The Family Centre -- A Place for Everyone!
As we move into the darker and cooler months and finals draw near, think about brightening your week and lightening your work load with a visit to the Family Centre. Below, you can read about the many and varied programs offered -- something for everyone! Remember: if the sign is out, you are invited in!

Monday Youth Night (5 - 6:30 pm)
Monday nights are just for youth! We are thinking about doing a monthly movie night, a sports night, or a games night. We would also like to organize outings such as swimming, mini golf, or other fun activities. If you have any ideas, or if you are a parent who would like to help out, please stop by!

Tuesday Story Time and Playgroup (10 - 12 pm)
Come get creative with Christine! From 10 - 11am, children and their parents are invited to join Christine, a volunteer mom, reading stories, doing crafts and playing games. It is lots of fun for the kids and the parents get to spend some time together. At 11:00, playgroup begins, and Jenny, our Social Work student, will be planning some structured play or crafts for all the kids to enjoy! Kids of all ages welcome!

Tuesday Community Kitchen (Nov 2, 16, 30, 5 - 7 pm)
This is the time to cook and share a feast with your neighbours. The plan is to share a recipe and the cost of ingredients, and make enough to take home to share with our families. We had so much fun in our first Community Kitchen that we ended up sharing the borsch around the table in the Family Centre. Child minding is available, and please call ahead if you plan to come.

Wednesday and Thursday Breakfast Club (7 - 8:30 am)
This is a favorite for many early bird families! The Family Centre provides muffins, bagels, fruit, yogurt, coffee and juice, and everyone enjoys a simple breakfast together before the day starts. Everyone is welcome and it is a very relaxed, “self serve” style environment.

Wednesday Playgroup (10 - 12 pm)
Meet at Child Care Complex B with our volunteers Jennifer and Komiko, and our students Jenny and Meagan, for an awesome playgroup! The children get to play in a large space while the parents get a chance to socialize for a while.

Thursday Morning Drop-in Playgroup (10 - 11:30 am)
Join us for time with friends and neighbours while your children play. Share conversation and information. The time is unstructured at this point, and ideas are welcome.

Thursday Homework Club (4 - 5:30 pm)
Volunteer peer tutors from local high schools -- Kaitlin, Young, and Bill -- offer supervised time to school-age children to do homework, catch up on school work or play chess. The volunteer students are excellent role models eager to help children learn in a supportive environment, and two of them speak Mandarin.
The Good Food Box

The Good Food Box Program provides local produce when available, organic produce when affordable, in $5, $10, and $15 boxes. Typical box items include potatoes, carrots, onions, garlic, apples, oranges, bananas and additional items added for variety.

For information, please call or come by the Family Centre. Next order date is Wednesday Nov 10 with pick up at the Family Centre Thursday Nov 18.

Short & Sweet Soup Swap

Saturday, November 20, 3pm

Does your family get tired of the same old leftovers from that pot of soup you made three days ago? Do you enjoy international cuisine or trying new recipes? Do you like the thought of spending less time in the kitchen for a variety of meal options? Come to the Soup Swap! Bring a big pot of your favorite soup to the Family Centre to exchange for a variety of freezable soup meals. Storage containers will be available to purchase at the door for $0.75, or bring your own from home!

Any questions? Drop in, email or phone the Family Centre.

Children's Corner

Make play-dough

on a rainy day!

1 cup of flour
1/4 c. salt
1 T. vegetable oil
1 cup water
2 tsp. cream of tartar
food coloring

1. mix the food coloring into the water
2. heat all the ingredients over low heat until the mixture forms a ball
3. knead when cool

Hi my name is Meaghan Reid and I am new to the Family Centre this year as a third year social work practicum student. I will be working at the Family Centre until April helping to develop the Monday evening teen drop-in and various other projects. Please feel free to approach me with any suggestions or ideas you have. I am really looking forward to my time here and am excited to get to know you and your family.

Hello! I am Kumiko and have been living in Canada for one year. I came here to study English. In Japan, I was working for a welfare company. I am happy to be volunteering in the Family Centre, as I love working with children. I will do my best, and see you soon!

St. Aidan's United Church

A huge thank you goes out to St. Aidan's Church this month! Donations of food were accepted at their annual Thanksgiving Service which filled up the Family Centre Food Bank. We are very grateful for the new friendship that is developing between St. Aidan's Church and the Family Centre and are looking forward to future partnerships and events!

Also, St. Aidan's Church has a Thrift Store that is open Wednesday 10am - 2pm and the last Saturday of each month. For more information, call 930-1230. The church has also said that if anybody has a need for something that they can't afford (baby stroller, clothes etc.), they just need to get a letter from the Family Centre and staff at the church will give it to them for free. So come and see us at the Family Centre if this would help you!

3703 St. Aidan's Street (Cedar Hill and Palo Alto) www.staidansunited.com
First Annual Community SWARM!

November 8th from about 5 - 7 pm, UVic Family Housing will be “swarming” around your neighborhood with friends of the Family Centre! We are going to be going door to door handing out information about the Family Centre and inviting people to get to know us a little better! Watch for us in your neighborhood, and when you see us join in if you would like to. It will be a great way to meet your neighbours at the same time as helping support the Family Centre. We do need volunteers for this event so please if you have some free time on Nov 8th, stop by the Family Centre around 4:45!

Holiday Crafts with Christine

Come out to the Family Centre to do crafts and to spend some time with your school age child/children! We will have most of the supplies here and available, and every project turns out as a lovely gift that your child can give away during the holiday season. See below for what to bring to each session. COST: $1/person and $2/family per class (to cover craft supply costs); PLEASE CALL 472-4062 to REGISTER (Helps us know how much stuff to get!)

November 6th, 6 - 8:30 pm
Magic Potion Making
You can bring any small / tiny glass containers with lids (Potion Holders), but we will also have lots here, so if you don’t have any, don’t worry!

November 13th, 6 - 8:30 pm
Scrapbooking
Each participant will need to bring about 3-5 pictures of themselves!

November 27th, 6 - 8:30 pm
Candle Holders
Bring a hammer (if you have one), clean tin cans of any shape, but tuna and soup cans will probably work the best.

All groups are at the Family Centre and are for kids age 5 and up and their parents. We hope to have child care available for younger siblings as many of these crafts need the help of a parent.

Ramadan

Ramadan is a special month of the year for over one billion Muslims throughout the world. This year it is from October 15 until November 13. It is a time for inner reflection, devotion to God, and self-control. Muslims think of it as a kind of tune-up for their spiritual lives.

What is fasting? Fasting is a way of experiencing hunger and developing sympathy for the less fortunate, and learning thankfulness and appreciation for all of God’s bounties. Fasting is also beneficial to the health and provides a break in the cycle of rigid habits or overindulgence.

Ramadan is also the month of charity. Thus Muslims should try to give generously in Ramadan. Charity does not only have to be money. It can also be a good deed, such as helping another person. Even a smile is considered charity in Islam.

Muslims believe that the first verses of the Qur’an were revealed in the month of Ramadan. Muslims continue the tradition of reading the entire Qur’an at least once during Ramadan. In Muslim countries, it is not at all unusual in this month to see many people reading the Qur’an while riding the bus or metro to and from work. Muslims consider Ramadan to be a good time to get into the habit of reading at least some of the Qur’an every day.

Because of the great reward for feeding a fasting person, in many places iftar (the break-fast meal at sunset) is served in mosques, with the food donated or brought by individuals to share pot-luck style. In some Muslim countries, tables are set up on the sidewalks or outside of mosques to serve iftar to the poor and others. Such traditions also build a sense of brotherhood and community. Since everyone eats iftar at the same time, Muslims often invite one another to share in the Ramadan evening meal.

It is obligatory for every Muslim to pay a small amount of money before the end of Ramadan to the poor people so that they may also enjoy the festivities. The public celebration at the end of Ramadan is “Eidul-Fitr” which is celebrated with public prayers and a sermon, often followed by some form of celebration such as games for the children or sweets shared by everyone. It is a happy day for all.

Excerpted from www.islomonline.net with modifications.

For more information on Ramadan, come to Heba’s talk at the Family Centre, Thursday, November 4, 10:30 - 11am.
**Mark Your Calendars!**

**FULL MOON POTLUCK**
Friday, November 26, 5 - 7 pm
Get ready for our third family potluck this term -- a feast worth howling about! Bring your family and friends to this great neighborhood event. Every family should bring a favorite dish to share. The food and the company are superb!

**KNITTING CLUB**
November 5 & 19 from 7 - 9pm at the Family Centre. Newcomers welcome! Will normally run every second Friday of the month... watch the newsletter for next month’s schedule.

**Be a Translation Volunteer!**
Every once in a while someone may need some assistance in reading News & Views. If you speak English as well as another language and wouldn’t mind receiving one or two calls a month to help someone out, let us know!
Thanks to our first two volunteers!
Spanish translation, please call Ana María at 370-5378
Chinese translation, please call Jane at 618-1608

**Submit to YOUR Newsletter!**
Please send your contributions or ideas to Lisa at fcnews@uvic.ca, or simply drop off your written submissions in the envelope on the bulletin board outside the Family Centre. Deadline is the 20th of the month.

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**Keep it Simple at UVic** by Paulette Francoeur

Everyone told us we were taking the hard road, raising three children and trying to get a degree at university. We weren’t out to prove anything, only to follow our passions.

The children, ages five, nine, and twelve, were very excited to think they were helping their dad go back to school. They didn’t know how hard it was to get this far or even the challenges of the road ahead. They were only thinking in the moment -- they just wanted to make sure that Barbie, the favourite Spiderman T-shirt, and Harry Potter books made the move. We were moving from a small village of 250 people where they had the freedom to come and go as they wished, with only one rule in mind: “Don’t let the dog bark when you go by Mr. Walter’s house, you know how that bothers him.” They were now in a city where their school had more children than the population of their hometown.

They settled in quite well; children are so adaptable. The rule list was a lot longer, but there was a big pool nearby. Us adults had a harder time getting used to everything. We were overwhelmed with information and the size of the place, and the cost of living was twice what we were paying a year ago. We put a large calendar on the kitchen wall and laid out work hours and project due dates along with my husband’s study times and classes. It was also full of appointments, concerts, Brownies, First Aid course, open house at one school and picture day at the other. I planned for one yoga class a week for me and maybe a date with my husband once a month.

It was crazy, fun, and exciting all at the same time. The university was full of an energy that only the young can bring to a community, and even though I am old enough to be the mother to some, I felt I shouldn’t be anywhere else.

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**Family Advisory Committee Meeting**

The Family Centre is guided by the support of an Advisory Committee. This committee is made up of members of the community who support the Family Centre, as well as representatives from the UVic Schools of Social Work, Child and Youth Care and Nursing. This Committee has regular meetings to make decisions about the Family Centre and any family from UVic is invited to attend. If you would like to come to one or any of these meetings please do -- your input is very important to the Family Centre!

**NEXT MEETING: Nov 15th 3-430pm at the Family Centre**

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**Presentations Sponsored by the Family Centre**

**Ramadan Talk by Heba**
Thursday, November 4, 10:30 - 11am

**Sherry-Lynn and Lisa from Childcare Support Services**
Tuesday, November 9, 6 - 6:30pm

**Robin Fast from Single Parent Resource Centre**
Thursday, November 25, 10:30 - 11am

**NEED Crisis and Referral Line**
Tuesday, November 23, 6:30 - 7 pm

**Rebecca from Young Parents Support Network**
Thursday, December 2, 10:30 - 11:30 am