

# NEWS & VIEWS



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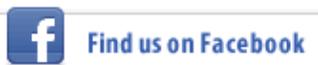
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## Camping on Vancouver Island

With the onset of better weather, the month of May marks the beginning of camping season for many on Vancouver Island. Whether you want to be on the ocean or riverside, lakefront or alpine meadow, off-the-grid wilderness or close to the amenities of a town or city, Vancouver Island has it all.



If you and your family have never experienced camping before and want to know where to begin, Parks Canada offers an excellent opportunity, co-presented with MEC (Mountain Equipment Coop), to be a part of 'Learn to Camp' where you will learn how to plan and enjoy safe and successful camping trips.

Events feature workshops on camping related skills like how to set up a tent or cook in the outdoors. Participants have the opportunity to enjoy fun interpretive programs and other Parks Canada activities. The closest one of these takes place July 23-24 at Fort Rodd Hill, only 20-25 minutes from UVIC. Registration opens in May. <http://www.pc.gc.ca/eng/media/ltc-dlc/ltc-dlc08.aspx>

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### 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 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](mailto:familyc@uvic.ca).

## Victoria Day

Monday May 23rd is Victoria Day, celebrated in honour of Queen Victoria's birthday. For many Canadians it also marks the beginning of summer and many families go on their first camping trip of the year. Celebrate Victoria Day in British Columbia's capital city at the 118th Island Farms Victoria Day Parade! This is Victoria's largest parade, attracting well over 100,000 people. It features Canadian and American marching bands, hundreds of floats, cultural shows and festive clowns. Led by the Canadian Forces, this annual event is free and fun for the whole family!

**Please note the Family Centre will be closed on Victoria Day**



Don't forget  
Mother's Day

Sunday May 8th

Hello!

My name is Raman and I am the new CYC student at the Family Centre. I will be spending time at the Centre throughout the summer and look forward to getting to know everyone. I am currently in my third year at Uvic and have had an amazing experiences learning so far. Before I enrolled at Uvic I was a banker and had spent 9 years in that field, switching to child and youth care was the absolute best decision I have ever made! I look forward to seeing you at the Family Centre this summer!

## Summer Safety Tips

**Stay cool in the heat:** Drink plenty of water, find shade, visit cool buildings, slow down, bathe in cool water and wear light-colored clothing.

**Wear the right helmet:** Everyone is encouraged to wear a helmet when cycling, inline skating and skateboarding.

**When thunder roars, go indoors:** Stay inside for at least 30 minutes after the last rumble of thunder. If you can hear thunder, you can get hit by lightning.

**Stay safe while camping:** If strong winds, hail or a tornado is developing while you are camping in a tent or tent-trailer, move to the closest building or a hard-topped vehicle.

**Avoid the bugs – and their bite:** Avoid being outdoors at dawn or dusk, when mosquitoes are most active.

**Pack an emergency kit:** Make a kit to go in a backpack. Whatever you do, don't wait until a disaster is happening to make a kit.

**Keep food fresh:** Chilling food properly is one of the most effective ways to reduce the risk of food-borne illness.

**Make a (safe) splash:** Never leave a child unattended in water, not even for a second.

**Stay safe on the roads:** Make sure your children are always buckled-up properly while in the car, even for short trips. And remember, the back seat is always the safest place for your children.

From <http://www.getprepared.gc.ca/cnt/rsrscs/sfttps/tp201407->





# SPRING PAINTING

By Sandra Buyze

Artistic expression is encouraged by creating an environment that offers a variety of opportunities to experience and engage in the process itself. Spring is a wonderful time to bring in bouquets of flowers to create a pleasurable setting for artistic endeavours – some older preschoolers choose to create pictorial or representational art – while other children will process with the pain, the colours, their strokes with the paintbrush on the paper...or on the flowers!



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Even closer to home, Saanich Parks and Recreation offers a similar program in Mount Doug Park. Found in the summer Parks and Rec guide on pg. 9, ABC Family Camping is “A fun filled night of camping-under-the-stars in Mount Doug Park. This family camping experience is designed for first timers, providing you with basic camping skills and instruction, allowing you to enhance your family bond.” The program is available at two different times during the summer, July 16-17 and August 13-14, and only costs \$40. <http://viewer.zmags.com/publication/1603c0ac#/1603c0ac/9>

For those of you who are ready to just ‘go for it’, there is no shortage of campsites to choose from, from Provincial parks, to privately owned campsites. BC Parks Discover Camping website allows you to use an interactive map to choose and book your location. For more details see

<https://secure.camis.com/Discovercamping/>

For more information on other campsites, check the following links.

[www.travel-british-columbia.com/vancouver-gulf-islands/camping/](http://www.travel-british-columbia.com/vancouver-gulf-islands/camping/)

[www.vancouverisland.com/plan-your-trip/campgrounds-rv-parks/](http://www.vancouverisland.com/plan-your-trip/campgrounds-rv-parks/)

If you are wanting to go camping but don’t have the gear, UVic CARSA members have access to camping equipment rental. Talk to a staff member at the main CARSA desk for more details.

If you want to see more of the beauty of this island this summer, camping is a wonderful way to do it.

# 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.

May 9<sup>th</sup> – 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!

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



## **KidsRun Victoria**

**Tillicum Centre**

**May 1<sup>st</sup> 10-12**

Meet at the lower parking lot of Tillicum Centre (by Montana's) for a 1km or 5km walk/run through the beautiful trails of Cuthbert Holmes Park. Followed by a by-donation barbeque by Montana's, music and fun family activities.

## **Victoria Highland Games**

**Topaz Park**

**May 21-23**

Events occur for a full week prior to the Games & Celtic Festival to enable a 10 day celebration of Scottish and Celtic arts, music and sport kicking off with the Tartan Parade through downtown Victoria the Saturday prior to the Games weekend and including the Kilted Golf Tournament, Tilted Kilt Pubcrawl and Torchlight Clan ceremony. See website for more details. [www.victoriahighlandgames.com](http://www.victoriahighlandgames.com)

## **African Cultural Week & AfriCa Fest**

**Vic West Community Centre**

**May 20-25**

The African Cultural Week and AfriCa Fest Victoria comes to you for the 3rd time. AfriCa Fest, quickly becoming one of BC's largest cultural fairs, encourages Business and Humanity for African and the Caribbean. AFRICA FEST held each year in Victoria celebrates the tastes, smells, sights and sounds of the continent of Africa & the Caribbean.