

# NEWS & VIEWS

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



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## Seven Years of Exceptional Volunteering - Kathleen Woods - What a Gift!

Every Tuesday morning for the last seven years, Kathleen Woods has facilitated a wonderful Music and Movement program at the UVic Family Centre for children from babes to 4 year olds (and their grown-ups). And she does it all because it is fun!

Kathleen's training and passion for music for the very young began in the 1980s. When she started volunteering in 2006, she adapted her program to suit the unique needs of the Family Centre, where families have diverse cultural backgrounds and speak different languages.

Kathleen's program has helped children enjoy and create music while developing social skills, muscular coordination and manual dexterity. The children also learned active listening and language skills. Her knowledge has been shared with staff and practicum students; many have gone away with CDs compiled by Kathleen with songs and activities.

The Family Centre has been enriched by Kathleen's enthusiasm and knowledge, by her caring generosity of spirit, by her openness to share and learn and by her ability to make everyone feel included (we have all learned songs in many languages taught by parents or grandparents). Kathleen encourages families to sing and play along with their children. She says that the families are her inspiration!

But Kathleen has truly been an inspiration here at the Family Centre. Her positive energy, love of fun and caring encouragement has been a wonderful gift to so many – and total an impressive 2,500 hours of volunteer time!

**Thank you, Kathleen - we'll miss you!**



## Family Centre Weekly Programs

<b>Monday – Make and Take</b>	7:00-9:00pm
<b>Tuesday – Under 5 Playgroup</b>	10:00am-12noon
<b>Wednesday – Under 5 Playgroup</b>	10:00am-12noon
<b>Wednesday – Afterschool Program</b>	3:30-5:00pm
<b>Friday – Under 5 Playgroup</b>	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](mailto:familyc@uvic.ca).



Find us on Facebook

### A BIG Thank You



We are so appreciative of all the help the Family Centre received in acquiring two lovely (and incredibly comfortable) new sofas. A BIG thanks to:

- \*Island Savings who provided the funds through the GIFT program, which will continue to support the Family Centre over the next several years.
  - \*The Dean's Office at Human and Social Development who facilitated the process and made it happen!
  - \*MaxCourier - the folks there were so gracious about getting the sofas from Vancouver for free!! A great company!
  - \*The sofa company in Vancouver who helped us get exactly what we needed - non toxic for the children, simple to keep clean, light and easy to move and all made in BC!
  - \*Facilities Management for getting the old sofas out so quickly!
  - \*Staff from Housekeeping who, at the spur of the moment, helped clean and set up the new sofas!
- It was truly one of those feel good stories as everyone pitched in to make it happen.

### Serving the Kids to the Very End - Kathleen's Farewell Party



Thank you Kathleen for 7 wonderful years of singing, dancing and fun!

**Join our Neighbourhood Nurse on June 11th**

The University Health Services (UHS) Neighbourhood Nurse Program to the Family Centre. A registered nurse, Sara will be visiting the Family Centre once a month on **Tuesdays from 11am – 12pm**. This month the nurse visits the Family Centre on **June 11th**.

**Father's day is June 16th.**

Father's Day was inaugurated in the United States in the early 20th century due to the efforts of Sonora Smart Dodd of Spokane, Washington. While attending a Mother's Day church service in 1909, Sonora came up with the idea of a holiday to honor fathers. Her father, was a farmer and Civil War veteran that raised Sonora and her five younger brothers by himself after his wife died giving birth.



# Exploring Materials

**Tuesday June 4th, 11th, 18th & 25th  
10-12 noon at the Family Centre**



For the month of June the Family Centre is offering caregivers and children 5 or under the opportunity to join us in 'Exploring Materials'. Each week a variety of materials will be made available and it is simply an opportunity for children to explore and experiment. Some weeks it might be water, others clay, paint.... Please come dressed in clothes that can get messy.

If you have any questions please let us know: 250-472-4062



My name is Kim Ainsworth and I joined the Family Centre in April as part of a School of Child and Youth Care research project. I am a student in the Child and Youth Care MA program and I am a licensed early childhood educator

For the month of June, on Tuesday mornings from 10 a.m. until noon, we will be setting up some fun and messy explorations for the children and we are hoping that you can bring along a change of clothes for your child (and maybe for yourself!). These activities may include the children using paint, water, chalk and clay, and painting or sculpting with their hands, feet, or elbows, etc. Young children learn with their whole bodies and learn so much through these rich sensory experiences. Weather permitting, we will use the outdoor

I welcome your feedback always. The Family Centre is *your* program and your input is very important both in helping my research as well as shaping the program.



## What is Family?

Family is not an easily defined term. Families take on many shapes and sizes, which can change over time. Families can be small, including as little as two people, or families can be large, including extended family members, friends, and even members of the community. Culture, environment, and perspective are just a few examples of what may influence our ideas about family, and the roles within those families.

As family can look different from each person's point of view, there is not one definition of what family is. Who is in your family, and what does family mean to you?

The UVic Family Centre would like to hear from you – your view of what family means to you. And, also what the Family Centre could be doing for your "Family". Email: [familyc@uvic.ca](mailto:familyc@uvic.ca)

By Robyn Bryson

# 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. This month we have a special “Exploring Materials” program on Tuesdays (see page 2). 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!

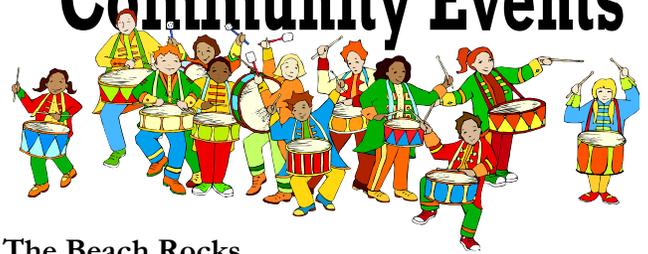
## Book Club:

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.

## Neighbourhood Nurse Program:

The University Health Services (UHS) Neighbourhood Nurse Program to the Family Centre. A registered nurse will be visiting the Family Centre once a month on **Tuesdays from 11am – 12pm**. This month the nurse visits the Family Centre on **June 11th**.

# Community Events



## **The Beach Rocks**

**Island View Beach Regional Park  
Sunday June 9<sup>th</sup>, 10am-12pm Free**

The tide is out. Join a CRD Regional Parks' naturalist and get a glimpse of the creatures that live beneath the rocks. Be prepared to get your feet wet (bring sandals or beach shoes). Meet at the picnic shelter on Homathko Rd, off Island View Rd at 10am. 5+ years.

## **Going Batty**

**Swan Lake Nature Centre**

**Sunday, June 30, Noon to 3:00 p.m.**

Admission by donation. Drop in anytime.

Join us as we celebrate our best source of natural mosquito control – Bats! Explore their weird and wonderful world and find out how to encourage bats to visit your neighbourhood.

## **Gorge Canada Day Picnic**

**July 1<sup>st</sup>, 8:30-4pm, Free**

Celebrate Canada Day along the Gorge Waterway with a pancake breakfast, family parade, stage entertainment, classic cars, kids activities, canoe rides, buskers corner, street hockey and more.

## **Canada Day Old Time Penny Carnival**

**Royal BC Museum**

**Monday July 1<sup>st</sup>, 12-4 Free with Admission**

Celebrate Canada Day with the Royal BC Museum. Dig out your pennies and step right up to try your hand at an egg-on-spoon race, fishing pond, or other surprises. Taking place on the ground surrounding Helmcken House and St Ann's Schoolhouse, you can also step inside these historic buildings for more activities.

## **Victoria Jazzfest 2013**

**June 21st-30th**

See <http://jazzvictoria.ca/jazz-fest> for more information.