

NEWS & VIEWS

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



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Thank you once again Island Savings Tuscany Branch!



Tuscany Village Manager Kelly Sterk presents a cheque to Johanna Payjack.

In February Island Savings Tuscany Branch presented a donation to the UVic Family Centre once again.

These funds were generated at the branch level through funds collected and donated by the staff at Tuscany Village. As a part of the Growing Island Families Together (GIFT) program each branch of Island Savings selects an organization or

cause that important to them on an

annual basis. This organization becomes the branch's designated "Jeans Day Organization". On the last Friday of each month staff pay \$5 to the fund to wear jeans. The branch also orchestrated other fund-raising activities throughout the year to support the cause. For 2013 the Tuscany Branch was proud to choose the UVic Family Centre as its charity of choice and raised \$225 for the Centre.

Seeking Volunteers

The UVic Family Centre is getting ready for its 11th annual No Foolin' event on Friday April 4th, from 4:30-6:30 p.m. No Foolin' is an opportunity for UVic student families, community supporters and local businesses to come out and celebrate the energy and diversity that families and their children bring to campus life. Parachute games, relay races, ethnic food, pizza and ice-cream are all part of the free program. To make it a success **we need your help**. If you would like to volunteer please contact 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
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

Many Thanks to Barbara Whittington



Barbara Whittington with fellow award recipient Jessie Housty.

Barbara Whittington, one of the winners of the inaugural Provost's Advocacy and Activism Award, donated her award of \$750 to the UVic Family Centre. She is an associate professor in the School of Social Work and a pioneer of equity and diversity work. She was the first sexual harassment advisor at UVic and worked to establish UVic's employee and family assistance program. Barbara has advocated for and provided support to the Family Centre for many years and this act is a testament to her commitment and support. **Thank you for all that you do Barbara!**

11th Annual!



No Foolin':

UVic Supports Student Families



Join friends, colleagues & students
to celebrate families at UVic

Friday April 4th, 2014

Face
Painting

4:30-6:30pm

UVic Family Centre

2375 Lam Circle

Henna

Crafts and
games



University
of Victoria

Human and Social
Development

Food &
drinks

FREE

Contact Information:
tel: 250-472-4062 email: familyc@uvic.ca http://web.uvic.ca/family-centre/index.php

Two Fun Ways to Show Off Your Talents

GVPL Teen Writing Contest (Grades 7-12)

Enter your original poem, short story or essay! Contest closes March 28th, 2014.

There is no set theme or topic! Your imagination reigns! Comedy or drama, free verse or iambic pentameter, expository or persuasive essay – we like it all.

Categories: Short Story, Poetry, Essay

Get more info and enter at

<http://www.gvpl.ca/audiences/teens/teen-writing-contest/>

Young Photographer Contest

The Royal BC Museum is inviting photographers between 8 and 17 years of age to win an exclusive and truly unique Photography Gift Pack! To enter, submit a photograph that you feel represents British Columbia's wildlife.

In tribute to the **Wildlife Photographer of the Year** exhibition, two photographs from two age categories (8-11 years and 12-17 years) will be chosen as winners based on your votes! Winners will receive an afternoon working with our professional photographer in the Royal BC Museum photo-studio, a museum membership, a chance to set up their own professional photo-shoot, and more!

Enter at ypc.royalbcmuseum.bc.ca.

A Recycling Reminder

Recycling and composting is an important part of community life here at UVic. It reduces landfill usage and as a result helps protect the environment we live in. At UVic we are lucky to have a robust program that allows us to recycle all paper, cardboard, bottles, cans and hard plastic containers. We can compost all food waste products, even cooked meat!

Our recycling and composting bins are becoming heavily contaminated with the wrong items. We are also finding recyclable materials contaminating the landfill bins, which have resulted in fines. It is important that items be deposited into the correct bins so that everyone's hard work is not 'wasted'. Please use the chart below as a reference. —*Nadia Ariff*

	BLUE TOTE - MIXED PAPER	ACCEPTABLE ✓ <ul style="list-style-type: none"> White paper Cereal boxes (remove inserts) FLATTENED cardboard Magazines Newspapers Books Pizza boxes 	UNACCEPTABLE ✗ <ul style="list-style-type: none"> Bottles and cans Hard plastics (#1- 7) Soft plastics (e.g plastic bags) COFFEE CUPS Food waste General 'garbage'
	BROWN TOTE - BOTTLES/CANS/ MIXED CONTAINERS	ACCEPTABLE ✓ <ul style="list-style-type: none"> Glass bottles Aluminum cans Plastic bottles Hard plastics marked #1, 2, 3, 4, 5 and 7 (e.g sushi containers, water bottles, coffee cup LIDS) Juice & Milk cartons Tetrapaks 	UNACCEPTABLE ✗ <ul style="list-style-type: none"> Styrofoam Soft plastics (e.g plastic bags) Mixed paper Cardboard General 'garbage' Coffee cups
	GREEN TOTE - COMPOSTABLE WASTE	ACCEPTABLE ✓ <ul style="list-style-type: none"> All food waste Paper towels Paper plates COFFEE CUPS Compostable items (e.g bags, cutlery) 	UNACCEPTABLE ✗ <ul style="list-style-type: none"> Bottles and cans Hard plastics (#1-7) Cardboard Soft plastics (e.g plastic bags) General 'garbage'
	GREY TOTE- GARBAGE	ACCEPTABLE ✓ <ul style="list-style-type: none"> Foil lined bags Chip bags Soft plastics Styrofoam Non-recyclables and non-compostables 	UNACCEPTABLE ✗ <ul style="list-style-type: none"> Paper Cardboard Bottles and cans Hard plastics (#1,2,3,4,5 and 7) Food waste



Any questions please contact the Waste Reduction Unit at wastenot@uvic.ca
For more info, see www.uvic.ca/sustainability

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.

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



Outdoor Explorers

Oaklands Community Centre

**Saturdays, 9:30-12 Mar 8th – April 19th, Free
Ages 7-11**

Grab a friend, or make some new ones when you join our outdoor adventure leaders for a fun, hands-on adventure exploring nature around the Greater Victoria area. Witty's Lagoon, Francis King Regional Park and Haliburton Farm are some of the potential trips we will take! Registration includes transportation to and from Oaklands Community Centre. Snack recommended. Limited spots available so be sure to register! Drop-in available, space permitting.

Ugh A Slug!

Elk/Beaver Lake Regional Park

Saturday March 15th, 1pm Free

Stroll along with a CRD Regional Parks' naturalist to peek under fallen logs and leaves in search of the giant gastropod that is one of nature's best recyclers. Meet at the Beaver Lake Nature Centre off the main parking lot. All ages.

Travelling Puppet Show Half Day Mini Camp

Nellie McClung Library

Monday March 17th-19th, 1-4pm, Free

Join the Travelling Puppet Show for a three half-day mini-camp featuring puppet making, storytelling, and your wonderfully wild imagination. Make and take home your very own puppets. Family and friends are invited to attend for the last 15 minutes of the last day of camp to enjoy a performance. For ages 8-12. Register online or call for more information.

Hummingbird Day

Swan Lake Nature Centre

March 30th, Noon-3pm By donation