

# NEWS & VIEWS



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Find us on Facebook

### Are you ready for summer camps at UVIC? Registration opens April 1st

Last month I caught up with Vikes Recreation Programmer Kathleen Wirtanen to ask her about the upcoming summer camp options...

*Joy: Can you tell me about the variety of camps Vikes has on offer this year?*

Kathleen: We offer a little bit of everything! For children who are interested in learning and developing in one particular sport, we have many options of camps- basketball, hockey (both ice and ball), cheer, racquet sports and tennis, soccer, squash, swimming, track and field and volleyball. We also have a multisport camp for children to try multiple sports! On the recreation camp side, we have climbing camp, dance, Girl Power, our mini Vikes camp for 5-7 year olds, Vikes Adventurers camp and youth leadership development. We also offer high performance camps in basketball, speed and agility and girl's soccer.

*Joy: How have the new facilities at CARSA helped expand the options for summer camps?*

Kathleen: We are adding three new camps to our program this summer that we are super excited about- a climbing camp, squash camp and ball hockey camp. All of these will be housed in CARSA. Many of our other camps are using the new facilities in CARSA, such as the climbing wall, fieldhouse, studios and performance gym. It has greatly enhanced our programming and camp planning.

*Joy: What age range do you provide camps for?*

Kathleen: Our camps start at age 5 years old right up to 18 years old for our high performance camps.

*Joy: What is it about Vikes camps that set them apart from other camps on offer in the city?*

Kathleen: We have fantastic camp leaders, a beautiful setting here at the University of Victoria, a state of the art building in CARSA, and a wide variety of camps for parents and children to choose from!



### Family Centre Weekly Programs

<b>Monday – Family Learn and Share</b>	10:00am-12noon
<b>Monday – Mom's Time Out</b>	7:00-9:00pm
<b>Wednesday – Early Learning Program</b>	10:00-12noon
<b>Thursday – After School Program</b>	3:30-5:00pm
<b>Friday – Early Learning Program</b>	10:00am-12noon

In addition to weekly programs, the Family Centre is open Mondays 9-2pm and 7-9pm, Tuesdays 9-2pm, Wednesdays 9-2pm, Thursdays 1-5:30pm and Fridays 9:30-12:30pm. For more information contact the Family Centre through Facebook or by email: [familyc@uvic.ca](mailto:familyc@uvic.ca).

**Science Venture Director, Andrew McLean, took some time to tell me about all the Science Venture has to offer.**

*Joy: Tell me about the different options for kids wanting to do a camp with Science Venture this year.*

Andrew: There are many great options for kids looking to experience a fun-filled Science Venture Camp this summer at UVIC. Our general science and engineering camps are an excellent choice for budding scientists looking to explore the many areas of science in a fun, hands-on way. For those more tech-savvy kids, we have our Maker camps. One part engineering, one part creativity: these will give kids the chance to tinker, make and create; using their imaginations to design and build projects using everyday materials in new ways. Finally, for the more adventurous, we have our specialty camps, this year featuring the much anticipated return of 'CSI: Camp Scene Investigation' and the introduction of our brand new 'ArtSci' camp, an innovative and creative science camp - with an artistic twist.



*Joy: What age range do you have camps for?*

Andrew: Our summer camps are available for students entering into grades 1-9 in Fall 2016 with a Junior Counselor (JC) Summer leadership program available for students entering grades 10-12.

*Joy: What makes Science Venture unique?*

Andrew: Science Venture is an award-winning science, technology, engineering and math (STEM) outreach organization, which has been delivering high-impact, innovative programs to British Columbia youth since 1991. Through our hands-on, minds-on, inquiry based model of delivery we provide more than 13,000 British Columbia youth, every year, with the opportunity to explore their potential and discover their vital role in the world through life changing STEM experiences.

*Joy: Besides summer camps, when else can a budding scientist be involved with Science Venture?*

Andrew: In addition to our renowned summer camp program, Science Venture also offers an exceptional Clubs program for budding scientists throughout the school year. Our weekly Venture and SPARCS Club programs are a great opportunity for campers to build on their experiences from the summer, with brand new science and engineering curriculum delivered each week.

## Spring Clothing Exchange



The Family Centre is hosting a spring clothing share! This is a great time to pull out last year's summer clothes to see what fits and what doesn't. Bring by clean, gently used baby, child or adult clothing and swap it for something else. Don't forget to bring a bag!!

**April 4 – April 6<sup>th</sup> at the Family Centre**

**It's that time of year again! Spring-cleaning time!**

## Learn to Cook Canadian Food

James Bay Community Project is offering a Food Skills Program for Newcomers to Canada on April 4<sup>th</sup> - May 9<sup>th</sup>, Mondays, 4:30 - 7:30 pm. The program is free.

This project will teach and encourage healthy cooking in a fun relaxed atmosphere while helping those new to Canada learn about Canadian meals and the food system. The supportive setting encourages participants to discuss challenges faced in a new country. Participants learn to cook tasty Canadian favourites and have an opportunity to make friends, learn new skills and share good food. Register at 250 388 7844 x. 308 or

[lgleinzer@jbcj.bc.ca](mailto:lgleinzer@jbcj.bc.ca)



Hi Everyone! My name is Miriam Curtis and I'm very excited to join the Family Centre Team. I have been working at the University for over 20 years at the School of Child and Youth Care, so this feels like a natural progression for me.

I have been involved with a global peace organization (CISV) for most of my life and I love to travel and learn from others. I am really looking forward to connecting with all of you and learning about your families and the wealth of knowledge and expertise that you bring that makes the Family Centre so successful.

On Monday April 18th Amanda Weinerman will be joining us at our weekly Learn and Share program. Amanda is an optometrist and she will be available to talk to you about any vision related questions you might have. She has a special interest in working with children and she and her family used to live in Family Housing! Did you know that it is recommended that children aged 6 months to 19 years old undergo a full eye exam every year? The cost of this is covered by MSP. Come along to find out how they test vision in young children and other health issues that can be detected during an eye exam. Her website is:

<http://www.amandaweinermanoptometry.ca/>



## Pancake Breakfast

Come and join us for a pancake breakfast



**UVic Family Centre**

**Saturday April 9th**

**9:00 - 10:30am**

A great opportunity to get to know some of your UVic family community and enjoy a delicious breakfast. There will also be a family craft activity.

If you have any questions please do not hesitate to give us a call: 250.472.4062

# 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.

**4th** – Public Health Nurse Jane Wismer

**18<sup>th</sup>** - Amanda Weinerman, Optometrist

## 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 in 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.

## After School Club:

School Aged Kids (Grades 1-6) are invited to the Family Centre's After School Club on **Thursdays 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. **Please make sure your kids are dressed for the outdoors.**

## 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're welcome. (Note: Nursing infants 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](mailto:familyhousingbookclub@gmail.com).

# Community Events



## **Victoria Kids Consignment Eagle Ridge Community Centre, Langford.**

**April 8-10 (varying times)**

At the Spring Victoria Kids Consignment Sale, you'll be able to save BIG on quality, gently-used items for babies, toddlers and kids. With over 15,000 items to choose from there is something for everyone! Admission is Free. [www.victoriakidsconsignment.ca](http://www.victoriakidsconsignment.ca)

## **Esquimalt 5K with 1K Kid's Fun Run presented by LifeMark Health**

**April 9<sup>th</sup>, 9-11am**

The most scenic 5K in the region! Journeying through Saxe and Macaulay Point Parks this unique 5K course travels through stunning parklands and along picturesque waterfront.

## **Family Sunday - Event at Art Gallery of Greater Victoria**

**Apr 17<sup>th</sup> 2-4pm**

Enjoy an afternoon of exploring hands-on art-making and ideas connected to current exhibitions, for the whole family! Activities take place throughout the Gallery, including the gardens in warmer months, and often feature special guests like storytellers, artists, performers, or musicians.

## **Fernwood Family Dinner Fernwood Community Centre Every Monday, 5-7pm**

Fernwood Family Dinner is an opportunity for families to enjoy a prepared meal, as a family and with families of the community; followed by a time to play and socialize together.

By donation.