Boy do we have a busy month for you!!! Some really exciting events—probably one of our biggest ever will be our Fire Safety Event on Saturday April 27th! Check out page two for details, this event does require registration so don’t miss out!

It’s the time of year where we accept interest in our Community Garden Plots—a very popular program so be sure to read on page 5 how you can get your name into the lottery for a garden plot. April brings the start of our beautiful spring flowers, and also leaves with us the remnants of the winters—trash on the ground, dog poop that has been hidden under the snow—please take some pride in where you live and help clean up our communities! You may have heard of the newest Internet phenomenon, “# Trashtag”—we are bringing it here to Family Housing—check out page 4 on how you can participate and win some great prizes!

My hours at the Wellington Woods community centre are changing just a bit—Tuesday’s 8:30am to 2pm and Thursday’s, 1-4pm. Drop by to say hi, learn about some of our programs, or now even to pick up your parking permit! Looking forward to connecting with you.

Annual Easter Egg Hunt at Wellington Woods!

Children at Wellington Woods—join us at the Wellington Woods Community Centre on Friday, April 19th at 11:00am to participate in our annual Easter Egg Hunt! It has been one of our most popular programs for kids, looking and searching for our little colourful eggs! You might find them under a tree or between rocks, hiding in lots of outdoor places. Find them and bring them back to the Community Centre to win delicious Easter chocolate and perhaps other surprises as well!

Parents, we strongly encourage you to come Easter Egg hunting with your child. Children under the age of seven MUST have a parent with them throughout the activity. The kids get a bit excited running to search for eggs, so it is important to have a parent stay to avoid any accidents.
Fire Safety Event at Wellington Woods!

We are very excited to bring a FREE community wide fire safety event to Wellington Woods. On Saturday, April 27th at 12 noon we will begin the event in the soccer field area at Wellington Woods (entrance between units 14 and 23). The event will start with a room burn conducted by Campus Fire Prevention and Guelph Fire. You may have heard about the residence room burn that is held every September on Johnston Green; we wanted to share the experience and the education with our Family Housing residents. Truly a sight you do not want to miss - a room will be built and furnished with old ‘found’ furniture, and then lit on fire. You will be amazed to see and experience how quickly fire can take over. It will be a sight to see, right here in your own community. And of course, the lessons that we learn about how we can all do our part to keep our families safe. College Avenue residents are encouraged to attend!

Following the room burn, we will be offering a lunch catered by Hospitality Services—hamburgers, halal chicken burgers, veggie burgers as well as hotdogs and veggie dogs. There will be a ‘scavenger hunt’ set up in the Wellington Woods Community Centre, and the kids will be asked to locate the fire hazards that have been set up inside each room. We will end the event around 2pm with some draws for the kids who complete the scavenger hunt, giving away $10.00 Walmart Gift Cards. But that’s not all!!! We will also have fire safety information available in a variety of languages, Fire Prevention staff on hand to answer your questions, Guelph Fire will be on site with a full sized fire truck, and we have a number of draw prizes of local restaurant gift cards just for families attending!

You are required to register in advance so that we can order the appropriate amount of food. Please visit [https://uoguelph.eu.qualtrics.com/jfe/form/SV_4O8K1lt5DCHJ7Zr](https://uoguelph.eu.qualtrics.com/jfe/form/SV_4O8K1lt5DCHJ7Zr) before April 15th to register your family and to select your food choices.

This event is jointly sponsored by Campus Fire Prevention, Student Housing Services and funding from the Student Life Enhancement Fund.
So What If I litter???
My cigarette butts are biodegradable, aren’t they?

If you throw your cigarette butts on the ground, they eventually find their way to the ocean and other water sheds and YOU are contributing to the most commonly found man-made waste that originates from land! "The Ocean Conservancy, a nonprofit environmental organization based in Washington, D.C., compiled the results of a shoreline cleanup day conducted by volunteers last year in 68 countries. It covered a combined 34,000 miles of shoreline and collected 7 million pounds of litter, 80 percent of which had been washed from land into the water. Of the 7.7 million items of debris collected worldwide in 2006, cigarettes and cigarette butts accounted for roughly 1.9 million, the sixth consecutive year they have topped the list. Read more at:

The hope is that if smokers knew how much they are polluting the oceans and other natural water sheds, they might think twice about throwing their cigarette butts out the car window or stomping them into the ground rather than disposing of them in a proper waste receptacle.

Here are some statistics taken from the Surf Rider Foundation’s website. The level of environmental pollution cigarette butts contribute to our oceans and other water sheds is enough to anger anyone, but more importantly, change behaviors.

Litter Statistics
In just one day 230,000 cigarette butts were collected from California beaches during the 2000 Coastal Cleanup Day. Cigarette butts were the number one trash item found (http://www.cigarettelitter.org).

• According to the Ocean Conservancy, cigarette butt litter accounts for one in every five items collected during cleanups, making it the most prevalent form of litter on earth.
• There are over 176,000,000 pounds of discarded cigarette butts in the United States each year. Over 4.5 trillion cigarettes are littered worldwide each year. They are the most littered item in the world (http://www.cigarettelitter.org).

Environmental Cost of Cigarette Litter
No butts about it. The environmental costs of tobacco products are more than just smoke. They include the following:

• Filters and plastic wrap from cigarette packages remain in the environment for long periods of time. Cigarette butts are composed of cellulose acetate, a form of plastic, which can take as many as (estimated 2 to 25) years to decompose. Cigarette butts may seem small, but with several trillion butts littered every year, the toxic chemicals add up! Cigarettes contain over 165 chemicals!
• Plastic pieces have been found in the stomachs of fish, birds, whales, and other marine creatures that mistake them as food, swallowing harmful plastic and toxic chemicals. Ingestion of plastic cigarette filters is a threat to wildlife. Sometimes even young children pick up and ingest cigarette butts.
• Wind and rain often carry cigarette butts into waterways, where the toxic chemicals in the cigarette filters leak out, threatening the quality of the water and the creatures that live in it.

Dispose of YOUR trash properly - even the cigarette butts!
# Trashtag

Now THIS is an Internet trend that’s worth paying attention to - #Trashtag! It’s an online challenge sweeping though social media and it’s getting more popular by the day!

The #Trashtag challenge is about taking a before and after photo – but not of fitness or makeup – take a ‘before’ photo of an area that needs some cleaning or maintenance and an ‘after’ photo once it has been cleaned up. It helps to clean our environment, bring people together and strengthen communities – it all sounds like a perfect fit for our Family Housing Communities!

This April 20th we encourage ALL our residents to get out there and pick up garbage around their Communities and throughout Guelph! As a bonus to helping your community - there are PRIZES to be won! The rules are simple:

- Gather your friends and family and pick a spot – any spot in Guelph that you and your team think needs cleaning.
- Take a picture of the location BEFORE any cleaning is done.
- Pick up all the garbage and waste that you can and collect it in garbage bags.
- Once the area is as clean as possible, take ANOTHER picture of you, your team and all the garbage bags you’ve filled.
- Email all your photos to comlife@uoguelph.ca along with your Names, Unit Number and Community.

One PRIZE will be awarded to the MOST garbage collected by one team. And one PRIZE will be awarded to the ‘Most Unusual Piece of Trash Found’ (Make sure to take a photo of the unusual garbage and submit it along with your other photos).

Some Rules to Follow:

- Pick up your GARBAGE BAGS and GLOVES from either the College Avenue Main Office any weekday between 4pm and 8pm OR from the Wellington Woods Community Centre on Tuesdays and Thursdays. Between 1and 4.
- DO NOT handle any dangerous or hazardous material (ex. Car batteries, syringes, dead animals). But, feel free to make a note of where you found the hazard and include it in your email.
- DO NOT reach for garbage blindly – be aware and be cautious of what you are picking up. It can be easy to cut yourself on something sharp if you are not careful.
- If you plan to be working for a while, make sure to pack water and sun protection. It may only be April, but working outside all day can be tiring.

Have Fun and Stay Safe Family Housing! With just a little bit of work from everyone we can make our Communities an even more lovely place to live. We can’t wait to see what you all accomplish!

A little bit more about trash….

We have recently closed off the composting bins at 78 College Avenue due to consistent improper use. The composters were continually being used as garbage cans, and residents were depositing all types of waste, including plastic bags thus making the composter inoperable. Once the bins were sealed and residents were notified they were no longer in use, we had residents simply leaving the garbage on the ground beside the composters! Garbage must be placed inside the garbage dumpsters, never to be left on the ground. Please keep your community clean!
Community Garden Plots

It’s that time of year again! Spring is coming and it’s time to start thinking about this year’s gardens. Garden plots will be available at both 78 College Avenue and Wellington Woods. We do not supply any plants however water is available at both gardens, and there are some tools for sharing. At Wellington Woods we have individual plots as well as a small shared herb garden.

If you are interested in having a plot in this year’s garden please email comlife@uoguelph.ca before 12 noon on Monday, April 8, 2019. Only current residents of 78 College Avenue or Wellington Woods are eligible to apply for a garden plot. Be sure to include your name and your unit number and indicate if you want to garden at College Avenue or Wellington Woods. If we receive more requests than we have plots, a random lottery will be held to select the recipients of this year’s garden plots. Communication to all gardeners who apply will be emailed by April 10th to advise if you were successful in obtaining a plot or not.

All gardeners offered a plot must attend a pre-planting meeting in their respective community. The pre-planting meeting at Wellington Woods will be held on Saturday, April 13 2019 at 10:00am, facilitated by the WW Garden Lead—Bonnie W. Gardeners who have been offered a plot at Wellington Woods are required to attend this meeting. At this meeting, gardeners will be assigned their plots and also work on first preparation of the garden area. Gardeners please come dressed appropriately to work outside! We will meet in the garden area at 10am.

College Avenue has a new Garden Lead this year, CLF Qinglu has agreed to take on the role! The College Avenue garden meeting will be held at the College Avenue Community Centre on April 23, 2019 at 5:30pm and all gardeners who were successful in obtaining a plot for the 2019 planting season are required to attend this meeting.

Our Community Gardens have been hugely successful in the past years. We have had a waiting list in the past, and expect to have a wait list again this year. The gardeners in our Family Housing community have done quite well with their crops, even if you don’t get lucky to receive a plot, I encourage you to stroll by the garden throughout the season to appreciate the hard work of our community gardeners.
Kid’s Dance Party returns!!!

Let’s Dance Kids! Kids aged seven years and up are invited to join us at the Wellington Woods Community Centre on Friday April 5th from 4:30-5:30 and have some fun dancing! Let’s enjoy with our friends! Just dance and have fun, is great way to stay active and warm!!! Children under the age of seven are welcome to join in the fun, but Mom or Dad must come and stay with you while you are in the Community Centre!

Plant Program

Hey neighbors! After endless snow and frozen rain, spring is finally coming!! And it's time for gardening. Our community garden plots will soon be ready to plant and we are going to plan ahead for this!

CLF Qinglu will propagate some plants ahead Come and join us at the College Avenue Community Centre on April. 23rd at 6pm if you want some suggestion for gardening, or to learn about seedlings. Common vegetable seeds like tomato, cucumber, pepper, and herbs like basil will be provided for seedling. After seeding, the trays will be placed in the greenhouse for better growth till the weather is allowed to transplant them in the field.

Please note that this planting program is open to all residents of our community, whether you were fortunate to receive one of our community garden plots or not. If you are interested in a community garden plot, please read the information found on page 5. The deadline for applying for a garden plot is Monday, April 8th.

Vacation stories Contest

Reprinted from our March newsletter:

Send us your stories! Next month’s newsletter we will feature some of the vacation stories (and photos!) of YOUR vacation.

Please send your vacation stories and any photos you would like us to include to com-life@uoguelph.ca. Submissions must be received by 4:30pm on Friday March 22nd.

We will select one vacation story by random draw and that one lucky resident will win a $25.00 gift card to Walmart! Will it be you???

Editor update: Too bad—no one submitted a vacation story so the $25.00 Walmart Gift Card will be given away in another way. Sad that you missed out on it!!!
English Conversation Groups

Weekly drop-in English Conversation Group continues at College Avenue Community Center!

Join Community Life Manager Barb Robbins in a casual conversation group for residents who want to practice speaking English. This is not an English class, we will not study grammar or writing styles. This group is meant only to provide a comfortable environment where we will have social conversations designed to improve your English speaking skills.

No registration is required, just come when you are able!

College Avenue Community Centre—every Wednesday, 10:30—11:30am

Update: During March we talked about Canadian customs and specifically talked about baby showers—a party where friends and family bring gifts for the mom-to-be. Our English Group at College Avenue got together to surprise one of the group who is expecting her first child in May. Congratulations Jin!
Meet the newest International Student Advisor

My name is Matthew Keefe and I am one of the International Student Advisors here at the University of Guelph (within OIA). I am certified with ICCRC as a RISIA (Registered International Student Immigration Advisor), which means I’m legally able to provide advice to our International Students around immigration issues that impact their studies, such as:

- Study and Work Permit questions/spousal permits
- Questions about what to expect after graduation
- Everything and anything regarding getting settled here in Canada and the University
- Post-Graduate Work Permit
- Temporary Resident Visas
- Scheduled and unscheduled breaks (taking a semester or longer off from studies)
- Part-time status
- Academic withdraw

If you are a student that falls within one of the last 3 points please contact Matthew prior to either withdrawing or dropping to PT so that I can help navigate how immigration plays a role in this decision, all while continuing to work with you to keep your long term goals attainable.

One of the topics Matthew is not able to touch on is be anything related to Permanent Residency. He advise on where to go to get more information but unfortunately he cannot speak to the process.

To reach Matthew please email him at mkeefe@uoguelph.ca, or by phone at 519-824-4120, extension 58698. Matthew’s office is located on the 3rd floor of the University Centre in the Office of Intercultural Affairs (OIA).

Feeling Stressed?

Exams are coming again! Sadly.. Feeling overwhelmed or stressed out lately? Not to worry: We've got you covered! Come and join us to make your own stress ball. We will put together a super simple, step-by-step guide with everything you need to DIY your own squishy stress ball. You can also draw on the balloon with different emoji or cartoon characters.

It will be a great opportunity to talk to your neighbors, learn how other people deal with stress and have your own stress ball! You’re gonna love squeezing the heck out of your new best friend. See you all at 6pm on April 5th at the College Avenue Community Centre.
March Break ‘camp’ at Wellington Woods

Thank you to all the parents and children who helped to make this year’s March Break Craft Camp such a huge success! The kid’s all enjoyed their time with the Community Life team, and the Community Life team enjoyed the great energy that filled the community centre every afternoon of March Break! Some photos of the week to remember.....
Yoga @ College Ave

It can be fun to tackle a project together – this time, that project is YOGA!

Shake off winter, grab your workout gear and join us EVERY Tuesday at 10:00 am at the College Avenue Community Centre for a Yoga Program and Video. There will be NO instructor, all attendants will be following an instructional video along with CLF Erica.

Any and all skill levels are welcome! In fact, if you or someone you know in the community is a yoga enthusiast and would like to help with this program contact us at comlife@uoguelph.ca.

It’s FREE to attend and yoga mats are available to use. This is a great way to get some physical activity and socialize with your neighbours during these winter months.

Looking forward to seeing you there!

Meditation & Zentangle®

Join CLM Barb for a one hour Zentangle® and meditation group. We will meet every Tuesday at 2pm at the Wellington Woods Community Centre and we’ll start with a brief meditation, followed by some mindful drawing following the Zentangle Method ®. Barb is a Certified Zentangle Teacher (CZT®). All supplies will be provided. The weekly class will be one hour in length. No registration is required,

New this month!!! Zentangle® for Kid’s!!!

Join Barb at the WWCC every Thursday at 4:30pm for a one hour Zentangle® class for kids aged 7-16! All supplies are provided, no advance registration is required.

Zentangle® is a great way for kids to learn about calming activities, recognizing their own emotions through their drawings. Parents are welcome to join their children, but not required.

Classes will be held in the program room on the second floor of the Wellington Woods Community Centre.
Sgt. Stan’s Suggestions….

Sgt. Stan Gabriel from Campus Community Police will provide suggestions for safety in your community, we hope that you and your family are able to benefit from Sgt. Stan’s Suggestions!

Road safety: Tips for drivers and pedestrians

With spring weather around the corner (yes, really!), many of us are ditching our cars and choosing more physically active ways to get where we’re going. Soon, sidewalks will be flooded with our friends, neighbours and kids who are walking, running, rollerblading and cycling on their way from point A to point B. It’s important both as a driver and as a pedestrian to stay safe and keep others safe while on or near roadways. So, our team here at Public Health wanted to share with you some road safety tips to keep in mind as our communities wake up and we stretch our legs after a long winter hibernation:

As a driver:

* Be aware of your surroundings at all times
* Watch your speed
* Remember that distracted driving like texting and talking on your phone is unsafe and illegal

• Note that young children under the age of five have not yet developed cognitive skills like depth perception, speed and distance needed to safely judge dangers of the road

Use extra caution where children and pedestrians are likely to be nearby:

⇒ School zones
⇒ Bus stops
⇒ Parks & playgrounds
⇒ Residential areas
⇒ Parking lots

As a pedestrian:

Crosswalks—Where possible, use designated crossing areas, intersections or a cross walk (never jaywalk)

⇒ Always look both ways before crossing the street
⇒ Avoid using mobile devices when walking
⇒ Remove your headphones and listen for approaching traffic
⇒ Make eye contact with drivers before stepping out onto the road
⇒ When walking, running or cycling at night, ensure you are visible by wearing reflective clothing or carrying a flashlight

As a parent, it’s important to be a role model for your children when teaching them road safety. Provide your child with simple tips to be a safe pedestrian that are easy to remember for when they are ready to walk on their own.

Do you use any tricks to teach your kids road safety?
Wellington Woods Kid’s Club

Hello to our creative WW Kids club members! Our biweekly Kid’s Club program is drawing to a close with our final planned Kid’s Club program being held on Friday, April 12th at 4:30pm. Members of Kid’s club will be presented with their Kid’s Club tshirts, and all will be creating a special Easter Craft.

Children’s programming will continue throughout the coming months, but our official “Kid’s Club” group will take a break until September. There are some exciting ideas for summer programming to keep the kids happy and healthy, so stay tuned to your future newsletters to keep in touch with what is happening in your community!

From the Rentals Desk ….

Parking permits expire April 30th, we will have the new permits available mid April. Please be sure to bring your expired permit as well as your vehicle ownership when applying for a parking permit. You will need to complete a new parking form as well, that form is available at http://housing.uoguelph.ca/our-communities/family-housing/policies-and-forms

Remember that you can pick up your parking permit at the Family Housing Office (unit 132-78 College Ave) daily between 8:30 and noon, 1:15 til 8pm, or on Saturday’s 10am until 2pm.

New this year—residents at Wellington Woods can pick up their parking permits at the Wellington Woods Community Centre, Manager’s Office second floor on Tuesday’s 8:30 am til 2pm and Thursday’s 1-4pm. Other times may be available by appointment, please email brobbins@uoguelph.ca to request a special time.
Baha’i Children’s Classes

The Baha’i community is offering classes open to all at the Wellington Woods Community Centre that emphasize the acquisition of spiritual qualities—for example, truthfulness, generosity, purity of heart, and kindness, to name a few—which are considered attributes of God that are reflected in the mirror of the human heart. Year after year, the classes build on the understanding of these qualities and add lessons related to the history and the Writings of the Bahá’í Faith. The goal is for the children to reach a stage in which they can understand and act upon the imperative to tend to their own spiritual development and contribute to the well-being of society.

Classes will take place on Sunday mornings from 10:30 to 11:30. Currently classes are open for children ages 7-11.

Thanks to volunteer resident, Jen, for the hard work done with the children in our community and the activities held at the Wellington Woods Community Centre.
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