Moving Ahead by Sonya Chandler

Moving is difficult. Period. Not to mention moving with kids. But the time will come when we all have to move, and for those in Family Housing at UVic it can be that much more stressful. Often families who have been here for several years have grown accustomed to the community and have come to call their neighbours friends. Many families come from out of town or out of country to UVic so they don’t have family here to support them and they are not familiar with Victoria outside of the UVic campus. So...what can be done?

- Try to plan as far in advance as you can for your move. For example, if you know you are finishing your degree in June of 2007, plan on moving in July or August 2007. You may want to start considering your move as early as two years before you actually move so you have a chance to get on waiting lists for other housing options.

- Contact the local Housing Agencies to inquire about low-income or subsidized housing while you get on your feet. You will want to apply as soon as you can since there are wait lists; however, don’t be discouraged! People DO get in subsidized housing and many of the buildings are extremely family orientated and in family friendly neighbourhoods.

  CRD Housing Corporation: http://www.crd.bc.ca/housing/families/index.htm

- Contact local Housing Cooperatives. Coops can be a very affordable and family friendly housing alternative. Most, but not all, charge a refundable deposit when you first move in which can be between $500 and $5000, but this ensures that you have a say in what decisions are made around your community. Coops can have a wait list too, so if you think you might be interested, plan ahead!

  The Co-operative Housing Federation of BC: http://www.chf.bc.ca/index.asp

- For current rental availability you can get the Times Colonist Classifieds online. There is a search option, so you can narrow it down to what you can afford, location etc...

  Time Colonist Classifieds http://homes.canada.com/victoria/

- Come by the Family Centre and see if there is any way we can help! Maybe we can help you find boxes or child care or help moving when the big day approaches. Stop by anytime!

We can’t change the fact that you have to leave Family Housing eventually, but at least we can try and ease some of the stress when the time comes.
The Wheres and Whys of Hallowe’en

by Jerry Wilson

Halloween is an annual celebration, but just what is it actually a celebration of? The word itself, “Halloween,” actually has its origins in the Catholic Church. It comes from a contracted corruption of All Hallows Eve. November 1, “All Hollows Day” (or “All Saints Day”), is a Catholic day of observance in honor of saints. But, in the 6th century BC, in Celtic Ireland, summer officially ended on October 31. The holiday was called Samhain (SOW-en), the Celtic New Year.

One story says that, on that day, the disembodied spirits of all those who had died throughout the preceding year would come back in search of living bodies to possess for the next year. It was believed to be their only hope for the afterlife. The Celts believed all laws of space and time were suspended during this time, allowing the spirit world to intermingle with the living.

Naturally, the still-living did not want to be possessed. So on the night of October 31, villagers would extinguish the fires in their homes, to make them cold and undesirable. They would then dress up in all manner of ghoulish costumes and noisily parade around the neighborhood, being as destructive as possible in order to frighten away spirits looking for bodies to possess.

The Romans adopted the Celtic practices as their own. The thrust of the practices also changed over time to become more ritualized. As belief in spirit possession waned, the practice of dressing up like hobgoblins, ghosts, and witches took on a more ceremonial role.

HALLOWE’EN PARTY!
Halloween Bonfire and Barbeque, sponsored by Campus Security Services. All UVic families are invited to attend celebrations on Sunday October 31st from 5:30-8pm. Come in your costume and enjoy food, fun and treats for the whole family. Parking Lot 7 (near community gardens, by McKenzie and Gabriola)

The custom of Halloween was brought to North America in the 1840s by Irish immigrants fleeing their country’s potato famine. At that time, the favorite pranks in New England included tipping over outhouses and unhinging fence gates.

The custom of trick-or-treating is thought to have originated not with the Irish Celts, but with a ninth-century European custom called soulming. On November 2, All Souls Day, early Christians would walk from village to village begging for “soul cakes,” made out of square pieces of bread with currants. The more soul cakes the beggars would receive, the more prayers they would promise to say on behalf of the dead relatives of the donors.

So, although some cults may have adopted Halloween as their favorite “holiday,” the day itself grew out of the rituals of Celts celebrating a new year, and out of Medieval prayer rituals of Europeans. And today, even many churches have Halloween parties or pumpkin carving events for the kids. After all, the day itself is only as sinister as one cares to make it.

Food Matters: Introduction to Thanksgiving

by Lisa Hitch

On Monday, October 11, many Canadians will celebrate the feast of Thanksgiving. This is traditionally a time for loved ones -- family and friends -- to share a meal together. Gifts are not exchanged during this holiday, and the foods prepared tend to be those plentiful during fall harvest; root vegetables, turkey, cranberry sauce and pumpkin pie are favourites, but there is also lots of variation to this theme. A Thanksgiving meal does not have to be grand or expensive -- you can create your own traditions by having a potluck or sharing a meal traditional to your family with some neighbours. As well, some people take this time to reflect on what they feel thankful for in their lives. Here in Family Housing, we can be thankful that we live in a community where we have the opportunity to share a meal together and make new friends!

**Traditional Pumpkin Pie**

1½ c. canned or cooked pumpkin
2 T. molasses
1 c. brown sugar, firmly packed
3 eggs, slightly beaten
½ tsp. salt
12 oz. can of evaporated milk
2 tsp. cinnamon
1 unbaked pie shell
1 tsp. ginger

Combine pumpkin, sugar, salt, spices and molasses. Add eggs and milk and mix thoroughly. Pour into unbaked pie shell and bake in hot oven (425°) for 40 to 45 minutes, or until knife inserted comes out clean.

Children’s Corner

Question: What can you do with spare cardboard, duct tape, tablecloths, towels, old jewelry, empty paper towel rolls, glue, thread, a wig, tin foil, old sheets, yarn, felt, etc.?

Answer: Use your imagination and create your own unique Hallowe’en costume!

Q: Where do baby ghosts go in the day?
A: Dayscare centres!

Q: What do you get when you cross a vampire and a snowperson?
A: Frostbite.
Housing Office Q&A

Steve Fitterer, Housing Office manager, has offered to answer our questions about various policies related to living in Family Housing. This month, Steve provides information on insurance and the new housing policy. Please send your questions to fcnews@uvic.ca for next month.

I have had an opportunity to discuss the topic of insurance with the Accounting/Insurance department on campus. If a tenant causes damage to the structure that they live in (whether it's fire or some other action), then the tenant is liable for the costs incurred in repairing the damage.

There is a type of insurance available to tenants renting accommodation called "Tenants Legal Liability Insurance" that protects you if you cause damage to the structure that you live in (obviously different from Content Insurance that protects your belongings inside your unit). Our Accounting Department suggests that all tenants strongly consider having both types of insurance.

There have also been some changes to the UVic Family Housing Policy (the entire policy may be viewed on the website:


Essentially, the main changes are a decrease in the number of units the tenant needs to take in an academic year in order to qualify for Family Housing (reduced from 12 units to 9 units) and an increase in the maximum stay, either continuous or a combination of stays (from 4 to 5 years).

The last substantial change is to coordinate all of our housing policies to operate on a year to year basis (September through to August). For example, all housing rates will be set to commence in September and remain consistent through to August the following year. Similarly, any other operational policy changes will be synchronized with these dates.

It is important for all tenants to know that you are not locked into the contract for an entire year. Your Agreement remains a month to month contract and you may vacate your unit any month you wish providing you give the Housing Office appropriate notice (on or before the last day of one month to be effective on the last day of the following month).

If you have any questions, feel free to contact Faye Wright or Steve Fitterer in the Housing Office (721-8395).

Family Housing Classifieds


CHILDRENDAY EXCHANGE. Visit the Family Centre web site, where there is a message board designed to facilitate a childcare exchange between residents of Family Housing. Feel free to post a notice on the message board, but please remember to include things like hours needed/available, children’s ages, and contact name and number, plus any other relevant information, like special training etc. http://web.uvic.ca/family-centre/resource/childcare.htm

STILL NEEDED:
Someone with access to a vehicle to pick up the Good Food Boxes downtown on the third Wednesday of each month after 3pm. Please phone the FC at 472-4062 if you are able to help out!


We received a generous donation of back to school supplies (for elementary school kids) from Susan and Dennis Anderson in memory of their daughter Denise. These supplies are available to anyone who may need them! Please stop by the Family Centre and speak to Rosie or Sonya. Thank you Susan and Dennis!

The Good Food Box

What is the Good Food Box Program?
- A volunteer-run, innovative program to increase access to fresh fruits and vegetables
- Supported by various agencies throughout Victoria
- Provides local produce when available, organic produce when affordable
- Boxes are packed and available once a month
- $5, $10, $15 boxes are available
- 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 Oct 13th with pick up at the Family Centre Thursday Oct 21.
New Family Centre Programs

Teen Pizza: Mondays 5 - 6:30pm
It seems there is very little for youth around the ages of 13-17 to do for free anymore. Monday nights at the Family Centre is now a time for youth. If there is a youth that lives in your household, please let them know about pizza night at the FC... bring any and all ideas about what would be FUN to do on Monday nights! Sports night? DJ night? Tie-Die T-shirts night? You name it... we could try it! We really need your help -- we can do whatever ever we want on Youth Nights... but we just don't know what's cool and what's not!
So come by any Monday night at 5 and have pizza ... and help us figure out what youth would like to do on Monday nights. Bring your favorite CD to listen to or your favorite game to play or your favorite sports idea... or whatever it is you like to do best! This month, we will be offering door prizes of family passes to the Saanich Rec Centre.

Kitchen Culture Club: Tuesdays 4 - 6pm
Please sign up at the Family Centre if you are interested in participating in a community kitchen. Bring favorite main course recipes that are healthy, quick, easy to make and tasty. The club members will choose the recipe for the following week and decide what to bring so we can make meals and take them home to enjoy with our families. There is no cost.

Homework Club: Thursdays 4 - 5:30pm
All students from grades 1 to 12 are welcome to get homework help, play games and have fun with friends. Peer tutors from Mount Doug High will be there to help out, and there will be a small after school snack.

New Faces at the Family Centre
My name is Jenny Maginn and I’m a third year Child and Youth Care student. I will be doing a practicum at the Family Centre until April 2005, working about ten hours a week every week. I have been at UVic for four and a half years now so I am really familiar with campus and the city. I’m open to doing lots of different things with my practicum so if you have an idea you’d like to see us doing here at the Family Centre let myself or Sonya know and maybe it will be something we can work on together. I’m really excited about being here and I am looking forward to meeting you and your family!

My name is Rosemarie Dufresne and I am the new Program Assistant at the Family Centre. I am returning with great pleasure several years after I attended the University of Victoria. My educational background is in English, Psychology, and Social Work. My professional background is in working for community non-profit agencies. Over the past 12 years, I provided children and their families with support, parent education, referral information, and group facilitation. If you come to the monthly potlucks or the Thursday Homework Club, you will meet my son and assistant Renaud who is in Grade 3 and very excited to be part of the Family Centre. My wish is to build on Catherine’s great contribution to the Centre and assist Sonya and Barb in developing worthwhile programs for the student housing families. I look forward to meeting you and your family.

Submit to YOUR Newsletter!
Please send your contributions or ideas to Lisa at fcnets@uvic.ca, or simply drop off your written submissions in the envelope on the bulletin board outside the Family Centre.

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 Maria at 370-5378
Chinese translation, please call Jane at 818-1608