

NEWS & VIEWS

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



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Make and Take Name Change... Now Mom's Time Out!

A number of years ago a group of moms expressed a desire to get together in the evening without children. The group was drawn together by a desire to *make* something to *take* home and so became known as 'Make and Take'. In those early days we shared recipes, made gift cards and tried our hand at a variety of crafts. Next Sarah Nantal came along, a practicum student from the School of Social Work with a passion for knitting and Make and Take rapidly grew into a thriving knitting group. Recently we have felt that it is time for the group to evolve once again. The Family Centre has decided to rename the Make and Take program to Mom's Time Out in order to re-emphasize the purpose of the program: to provide an opportunity for women to get together.

Would you like an uninterrupted cup of tea and some good company? Monday nights are for you. All women are welcome (moms or not); Monday nights are for women to get together. This is a great opportunity to meet people if you are new to the community. We would like to make this a place for adults to come together and so ask that you leave your children at home (with the exception of nursing infants).

If you've had a tough day - come! If you had a great day - come! If you can only come for an half an hour - come! If you are a mom - come! If you are not a mom - come! We would love to see you. If you have questions about this program or suggestions of programs you would like to see offered at the Family Centre please email familyc@uvic.ca.

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

Happy Retirement to Barb Whittington!

The UVic Family Centre took time on May 27th to say "Thank You" to Barb Whittington and to celebrate the passion, enthusiasm and wisdom that Barb has shared as a member of the Advisory Group for many years.



To quote a previous Family Centre Coordinator, Barb "set the bar high for integrity, social justice, authenticity, audacity and compassion".

Whether Barb was handing out hot dogs or donating dollars her love for student families and her belief in the importance of the UVic Family Centre has always been evident. Barb brought joy and fun to Family Centre events.

We all wish Barb the very best in her upcoming adventures as she begins her active retirement at the end of June.

Clay Connections

By Johanna and Vanessa

Over the last several months, the UVic Family Centre has been engaging with clay. Each week we have had the clay on a table with clay tools, and other objects such as pieces of wood, Popsicle sticks, leaves, corks, stones, and more.



Our thinking, working, and playing with clay has brought us many places connecting our centre beyond our centre's walls. We had an artist Caren Willms guest speak from UVic's pottery department come and tell us how to rehydrate clay, and bring clay back to life. She taught us how to make bowls, and how to work with our clay tools.



Our investigations into clay have brought us to the mines of Plainsman Clays Limited where our clay comes from. We learned about the extraction process of the clay, and how our play is part of capitalism. Our connections with clay also brought us together each week, as we sat together and worked the clay in our hands. The clay helped us tell stories as we molded it in our hands. We have told our stories on our wall, in our documentation, and on our shelves in what we have created.

IslandSavings

Financial Tips from

June is the perfect time to check in with your short and long-term financial goals: the kids are out of school, the sun is shining and chances are you're planning to get away with your family at least once before everything starts up again in September. A few tips to make this easy:

Start with a cash flow analysis that looks at your debt and savings strategy. Your advisor can help you summarize these in just a few minutes and this exercise will help you pinpoint exactly where you are right now, where you need to be and what your assets and liabilities are. It will also take into account any immediate plans you have for the summer: camps, vacations, recreational programs—you name it.

Using this information, your advisor can then help you **create a budget** if you don't already have one in place. A budget will help you stay objective about your fixed and variable expenses. In other words, determine what's essential and what can be shaved down if need be. Once your budget is in place, monthly comparisons of your actual expenses against what you planned for will help you stay on track.

With a budget in hand, you can then **set up dedicated savings accounts** for your big-ticket goals. For example, you might have one for your child's education, one for a future down payment and one for that trip to Disneyland. Products like Island Savings' Save The Change account—where every purchase you make with your debit card is automatically rounded up to the next dollar and the 'change' goes directly into savings—makes this part easy, but you could also set up automated deposits on a weekly, monthly or quarterly basis depending on what works best for your lifestyle.

Ultimately, shifting just one or two habits will likely save you money. Are you paying a high interest rate on your credit card instead of a relatively low annual fee? Where are you currently putting your child tax benefit? A portion of this income can likely be redirected into savings without undermining your ability to pay the bills.

It all starts with a quick conversation with an advisor who can help you think about your money in a creative way. Thirty minutes is all you need to get this check-in started (bring your kids along!); we can take care of the rest by email or phone.

Whatever your current savings may be, a check-in now with your financial advisor is guaranteed to give you a few tips to get you to your goals faster—and a few minutes of planning today will help keep your finances stress-free well past the summer.



This expert advice was provided by Bobbi Scinocca and Chad Ramsey. They are both Senior Advisors with Island Savings at the Tuscany Branch.

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 go to our Facebook page.

At Family Learn and Share this Month Mondays 10-Noon

Monday June 2nd: Childcare Resource and Referral (C.C.R.R) will be joining us to discuss all things childcare related (types of childcare available, how to find childcare, subsidies, preschool subsidies etc.).

Monday June 16th: Fiona, Personal Safety Officer from Campus Security, will be available to answer any safety related questions (child first aid, emergency preparedness etc.).

Monday June 23rd: Jane Wismer, Public Health Nurse, will be with available to answer health related questions.

Community Events

SUMMER IS UPON US

And that means lots of great community events and programs. Keep an eye on the [Family Centre Facebook](#) page. We'll be posting community events and programs.

Tide Pools and Sea Birds

Cattle Point

June 15th 11am-1:30pm, Free

Low tide at Cattle Point offers an opportunity to view a diverse ecology in tidal pools and sub tidal crevices. Join Melissa Frey and Gavin Hanke, curators at the RBCM and expert birder Geoffrey Newell, and the Friends of Uplands Park to learn how to find fish, anemones, crabs and to watch the birds interact. Bring binoculars and wear water shoes/boots to investigate the tide pools using nets and containers.

Pancake Breakfast

Family Centre, June 21st

Mark your calendars because the Family Centre wants to make your day and fill your bellies again on June 21st. Join us for pancakes and feel free to wear your pjs and bring a friend. Watch the [Facebook](#) page for details.