Introducing Our New Practicum Students



Kayla Brownscombe

I am a second year Child and Youth Care student, at UVic. I am from Hixon, BC, and I enjoy outdoor activities such as horseback riding, camping, and fishing. I am really looking forward to working with the children and families at the UVic Family Centre, and contributing to the No Foolin' event.



Jillian Pozsgay

My name is Jillian Pozsgay. I moved to Victoria from a small town in northern BC to join the nursing program and am currently in my third year of study. I joined nursing because I have always had an interest in the medical field and enjoy working with people. Specifically, I have an interest in mental health, public health and operating room nursing. For my practicum placement this semester I have been placed at the UVic Family Centre. I am glad I have been placed here and look forward to meeting many new parents, children and families!

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.

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:

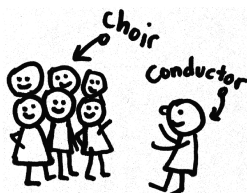
Need a night out? The Family Centre is open on **Monday evenings from 7-9pm**. Currently the group is working on knitting projects, but feel free to bring your own craft project along and work on it while getting to know other people in the community. Don't have a craft project? Can only make it for 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:

Do you enjoy singing? Would you like something fun and social to do? 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



Giant Paper Flowers

Saturday, February 9th, 2:30pm-4pm

Oak Bay Branch Library

Learn how to make gigantic paper flowers to keep your room in bloom all year. For ages 12-15. Register online or call for more information.

By the Bird Tree

February 10th, 1:00pm-2:30pm

7years and under Birds are fun for little ones - especially when they are by the winter feeder! With a CRD Regional Parks' naturalist, watch the feeders with bird identification cards, explore the nature centre, make binoculars and a birdseed craft, and enjoy a short exploration in the woods. Meet at the Francis/King Nature Centre off Munn Road.

Seedy Saturday

Saturday, February 16, 10am - 4pm

Victoria Conference Centre \$7, children under 12 free

Victoria's community event for gardeners of any ability. Non-GMO vegetable and flower seeds, plants, fruit trees, bee boxes, potatoes and more. Children's educational and play activities presented by Lifecycles. Lots of sharing, networking and a variety of speaker topics to learn how to grow your own food and garden more productively.

Youth Leadership Workshop (14-18 years)

Saturday, February 23, 2013, 1:00pm-4:00pm

Oaklands Neighbourhood House, \$10

Do you want to work on your interview skills? Join us for an afternoon of games, leadership training and interview skills workshop. Phone: 250-370-9101

Family Orienteering

Sunday February 24th, 11:00am-2:00pm

Elk/Beaver Lake (Meet at the info kiosk in the Beaver Lake Parking lot.) Orienteering is a great way to be active with the whole family. CRD Regional Parks' naturalists will have maps and compasses on hand, and a beginner level orienteering course set up at Beaver Lake. Get active today!

Two Great Events Coming Up!

Dine Out and Stay In Town

February 21st-March 10th

www.tourismvictoria.com/events/dinearound/

Be a Tourist in Your Own Town

February 28th-Mar 3, 2013

<http://www.attractionsvictoria.com/>