

NEWS & VIEWS

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



DIRECTOR

Elizabeth Quong

STAFF

Emma Chalifour
Kayla Brownscombe
Johanna Payjack

FACULTY COORDINATOR

Daniel Scott

NEWSLETTER

Avril Nagel

ADDRESS

UVIC Family Centre
39208- 2375 Lam Circle
Mailing Address:
P.O. Box 1700 STN CSC
Victoria, BC V8W 2Y2

PHONE: 250-472-4062
E-MAIL: familyc@uvic.ca

"Thank You! Thank You!"

The Family Centre is very appreciative of the enthusiastic support of the Staff at the Office of the VP Academic and Provost, the Staff at the Office of the AVP Student Affairs, the Staff at Student Awards and Financial Aid and the UVic Bookstore who all added many wonderful books to our children's library and great toys to our Toy Lending Boxes during the holiday season!!

The generosity of other individuals in the larger community indicates what thoughtful and kind friends the Family Centre has! Thank you all so much!

We welcome you to the UVic Family Centre for a Pancake Breakfast on **Saturday January 25th** from **9-10:30 am**. Join us for pancakes, stories and fun!

Wear your pajamas, and for those of you with kids, don't forget to bring your favourite stuffed toy along!



Family Centre Weekly Programs

Monday – Family Learn and Share	10:00am-12noon
Monday – Make and Take	7:00-9:00pm
Wednesday – Under 5 Playgroup	10:00am-12noon
Wednesday – Afterschool Program	3:30-5:00pm
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.



Find us on Facebook

The UVic Family Centre has been supported for the past two years in our Early Childhood Programming by the generosity of Island Savings "Growing Island Families Together" grant. Our closest Island Savings Branch is at Tuscany Village and they have been out to help at a number of our special events. We are happy to introduce you to **Kelly Sterk from the Tuscany Branch of Island Savings.**

What is your role at Island Savings?

I'm the Manager of Personal or Branch Manager at Tuscany Village Branch. That involves seven direct reports, day to day operations of the Branch, but more so I feel it's an ambassador role to the community for community projects as well as business development. It's being the face of the Credit Union.



What do you enjoy about working at Island Savings?

The connection to community and the autonomy that gives us local decision making. Those two things increase our capability above and beyond any other role I've had in the past with other financial institutions. I've also enjoyed some unique experiences, like having a spot on CFX with one of my colleagues last year. I got to throw the first pitch at one of the Harbour Cats baseball game.

Outside of your work at the Credit Union, what is your favourite activity in your community?

One thing that I volunteer for regularly is Junior Achievement. It's acting as a facilitator and a mentor, helping the youth of Victoria get prepared for financial stability in the future. Going into a classroom, the kids are great. They're eager to learn and it's adding some value that they may not be getting in the curriculum. The teachers are fantastic that volunteer to do it with me. So far, that's my favorite thing I've done outside of the corporate side of things.

Why do you think community programming such as the UVic Family Centre is important?

For the same reasons that I enjoy Junior Achievement, its strong starts for our future leaders. Those key development years for kids are critical. I was involved in a lot of activities when I was a kid that really influenced me as a person. What I see at the UVic Family Centre is a community program that is empowering kids with the skills that they need to thrive.

What does family mean to you?

Good question. Over the past ten years I've lived with my immediate family being so far from me a lot of the time. But when we come together, it's the support, the caring, the fun. The same values that I apply to my branch. We feel like we're a family. We're a very tight knit group and I bring the values of what I think family is about into my work environment.

What is one simple thing that student families can do to improve their financial well-being?

Make sure that you have regular financial reviews. Don't be afraid to ask questions. Financial institutions have experts to answer your questions and be experts for their communities. That's what we pride ourselves in at Island Savings. Everyone's situation is so unique, I would hesitate to apply just one financial concept to it. That's why I strongly encourage people to take the time to have their individual scenario reviewed.

You have been to a number of Family Centre events. What have you observed as a supportive member of the community?

Kids and parents love it. I've done a few events there and we have a blast everytime we go whether its painting with the kids, spending time with them, playing soccer and painting faces at the bigger events. I can see what the Family Centre has done is answer a question that needed to be answered for support, collaboration, childcare, education, fellowship and a pooling of resources.

THE BEST RELATIONSHIP IN THE WORLD



I should have a shirt saying I love BEING a nana. My name is Barb Whittington and I have been part of the FAMILY CENTRE since 1995 and a professor at UVic since my 3 sons were 8 days old, almost 3 and almost 6. Those years of work and family life were so full and so complicated. When I meet the families who come to the Centre I see how they juggle all their responsibilities and still have fun with their kids. I think the Family Centre is so important and creates a sense of community for us all especially when there are challenges.

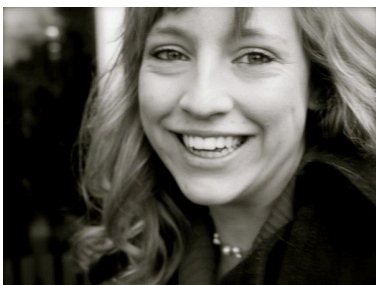
Since I became a grandmother, a "nana" in my family, I am much more aware that some FC parents and kids are separated by time and space and geography from their extended families. I appreciate being close enough to help my family and to be close by while the kids grow from babies to toddlers to preschoolers. I must tell you how shocked I was when I first became a grandparent. I fell fiercely head over heels in love. I

was invited to be at the birth and I helped my son catch my first grandchild. I thought I might have spied a girl baby but the midwife put the baby so quickly on her loving mom, we all had to wait minutes (it seemed like hours) until we had a peek and discovered my first grandchild Lennox was a girl! When you have had 3 boys, a girl is very surprising and very exciting.

Since that day 5 years ago I have also got to know my amazing grandson Tavish (2, almost 3) and most recently wee baby Yo (7 months). Getting to know each of them as small people: what they like, how they think, what they care about, and what they struggle with, is so interesting. We spend most Fridays together, just one on one. With my past experience as a parent, I seem to have a greater perspective and more patience with my grands. While very occasionally I have to draw the line, more often I can just laugh and divert them and enjoy them as they explore who they are and as they learn who I am too. Together we have learned the alphabet in a cemetery and discussed death, had French conversations with strangers in the park and talked about cultural diversity and laughed till our tummies ached in bed together and celebrated being silly.

I am so curious about how we will grow alongside one another and what I will learn from them and them from me. I see the strong woven rope of family love linking us all through the generations. What a gift to share. Maybe the Family Centre should match Victoria grandparents far away from their grandchildren with our UVic grandchildren here far away from their grandparents? Let me know if you think this is an idea worth pursuing; meanwhile try laughing until your tummy aches! bwhittin@uvic.ca

By Barbara Whittington, Family Centre Advisor, School of Social Work, University of Victoria



Introducing Our New After School Club Coordinator

Hi! I'm Kayla Brownscombe, I am the new program coordinator for the after school group. I am a 3rd year Child and Youth Care student, and completed my last practicum here at the Family Centre. I love being outdoors, camping and fishing especially. I am looking forward to spending this semester with the after school group! See you soon, Kayla.

Friday January 31st
marks the start of
the Year of the
Horse.



Happy New Year!

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 contact us by email, phone or Facebook if you have any questions or suggestions.

Playgroups:

The Family Centre hosts fun and energetic playgroups for children under five with their caregiver. Join facilitator Johanna Payjack, an Early Childhood Educator, on **Wednesday and Friday mornings from 10am to 12noon**. Our goal is to provide children with a rich environment in which they can learn through play. Expect engaging activities in the main room, along with free play in the toy room. There is typically a snack time and elements of art, crafts, story, songs and finger-plays incorporated into the morning. The schedule is flexible to enable us to follow the lead of the children.

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.

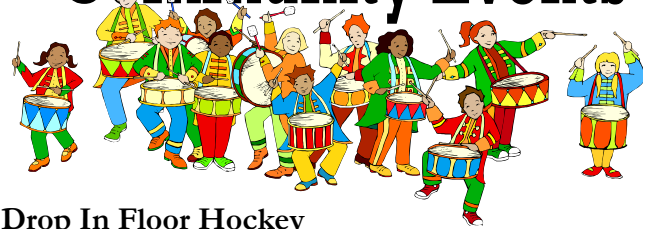
Make and Take:

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



Drop In Floor Hockey

Fridays, January 10-April 24th, Free

4:30-6:00 pm, 9-17 years old

Join us at Oaklands Elementary School gym for drop-in floor hockey every Friday. A fun pick-up game is waiting for you and your friends. Bring a pair of non-marking shoes and some energy! No games on Pro-D days or school holidays. Food donations welcome.

A Winter Walk in Nature

Witty's Lagoon

January 25th, 1pm

Walk a wintry trail with guest naturalist Joe Percival to observe and reflect upon the natural world we encounter during this season of cold. Meet at the Witty's Lagoon Nature Centre off Metchosin Rd at 1pm. 5+ years. BC Transit #54 or #55.

Oh Deer

Swan Lake Nature Centre

Sunday January 26th, 12-3pm, by donation

Deer, deer everywhere. Love them or hate them, they're a native part of our environment and they are here to stay. Play deer games, deer bingo, make deer crafts and learn more about these fuzzy invaders.

Girls Move Girls Night

Oaklands Community Centre

Mondays, January 13-Mar 3, Free

6:15-8:15, 11-15 years old

Come hang out with friends, and make new ones, at this girls only night. Stay active and have fun with your friends, spinning, kick boxing, hiking and cooking - just to name a few of the things you'll do. Getting out and moving has never been so fun!