

# NEWS & VIEWS

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



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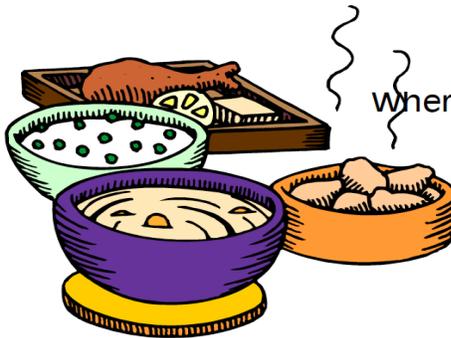
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## WELCOME POTLUCK

When: Wednesday September 11th

Time: 4:30-6:30pm

Where: UVic Family Centre



Call:  
250-472-4062  
for more information.

Come and meet other UVic families from both inside and outside Lam Circle. Experience the diversity of our community.

Bring a dish to share: salad, main course or dessert. The Family Centre will provide drinks. Enjoy a game of Bola Ball or Bocce Ball if the weather allows.

To help lessen the impact on the environment, please bring your own plates and cutlery. We look forward to seeing you.

### Family Centre Weekly Programs

Monday – Family Learn and Share	10:00am-12noon (starting September 16th)
Monday – Make and Take	7:00-9:00pm
Wednesday – Under 5 Playgroup	10:00am-12noon
Wednesday – Afterschool Program	3:30-5:00pm (starting September 18th)
Friday – Under 5 Playgroup	10:00am-12noon

In addition to weekly programs, the Family Centre is open Monday (9:30-12), Tuesday (11-3), Wednesday (9:30-3:00) and Friday (9:30-12). For more information contact the Family Centre through Facebook or by email at [familyc@uvic.ca](mailto:familyc@uvic.ca).



Find us on Facebook

## FAMILY LEARN AND SHARE



In June the Family Centre conducted some research into what families would like to see offered at the Centre. One thing that was identified in the research was a desire to see more information sessions focused on ‘family’ issues such as parenting, nutrition, balancing work and family. As a response to this we are launching a new program called ‘Family Learn and Share’. We hope to create a relaxed, casual and interactive environment in which families can learn and share. Each week will have a designated focus topic and facilitator, sometimes the facilitator will be a ‘specialist’ from UVic or the broader community, other weeks it might be a staff member or perhaps you! The program will take place on Monday mornings from 10am until 12 noon beginning on September 16<sup>th</sup>. The first session will be a chance to discuss topics families would like to see covered, brainstorm potential questions for our guest facilitators and perhaps to discover which areas of expertise we have amongst ourselves. Families are welcome to come to all of the sessions, or pick and choose which topics are of particular interest to them. If you have ideas or suggestions you would like to put forward but are unable to make the September 16<sup>th</sup> session please feel free to email us at [familyc@uvic.ca](mailto:familyc@uvic.ca).

**September 16<sup>th</sup>:** Program kick-off!

**September 23<sup>rd</sup>:** ‘Where to go for...’ This session is a response to a question which often comes up at the Family Centre. We will be discussing a broad range of questions such as what are the best consignment stores to shop at? Where is the best (and most affordable) children’s shoe store? Does anyone have babysitter recommendations? Please come with your questions and your suggestions!

**September 30<sup>th</sup>:** **Sara Wegwitz**, our UVic community nurse, will facilitate a session on how to sustain it all! Laying a foundation of self-care on which every other aspect of family life can be built.



### Pancake Breakfast

In July the Family Centre hosted a YUMMY pancake breakfast. In addition to a scrumptious breakfast, families enjoyed a host of activities and a calming storytime in glorious weather.



## Meet our Gardeners

Delivering the newsletter throughout the year, I have observed how the plant life changes throughout the seasons and the diversity of plants we have close to our homes. Luckily, I found the perfect people to talk to about it – our gardeners Bonnie McAskill and Udo Breithack. They have both been taking care of the residence grounds for two years and are a wealth of knowledge. We spent an afternoon walking around the complex while I got a crash course in plant names and behaviors.

Udo spent his childhood in Victoria and has returned after over 20 years overseas. Bonnie is originally from Saskatchewan but has been in Victoria for 10 years and has been in horticulture for many, many years. They both enjoy their work because of the time spent outdoors and the good atmosphere. They feel that they are given the freedom to be creative, to contribute new ideas and to take initiative. Udo likes the satisfaction of seeing the changes they make to the landscape.

We will notice a lot of changes as we head into Fall. According to Bonnie, as the daylight shortens and the temperature drops, the deciduous trees start to go dormant. The trees start to store food in the roots and the amount of chlorophyll in the leaves reduces, which is why the colour changes. The shade and brightness of the colour depends on the genetics of the trees. Evergreens also shed needles but on a slower rotation. Unlike the deciduous trees, the evergreens shed and grow needles year round instead of dropping their leaves all at once.

Thanks to Bonnie and Udo’s crash course, over the next few months I’ll be featuring plants that grow right outside our front doors. See if you recognize the ones featured below.



Above: The Oregon grape is native to this region and the berries are edible but bitter. Udo didn’t like them much when he tried them.



Left: The Katsura tree is a personal favorite of Udo and Bonnie’s and should give us a beautiful colour display this fall.

The survey results are in...

The UVic Family Centre will now be distributing its newsletter by email through the UVic Housing Office. If you would like the newsletter sent to any additional emails, please send them to [familyc@uvic.ca](mailto:familyc@uvic.ca). Paper copies will continue to be available at the Family Centre.

The first few months will be a trial period. If you have any observations or comments regarding this change, please email the Editor at [fcnews@uvic.ca](mailto:fcnews@uvic.ca).



### Welcome Kellie and Rebecca!

Kellie Lanktree and Rebecca Zunder will be joining the Family Centre in mid-September. They are both practicum students from the School of Child and Youth Care.

Have you read a great kids book lately? Want to tell us about it? We are hoping to feature a children’s book review for our October issue. Contact the editor at [fcnews@uvic.ca](mailto:fcnews@uvic.ca) if you are interested in writing the article.

# Programs and Events

## Family Learn and Share

On Monday mornings from **10am-12noon** the Family Centre hosts a drop-in program for families to interact and learn from one another. Each week there is a designated focus topic and facilitator. Please see page 2 for more information. Please contact us by email, phone or Facebook if you have any questions or suggestions.

## Playgroups:

On **Wednesday and Friday** mornings from **10am-12noon**, the Family Centre hosts fun and energetic playgroups for children under five with their caregiver. Join us for 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.

# Community Events



## **One Wave Festival**

**Saturday September 7th, 12-6pm**  
**Centennial Square**

Pacific Peoples' Partnership (PPP) is proud to present the 6th annual One Wave Festival. This free, family-friendly festival in Victoria's Centennial Square will showcase North and South Pacific dance and drumming from the Pearls of the South Pacific and Our Culture Matters, as well as dance demos by Vibestreet Dance. [www.pacificpeoplespartnership.org](http://www.pacificpeoplespartnership.org)

## **Victoria International Chalk Festival** **September 14th-15th 9am-6pm**

A celebration of the unique medium of chalk art. Enjoy 2D and 3D chalk art in the making, in addition to music on stage, a food village, local artisans, an expanded kids' chalk area and more. <http://www.victoriachalkfestival.com>

## **Spider Websites**

**Uplands Park**  
**September 22nd 1-3pm**

Frolic with naturalist Margaret Lidkea of the Friends of Uplands Park, through the rocky meadows of Uplands Park finding spider webs of different shapes and maybe their builders. Discover local spiders and their habits. Play spider games and make your own arachnid to take home. Suitable for all ages. Donations appreciated. Meet in the grassy field on the Beach Drive entrance to Cattle Point.

## **Seed Day**

**Swan Lake Nature House**  
**September 29th, 12noon-3pm**

In the autumn, Mother Nature is planting her garden for next year—come see what she has planned. Includes crafts, hands-on exploration, seed scavenger hunt, and seed displays. Plant a seed to take home.