

NEWS & VIEWS

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



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A Successful Celebration

Thank You to everyone who helped make the Family Centre's 20 Year Celebration such a success!! The Family Centre is all about creating community and April 1st was most definitely a community effort! Much appreciation to all of you who came to share the celebration with us. We wouldn't have been able to do it without our volunteers and sponsors.

*Island Savings Tuscany Branch and the Island Savings Brand Ambassadors * Pepper's Foods * Sport is Medicine * Saanich Police * Saanich Fire * Campus Security * Brittany Johnston * Miriam Curtis * Ace * Jane Wismer (Public Health) * Vikes * Starbucks Cadboro Bay * Thrifty's * Panago Pizza on Shelbourne * Vicki Neilson from GVPL * The team from the Residence Sustainability Community* Mary Ellen Purkis * Pepsi * Hot House Pizza * Laurene Shields * Work Study Students



Maryah and Angie * Practicum Students Ju Hyun and Kerianne * Island West Foods * Kate Hildebrandt * All the contributors to our amazing Anniversary News Letter * and so many wonderful volunteers: Rebecca, Amira, Aneeq, Lily, Megan, Indu, Courtney, Ramen, Soleil, Nakita, Daniele, Monica, Grey and Angela and more I'm sure!

Family Centre Weekly Programs

Monday – Family Learn and Share	10:00am-12noon
Monday – Make and Take	7:00-9:00pm
Wednesday – Early Learning Program	10:00am-12noon
Friday – Early Learning Program	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 FIR TREE BY SANDRA BUYZK

For some time now, we have enjoyed an old bare fir tree at our Family Centre outdoor space. What this tree has become for our Family Centre children, reminds me of the box story – the story of when a child receives a gift that comes packaged in a box and ends up having endless enjoyment with the box, instead of the toy that was inside the box. This fir tree is a reminder that children do not require a lot of purchased play equipment outside in order to have fun. Imagination has inspired the following:

- children worked together to try planting the tree outside
- the tree became a giant pine cone that was pulled, pushed, dragged, carried and climbed on
- it was a donkey that two boys rode to their new ‘home’
- it was a truck that children took turns ‘driving’
- it has been well loved
- it has been an object of immense curiosity
- it has inspired creativity, teamwork, and just plain fun!

Celebrate Mother’s Day on May 10th.

Only One Mother

Hundreds of stars in the pretty sky,
Hundreds of shells on the shore together,
Hundreds of birds that go singing by,
Hundreds of lambs in the sunny weather.
Hundreds of dewdrops to greet the dawn,
Hundreds of bees in the purple clover,
Hundreds of butterflies on the lawn,
But only one mother the world wide over.

-Author Unknown



May 21st is Victoria Day.
Check out the parade – it’s the
biggest one each year!

Introducing Amira

Hello everyone at the UVic Family Centre,
My name is Amira Abdel-Malek. I am a student in the Child and Youth Care program and I am going to be completing my practicum here from May-July. I have experience working with children, teenagers and young adults of all abilities. I enjoy organizing inclusive spaces where all people can learn collaboratively, share their skills and knowledge and explore their potential through creative media. I look forward to learning with you this spring!



Summer programming is in full swing at local recreation centres and community program centres. Check out the following websites for fun opportunities for summer camps and events.

Vikes	http://vikesrec.uvic.ca/summer-camps/
Oak Bay Recreation	http://recreation.oakbaybc.org/
Saanich Parks and Recreation	http://www.saanich.ca/parkrec/recreation/alg.html
YMCA-YWCA	http://www.victoriay.com/
Boys and Girls Club	http://www.bgcvic.org/clubs-camps/urban-adventure-camp/
Braefoot Summer Camps	http://www.braefoot.ca/programs.php

Sun Safety Tips

We are experiencing more sunny days and soon summer will be upon us. Here is a list of tips to stay safe in the sun that will prevent burns and reduce chances of skin cancer.

- **Cover up.** Wear light-coloured, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric. When you buy sunglasses, make sure they provide protection against both UVA and UVB rays.
- **Limit your time in the sun.** Keep out of the sun and heat between 11 a.m. and 4 p.m. When your shadow is shorter than you, the sun is very strong. Look for places with lots of shade, like a park with big trees, partial roofs, awnings, umbrellas or gazebo tents. Always take an umbrella to the beach.
- **Use the UV Index forecast.** Tune into local radio and TV stations or check online for the UV index forecast in your area. When the UV index is 3 or higher, wear protective clothing, sunglasses and sunscreen.
- **Use sunscreen.** Put sunscreen on when the UV index is 3 or more.
- **Drink plenty of cool liquids (especially water) before you feel thirsty.** If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration (not having enough fluids in your body) is dangerous, and thirst is not a good indicator of dehydration.

From <http://healthycanadians.gc.ca/>



Some more great photos from our Anniversary Celebration.

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. The Public Health Nurse Jane Wismer will be with us on Monday May 11th.

Early Learning Program:

Families are welcome to this drop-in program that runs **Wednesday and Friday** mornings from **10:00 am to 12:00 pm**. Learning through play is encouraged by providing an environment that promotes children's inherent love of learning and sense of wonder. Each morning session concludes with a storytime with songs/music as well as an opportunity for outdoor play.

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. (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.



**World
Partnership
Walk**

Since its start 31 years ago, the World Partnership Walk has raised over \$90 million for international

development programs and initiatives, making it the largest and most successful event of its kind in Canada! 100% of donations made to the World Partnership Walk go directly to fund Aga Khan Foundation Canada international development projects. May 31st, 10:30am-3:00pm, front of the McPherson Library. www.worldpartnershipwalk.com

Community Events



Mom's the Word

Emily Carr Branch

9:30am - 10am

Celebrate Mother's Day with lively and lovely stories and songs about M-O-M. For young children and their families; this program will occur before regular opening hours, and all children must be accompanied by an adult. Register online or call for more information.

Family Fun Walk and Family Fun Day

Swan Lake

Walk: May 23rd, 12-1:00

Fun Day: May 23rd, 12-4:00

Join us for a guided walk by our Naturalists around Swan Lake to celebrate our 40th birthday and discover the beauty of our urban sanctuary. Join us, as the Staff and Board of Directors celebrate Swan lake's 40th Anniversary by offering family activities including a photo booth, costumes, mascots, music, entertainment, and food by donation. The events are free but you must pre-register by calling 250.479.0211 as there is a maximum number of participants.

Family Sunday

Art Gallery of Greater Victoria

May 24th, 2-4:00pm

Come for an afternoon of energetic art making for the whole family.

Bee Day

Swan Lake

May 31st, 12-3:00pm, by donation

A honey of a program fit for the royalty of the insect world. What's the buzz about bees—are they really good dancers? Bee songs, bee crafts, and some bee spit to taste. Join us and you'll be amazed, bee enchanted and bee happy. Bee there or bee square.