

NEWS & VIEWS



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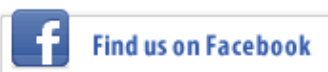
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Victoria Farmers Markets

Joy Knudsen

Imagine you are presented with two choices. The first is that you go indoors, get a cart, and roll it around a grocery store with fluorescent light beaming down on you, while recorded music is played through the speakers. Alternatively, you could stroll outside in the sunshine amongst stalls of fresh produce, meet up with friends, and make an evening of it. All the while, live music plays.



If you have not visited a Farmers Market before, let this be the summer that you do. Farmers markets provide a plethora of opportunities and advantages over the usual method of shopping at a grocery store. When you buy fresh, locally grown produce, you know where your food is coming from. You're also supporting a smaller family-run business in today's globalized economy where large agribusiness is taking over food production in Canada. You may even have the opportunity to connect directly with the farmer who has grown it, learning how the fruit or vegetable has been grown. You can purchase fresh produce knowing that it has been grown using methods that minimize the impact on the earth and that have reduced fossil fuel footprint. Did you know that food travels on average 2500kms (1500 miles) from farm to plate when you purchase it from a grocery store (statistic taken from <http://www.cuesa.org/learn/how-far-does-your-food-travel-get-your-plate>).

Continued on p.3

Family Centre Weekly Programs

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

In addition to weekly programs, the Family Centre is open Mondays 9-2pm and 5-9pm; Wednesdays 9:30-3:00pm; Thursdays 1:00 - 5:00pm and Fridays 9:30 - 1:30pm. We also have monthly book clubs and special events. For more information please check out our Facebook page or contact us at familyc@uvic.ca.



Money Matters

Most of us are living on a tighter budget as students. Every month this column will offer a tidbit of advice to lighten the load.

This month...

The LIFE Pass

The Greater Victoria Recreation Centres offer the LIFE Pass, which allows you to have 50 free drop-ins (swimming, skating, gym, drop-in fitness classes) per year, plus four classes at 50% off the usual price. Although full-time students are not eligible for the LIFE pass, their spouses and children are. If you live in Lam Circle, you are a resident of Saanich and Gordon Head Recreation Centre is the closest. However, you can use your LIFE pass at all Greater Victoria Recreation Centres.

All you need to take with you is proof of residence and your most recent notice of assessment. You also need each family member who will receive a LIFE Pass with you as a photo will be taken for the card.

For more information, see

You're invited to a Barbeque!

Where: Uvic Family Centre

When: Tuesday June 7th,

Time: 4 - 6 pm

For info : 250.472.4062



Join us at the Family Centre on Tuesday June 7th, 4-6pm. The Family Centre will provide hot-dogs (meat and veggie) and drinks. We invite you to bring along a dish to share. To help lessen the impact on the environment please bring your own plates and cutlery.

If you have any questions please feel free to contact us at family@uvic.ca.

Welcome to the Conversation Club!

Monday evenings from 7-9pm at the Family Centre.



Throughout June the UVic Family Centre will be hosting a ladies only Conversation Club. Each week you will be encouraged to learn commonly spoken phrases in English and we hope to learn a few words in your language as well! Unfortunately we are not able to offer childcare and so we ask that you leave your children at home (nursing infants are welcome). This program is free and open to all women.

Monday June 6th: Greetings ~ we will be learning and sharing the different ways in which we greet one another. We will also explore phrases that you may hear and are not quite familiar with.

Monday June 13th: Meal Time ~ during our 'Meal Time' theme night we will discuss breakfast, lunch, dinner, and snack options. Learn and share what your neighbor is cooking!

Monday June 20th: Clothing ~ summer time is fast approaching and during our 'clothing' theme night we will discuss a variety topics related to adult and children's clothing as well as accessories including sun protection gear!

Monday June 27th: You Choose ~ for our final Conversation Club night we would like to celebrate with you and enjoy each other's home (or store bought) cooking! Let's have a potluck and practice the skills we have learned throughout the month!

If you would like more information about this program please let us know- familyc@uvic.ca

See you on Monday!

Continued from front page...

The fruits and vegetables you buy at the farmers' market are the freshest and tastiest available. Fruits are allowed to ripen in the field and are brought directly to you – no long-distance shipping, no gassing to simulate the ripening process, no sitting for weeks in storage. This food is as real as it gets – food fresh from the farm. It's going to nourish your body too. Many of the local farmers go to great lengths to grow the most nutritious produce possible by building their soil's fertility and giving their crops the nutrients they need to flourish in the ground and nourish those who eat them.

Are you ready to go? Take your pick from the following.

Bastion Square Market – Thursdays, Fridays, Saturdays, and Sundays 11:00am-4:30pm

Breakwater Market (Odgen Point Breakwater) – Sundays, 11:00am-4:00pm

James Bay Community Market (corner of Menzies and Superior St) – Saturdays, 9:00am-3:00pm

Moss Street Market (Sir James Douglas Elementary School grounds, Moss Street and Fairfield Road) – Saturdays, 1:00am-2:00pm

Oaklands Sunset Market (Oaklands Community Centre, Belmont St) – Wednesdays, 4:30-8:30pm

Ship Point Night Market (Ship Point Pier, Inner Harbour) – Weekends, 7:00-10:30pm

Oak Bay Night Market (Oak Bay Avenue) – 4:00-8:00pm

Sidney Street Market (Beacon Avenue) – Thursdays, 5:30-8:30pm

A brief Lam Circle survey revealed that the Sidney Street Market (pictured below) is the favourite to go to.



NOBODY'S PERFECT

Make it easy for your child to behave well by implementing the following tips in your household.

Make your child's surroundings safe and interesting. If your home is safe for your child to play and explore in, it will diminish the amount of times you need to say "No" to your child.

Create family routine. Children feel safer when they know when and in what order things happen. It's easier for them to follow rules when things become a habit.

Be a good example. Behave in a positive way so that your child knows what you expect. If you are polite to them, they are more likely to be polite too.

Praise and encourage your child. Let them know when you notice their good choices and behavior. Then they will know what you expect of them.

For more tips, search "Nobody's Perfect Tipsheets" on Canada.ca

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.

June 6th – Public Health Nurse Jane Wismer

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!

This program will be taking a break over the summer and will resume in September.

Conversation Club

Are you new to Canada and looking for an opportunity to practice your English language skills? If so, this is the program for you! For the month of June the Family Centre will be offering an introduction to speaking English. We would also like to learn some of your language, so please come prepared to share! The program will take place on Monday nights from 7-9pm. See pg.2 for more details.

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.

Community Events



Victoria Goddess Run Westhills Stadium, Langford, June 3-5, times vary

The Victoria Goddess Run is a Women's Only walk and run with 3 events – BMO 5km, Westhills 10km, and the Red Barn Market 15K.

World Oceans Day on the Gorge, Esquimalt Gorge Park, June 4, 11-3

In celebration of our global ocean, World Fisheries Trust and the Township of Esquimalt are hosting a World Oceans Day event with interpretive walks, guided Songhees canoe tours of the Gorge, crafts, games, live music and food! Many other local organizations that share an interest in our ocean will be joining the celebration with informative displays and ocean-related activities for all ages

Oak Bay Tea Party Parade, June 4, Windsor Park to Willows Park, 10:30-12:30

The Tea Party Parade is an Oak Bay tradition. Beginning on Saturday at 10:30 a.m. at Windsor Park, the parade winds through the streets of Oak Bay, ending at Willows Park about 45 minutes later

Family Sunday at Art Gallery of Victoria June 19, 2-4

Enjoy an afternoon of exploring hands-on art-making and ideas connected to current exhibitions, for the whole family!