Martha McAlister to Step Down as Family Centre Director
by Martha McAlister

I want to let everyone know that I am leaving my position at the Family Centre at the end of June. My family moved to Nanaimo in September and I have been commuting back down here since then. I have recently accepted a position in Nanaimo. The past few years have been an incredible experience for me. I have had the honour of sharing in the lives of so many wonderful people. Getting to know you has been a gift in my life. This community is unique in so many ways. The intensity of living and learning, in such a compact and diverse neighbourhood, can sometimes feel overwhelming. I have seen many of you work through incredible life challenges and am always amazed at your strength. We all seek a place where we can feel “at home”, accepted for who we are and safe. So many people come and go from this community and we are fortunate if we have been able to grab on to a sense of belonging, even if just for a brief time. I have been encouraged to feel like I belong and I thank you for that. I wish you all the best as you too eventually move on to the next phase of your lives after university and hope that you will also carry with you something special from these times.

A Fond Farewell To Martha
by Katherine Tevaarwerk

Our dear Family Centre Director, Martha McAlister, is leaving at the end of June after two and a half years working in this community. She has done a fabulous job and will be missed greatly. Martha’s professionalism, open-mindedness, and calm manner has been greatly appreciated by those who came into contact with her. Martha also has an amazing ability to initiate and sustain new programs, and to find help and resources to run and fund those programs. Here is a list of some of the programs, activities and events that the Family Centre has hosted during Martha’s time as Family Centre Director:
- The Good Food Box

Good luck in your new job, Martha. We will miss you.

Changes
by Barb Whittington

Katherine Tevaarwerk has said it so well, we do wish Martha a fond farewell. As the Faculty Coordinator of the Centre, I worked closely with Martha and have tremendous respect for the care and competence with which she directed the Centre. While Martha covered the day-to-day work of the Centre, we both worked together on research supporting student families, fundraising initiatives to keep the Centre open, and program support and supervision. This work is much less visible to the families, but I must say that Martha’s support made my job so much more possible.

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Family Housing Cookbook
The Family Centre is collecting recipes to make a Family Housing Recipe Book! If you have any favourite recipes that you would be willing to share, particularly special family or cultural dishes, please send them to us! We will compile them into a book and perhaps even have it for sale as a Family Centre fundraiser. If there is someone who would be willing to type up the recipes that would be a great help. We will get the children at the After School Club to do the illustrations.

New Parents Workshop
The nursing students doing their practicum at the Family Centre this semester are planning to offer a baby talk workshop to new parents. This workshop will be an opportunity for new parents to learn more information and to ask any questions that they may have. Everyone is welcome to attend. This is a great opportunity to meet other new parents as well! Hope to see you there. Snacks provided.
Date: Starting Monday, June 7, 2004
Duration: Six weeks
Time: 12:30pm-2:30pm
Place: the UVIC Family Centre

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Martha has told me often how much the families – each of you – mean to her and how much she has learned from her work here. While it has often been frustrating to try to do a full-time job in two and a half days, Martha somehow has almost done it. In her letter of resignation, she spoke about this frustration and the need for the Centre to be open on a full-time basis with a least another part-time staff member.

Martha is the third Director I have worked with over my six years as Faculty Coordinator, and they have each said the very same thing. The Family Centre needs more staff time than 17.5 hours in order to meet the needs that the student families, both adults and children, bring to the Centre. I do think the University is more ready now to support students who are also parents. Some of you participated in the research report “Who Cares?” and this report has helped to outline the benefits student families bring to the campus as well as what supports they need. If you want to add your voice to the voices of the Family Centre Advisory Group (School of Social Work, Child and Youth Care & Nursing, plus community and family reps) it would help illustrate the realities of student family life and the work the Centre does and could do. You can write to the UVSS, the Grad Student Society, the Dean of your own faculty, to the University President Dr. David Turpin or to the Board of Governors. Any and all of these groups have said they are interested in what you have to say, but they just haven’t quite got the story of what it is like to be balancing school, family and work.

We are asking the University to staff the Centre on a full-time basis and I have been submitting grant applications to many foundations and community funders as well as the University’s senior administration. In the next few weeks we hope to hear what the University is able to do. Once we know that, we will form a hiring committee of faculty and family representatives and prepare to advertise, interview and hire the next Director. Come September, we’ll be saying hello to an incoming Director.

This community is one where good byes and hellos often come too close together for me. We will be gathering to say goodbye and good wishes to Martha at a pot luck dinner on Wednesday, June 30th. Whether you are an old friend or a new friend of the Centre please come and share some food with us. If you are interested in participating on the hiring committee we would welcome your input. Let me know.

Gardening in Small Spaces by Lisa Hitch
Whether on your back patio or in a plot in the Community Garden, this is a great time to get planting. In pots, try cherry tomatoes, herbs, strawberries or flowers. Children love to plant seeds and watch them sprout!

Drop by the Community Garden (inside the fence on Sinclair Road) to get advice from a seasoned gardener or some inspiration – it’s beginning to look very green! For more info, check out these Web sites:

- www.perennials.com The name says it all! A website devoted to those come-back flowers.
- www.cityfarm.org A site for the urban gardener.
- www.gardenwise.bc.ca Lots of great tips and BC-specific advice.
- www.dryvalleygardens.com From a farm in the Okanagan which specializes in drought-resistant farming.
- www.ubcbotanicalgarden.org The University of British Columbia in Vancouver has a great site with info on local growing.
Hellos and Goodbyes
by Martha McAllister

A fond farewell and huge thank you to Katherine Tevaanwerk and Glenn Barker. Katherine has left her position as newsletter editor after three years of dedication and excellent work. She has been replaced by Lisa Hitch who moved into Family Housing with her family last September. Though they came from Washington DC, Lisa actually grew up in Victoria. We are very sad to see Katherine go, however we are also very much looking forward to Lisa’s involvement as she has already proven to be someone with a strong desire to foster a healthy community. Glenn, who has been our website and computer guru for the past four years, will also be deeply missed. He never complained about being on the call for emergency computer aid and did a great job of making our website top notch. We are very fortunate to have found another community member with the skills and commitment to pick up where Glenn left off.

Welcome to our new volunteer Mahmood Tara, who comes from Iran and moved into Family Housing with his wife and two daughters two years ago.

Introduction to New Practicum Students

Hi, my name is Emily Beck and I will be completing my summer practicum experience here at the UVic Family Centre. I am in my fourth year of the registered nursing program here at UVic. During my time here at the Centre, I hope to facilitate a baby talk workshop as well as be part of many of the programs at the Family Centre. If you have any questions or suggestions for either of us practicum students, do not hesitate to ask. I look forward to spending time at the Centre.

Hello, everyone. My name is Angella Kim and I am a new nursing practicum student. I am very excited to have the UVic Family Centre as my practicum placement and to be a part of this community. I have just started my practicum, but it seems that this community is a wonderful place to live. I am looking forward to meeting many of you and hopefully I will have many good memories and experiences with you.

It’s Your Newsletter!

Community members are encouraged to contribute to the newsletter! Please send your contributions or ideas to Lisa at l_a_hitch@yahoo.com, or simply drop off your written submissions in the envelope on the bulletin board outside the Family Centre (this is new!).

Farewell to Martha Potluck Dinner

Come to a Potluck Picnic Dinner on Wednesday, June 30th, at 5 pm outside the Family Centre. Bring a blanket and a dish of food to share. This will be a chance to say goodbye to those families that are leaving and welcome new families into the neighbourhood, as well as to say goodbye to our wonderful outgoing Director, Martha McAllister.

To all the babies that have been born lately in Family Housing, welcome to the world! There seems to be a baby boom going on here with many more due over the next few months. It is an exciting and busy time.

To Dave and Anna-Lisa, welcome Maud!
To Rui and Wei, welcome Rose!
To Rownak and her husband, welcome another daughter!

If you are moving, expecting a baby or planning a wedding call the Welcome Wagon at 477-2220. They have gifts and information free!

www.welcomewagon.ca

For Sale:
Solid 5-drawer desk. Grey metal, Ex-bank. $35
Washing machine in good working order. $50
Combination door/freestanding baby jumper $50

Phone: 686-1341

Safety Starts with You

Kids Safety Day! Saturday June 19th, 11 am - 2 pm brought to you FREE by UVic Campus Security. You will receive a Child Identification Booklet complete with photo, fingerprints and important information. There will be face painting, games, prizes, food and a Bicycle Safety Rodeo (for children 5 to 12 years who have a bike and helmet). To pre-register or for more information call Fiona Puszka, the Personal Safety Coordinator at 721-8981 or email psc@uvic.ca

A note from Campus Security

If anyone in Family Housing sees an activity occurring that looks dangerous (i.e. children jumping off roofs, riding skateboards lying down through Lam Circle, etc.) please feel free to call Campus Security (721-7599). They are happy and willing to assist with any situations that would typically be responded to by the police.

Fruit & Veggie Box

You can purchase a box for $5, $10 or $15 of fresh produce at a great discount. Money needs to be delivered to the Family Centre by Wednesday, June 9th, and the box can be picked up the following Wednesday, June 16 at 3:30 pm. NOTE: There will be no fruit and veggie box over the summer (July and August) but it will start up again in September.
Summer's Coming!

UVic Summer Camp Bursaries
The University of Victoria has bursaries available to help with the costs of their summer camps. For more information, contact Katherine at the Athletics and Recreation Services (721-8409). Find out more about the Vikes summer camps by going to the UVic website and following the links.

Free Soccer Camps
Ages: 5 - 12 years
Dates: July 4, 18; Aug 1, 15, 29
Time: 11:00 am - 1:00 pm
Location: Stevenson Park - behind Fernwood Community Centre, 1240 Gladstone Ave
Pre-registration is required. Please call Lyn at 381-1552 for more information or to register.

Cool in the Pool!
The outdoor pool at UVic's Ian Stewart Complex on Gordon Head Road is now open for the summer. Family Swim hours are Monday - Friday 3 - 7pm, and Saturday, Sunday and holidays 1 - 6pm. Check the UVic RecPlus website for more information: web.uvic.ca/atsrsweb/recplus/

ICA FolkFest
From June 26 - July 4, a nine-day celebration of culture and the arts presented by people from all over the world, this festival takes place at Victoria's Inner Harbour, Centennial Square and other locations downtown. Indulge your love of music, theatre and dance at three performance venues. Contact 472-3378 for more information or visit www.icafolkfest.com.

Slugs, Snails and Gastropod Tails
What extends tentacles with eyespots, oozes superglue slime, slides along on one foot and can grow as big as a quarter-pounder with cheese? Learn about the fascinating stories of The Big Banana and its cousins. Become a gastropod on our slippery obstacle course, make your own slime and play Slug-of-War. Our gardening corner will feature methods of slug control. Suitable for all ages.
Sunday, June 13, at Swan Lake Christmas Hill Nature Sanctuary, 3873 Swan Lake Road. 1 p.m. to 3 p.m. (Presentations at 1:15 and 2:15.) Donations appreciated. For more information, contact Ann Scarfe at 479-0211.

Story Theatre Camp
Have fun rehearsing and performing a well-known tale with Lisa and Karen (experienced drama teachers).
Who: 6-10 year olds
When: August 2-6, 9am-11am
Where: Family Centre
Cost: $10 donation to cover costume expenses
For more information, call 381-6680.

Oak Bay Tea Party
June 5 and 6, stroll through Oak Bay and catch the community parade, the midway at Willows Beach, and various events up and down the strip. This annual event, sponsored by the Kiwanis Club, is a long-standing Oak Bay tradition. For more information, go to www.oakbayteaparty.com.

Celebrate Father's Day!

Ceilidh in the Park
(pronounced KAY-lee) This FREE Family Friendly Celtic Music Celebration takes place at the Cameron Bandshell in Beacon Hill Park, June 20th, 2004, from 1:30 - 4:30 p.m. Bring the whole family to a Celtic music extravaganza featuring fantastic fiddlers with Daniel Lapp and Friends, along with Irish Step Dancers, rousing singing, Scottish pipers, and genuine good fun in the Scottish and Irish music traditions.

Art in the Park
Art demonstrations, entertainment, sand sculpting
June 20, 11 am
Gyro Park, Cadboro Bay
for more info, call 595-7121

Father's Day is approaching and there are many children in Family Housing who may not see Dad on June 20th. A special thanks to all those generous dads out there who take a little extra time playing chess, throwing a ball, or fixing a bike with someone else's child.
Father's Day happens every day in Family Housing!