

NEWS & VIEWS

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



DIRECTOR

Elizabeth Quong

STAFF

Emma Chalifour
Johanna Payjack

FACULTY COORDINATOR

Laurene Shields

NEWSLETTER

Avril Nagel

ADDRESS

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

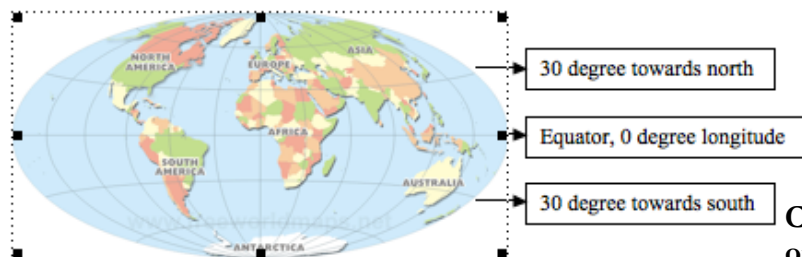
PHONE: 250-472-4062

E-MAIL: familyc@uvic.ca

Adjusting to a New Home by Arifa Nazneen

This is my fourth month in Victoria, Canada. It is a lovely place to live. Shiny green grass covering the ground all over and fine raindrops are falling on it. Water drops making pleasant sound like that of fireworks (smaller one, not the big blasts). Not only tweeting birds, squirrels are running and hopping here and there, collecting and eating nuts. Deer family are looking at you from close distances through their clear eyes with decent eyeliner on it. The sun-soaked warm beach is lively playground of sea birds where Pacific Ocean waves are crashing on. Now it is spring, there are lots of flowers and butterflies around, as if Victoria is wearing a flower crown on it. All I can say that nature allows me to merge in it easily.

Before I came to Canada I was worried about my job, living expenses, food, communication, difficulty due to time difference from other part of the world and cold environment. I am little bit prepared mentally to face these problems.



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PLEASE NOTE THE FAMILY CENTRE WILL BE CLOSED FROM AUGUST 4TH TO AUGUST 15TH. THE CENTRE WILL RE-OPEN ON THE 18TH.

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
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

July 2014

There is so much to do in Victoria during the summer it is almost impossible to do it all – but it is worth a try. Please enjoy this summer events calendar from the UVic Family Centre.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Canada Day Celebrations at the Gorge and Downtown	2	3 Ska Festival	4 Romp in the Square	5
6 Strawberry Festival Elk Lake 11-3	7	8 Music in the Park: Goward House 6-8	9 Reptile Day Swan Lake Nature Sanctuary 12-3	10 Travelling Puppet Show for Preschoolers Nellie McClung 10:30-11:30	11 Theatre Skam's Bike Ride (July 12, 13 19 and 20)	12
13 Life on the Rocks Witty's Lagoon 10-11:30am	14	15 Music in the Park: Majestic Park 6-8	16 Children's Concert in the Park, Cameron Bandshell 11am	17 Delightful Detestables Nellie McClung 10:30-11:30	18 International Accordion Festival	19 Art Gallery Paint-in, Moss Street
20 Accordion Festival	21	22 Music in the Park: Brydon Park 6-8	23 Wild about Wetlands, Swan Lake, 12-3	24 The Beach Rocks Island View Park 10am	25 Crash, Bang, Boom, Roar Nellie McClung 10:30-11:30	26 Afro-Caribbean Summer Cookout
27	28	29 Music in the Park: Beckwith Park 6-8	30 Children's Concert in the Park, Cameron Bandshell 11am	31 Going Buggy Elk Lake 11am-2pm		

Every Sunday until September 28th:
Bastion Square Market
11am – 4pm

Every Saturday until October:
Moss Street Market 10am-2pm
Sir James Douglas Elementary

Every Wednesday until September 17th: Oaklands
Sunset Market 4:30-8:30pm
Oaklands Community Centre

Every Saturday until October 12th:
James Bay Community Market 9am-3pm
Corner of Menzies and Superior Street

Every Friday, Saturday and Sunday until September 14th:
Ship Point Night Market 7-10:30pm
Ship Point Pier

Every Wednesday until October:
Hudson Outdoor Farmer's Market, 11am-3pm Back carriageway of the Hudson

August 2014

Have family or friends coming to visit this summer? There is no lack of things to do. Bring them to some of these fabulous events happening around Victoria.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
				Tango and Latin Arts Festival (July 31st – Aug 3rd)		
3 Victoria Symphony Splash 1-10pm	4	5 Music in the Park: Rutledge Park 6-8	6 Mammal Madness Swan Lake 12-3	7 Snake Day Elk Lake 11-2pm	8	9
10 Cadboro Bay Festival: Gyro Park 11-3	11 Sandy Shore Explore Witty's Lagoon 10am- 12pm	12 Music in the Park: Rutledge Park 6-8	13 Children's Concert in the Park, Cameron Bandshell 11am	14	15	16
17 Dragon Boat Festival	18	19 Music in the Park: Braefoot & Hyacinth 6-8	20 Animal Grossology Swan Lake 12-3	21 Blood and Guts Elk Lake 11am- 2pm	22	23
24 Bejeweled Dragons of the Pond Elk Lake 11am	25	26 Music in the Park: Rudd Park 6-8	27 Children's Concert in the Park, Cameron Bandshell 11am	28 Going Squirrely Francis King Regional Park 1pm	29	30
31 Blues Bash	Free-B Film Festival: Enjoy free family friendly movies at the Cameron Bandshell on August 1, 2, 8, 9, 15, 16, 22 and 23 at 9pm. www.freebfilmfest.com					

July 18-27:
International
Buskers Festival
Professional street
performers present
more than 600
shows.
www.victoriabuskers.com

July 23-August 3rd:
Symphony in the
Summer. Series of
outdoor concerts
with live
symphony and
fireworks display.

Every Wednesday
from July 2nd to
August 6th: Hip
Hop Dance in the
Square
Free drop-in
hiphop instruction.
7-8pm Centennial
Square

Every Sunday until
August 31st: Chess
in the Square. CRD
Square near
Government and
Fisgard. 1-4pm.

August 11-16:
Flamenco Festival
Centennial Square
comes alive with
the passion and
rhythm of
Flamenco.
www.flamencodelaisla.org

August 21-31: An
11 day celebration
of live theatre
from around the
world.
www.victoriafringe.com.

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.

Wednesday and Friday Playgroups:

Families are welcome from **10:00 am to 12:00 pm** to enjoy an engaging morning full of activities. 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. A healthy snack for all to share is provided with coffee and tea for the adults. Engage in some adult conversation and be a part of the warm, friendly atmosphere. Story time with songs and stories, as well as outdoor play as the weather allows. We try to squeeze in many important favorite elements in a short time, while still being flexible to follow the lead of the children.

Mom's Time Out!

Do you need a 'time-out'? The Family Centre is open on Monday nights from 7-9pm for women to get together, have a cup of tea and chat. Feel free to come for half an hour or stay for the whole time. If you don't have children – don't let the name deceive you! You are more than welcome. Monday nights is simply an opportunity for women to get out and get to know some of the other people from the community. (Note: Nursing infants are welcome.)

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 join our Facebook group or send us an email at familyhousingbookclub@gmail.com.

Continued from page 1. What I was not aware of is the length of day and night. I am from a subtropical Asian country. When the day light time is getting longer here it is too long than that of my country. I feel sleepy before sunset and do not feel like getting up early soon after sunrise. The opposite happens during shorter day light period. The only ones who experiences this feeling regularly is living in higher longitude position and never by a person who lives near equator line. Victoria is approximately at 48.25 degree away from the equator line towards north. The equator line is an imaginary line of latitude that goes around the waist of earth and divides it into north and south poles. Longitude is also imaginary line that goes around the earth from north to south. To locate a place these lines are divided in degrees. I can try to overcome man made problems but cannot seem to manage beautiful but stubborn natural rules.

Why did the chicken cross the road? To get to the Summer Reading Club!

This Year's Greater Victoria Public Library Summer Reading Club Theme is "Funny Business" with artwork by BC author/illustrator, Jeremy Tankard. [Program registration is on now](#) and beginning June 26 onward you can stop by any of GVPL's 10 branches to pick up your reading record, start tracking your reading and start earning prizes. Read every day for seven weeks over the summer to collect weekly prizes and stickers.

Editor's Note: I've done this every year with my kids. For those of you with toddlers you can read a book to them a day and track it on their behalf. Always great fun and the kids love the prizes.