New Orientation Program for Students with Families

New to UVic this year is The Orientation for Students with Families taking place on Tuesday, September 28th from 3pm to 5pm. In addition to providing a chance to mingle with other families, this will be of particular interest to students and family members wishing to learn more about both on- and off-campus resources specific to family needs. During the orientation there will be information tables covering a variety of resources ranging from the public library, recreational facilities and counseling support, to career services, bursary and scholarship information and an intercultural community service, to name just a few. Come enjoy a festive time, complete with food and lots of children's entertainment. The Orientation takes place in the George and Ida Halpern Graduate Student Centre on campus (better known as the Grad Lounge). As the student population becomes more diverse and the university strives to promote that diversity, orientation programs are changing to accommodate students' needs. As the recent report from the Family Centre shows, student parents are looking for more information to successfully deal with the challenges of studying and parenting at the same time. Family Orientation Day aims to provide that information as well as the opportunity to network with other student parents and have some on-campus family fun time.

Space is limited so please register yourself and family members online at http://orientation.uvic.ca/family. There is also a new website address for the Handbook for Students with Families: http://orientation.uvic.ca/books/family-handbook.html

New Family Centre Director Says Hello

I am the new Director of the University of Victoria Family Centre and I am really excited about this position! I went to school here at UVic where I received my Bachelor of Science in Nursing and I love being back on campus. I am familiar with the challenges and rewards that come with being a student and I am really looking forward to working with you and your families.

As a nurse I have worked with families in the hospital as a maternity nurse, in public health, and at community clinics around Victoria. Currently I am working part time at the Victoria Youth Clinic in James Bay as a nurse clinician, and so I have some experience working with youth as well. Since before starting nursing school, my overall interest has been to work in a community setting, so as you can imagine, this job feels just perfect!

Please stop by and introduce yourself. I am really looking forward to meeting everyone!
Free Family Events!

Family Fun in the Sun
On September 10th, the last day of Siesta Fiesta at UVic, New Student Orientation is hosting the first-ever Family Fun in the Sun. Students and their family members can participate in fun sand volleyball games (geared for all levels!) or make a splash in the heated outdoor pool. There will be opportunities to tour the recreational facility as well as get information or sign up for family memberships. We encourage kids of all ages to participate! Meet other students with families, get a free tour of the Ian Stuart Complex and kick back and enjoy yourself! If you are wondering about getting a family membership to RecPlus, this is an opportunity to check it out. In addition, the RecPLus office will be open during this time should you have any questions or wish to apply for a family membership. This event takes place from 3pm - 6pm in the Ian Stuart Complex located minutes from the UVic campus on Gordon Head Road.

To register, go to the New Student Orientation Website: http://orientation.uvic.ca/family/

Family Fun Fair
September 25, 10:00 – 2:00 p.m. RAIN OR SHINE! At UVic Child Care Services, 3691 Finnerty Rd. FREE ADMISSION!
Everyone is welcome to come and join in the fun and adventure of the fair. There's a little something for everyone, including games & prizes, a cake walk, cotton candy and popcorn, a bake sale, hot dogs and hamburgers, bouncy dinosaur, clowns & balloon animals, face painting, and Daisy the Island Farms Cow. With special musical guest Pat Carfra. Sponsored by Camp Columbia.

Children's Corner
Lisa and Karen would like to thank the Family Centre Theatre Troupe who performed The Children and the Kola Nuts on August 6 & 7. We had a fun and rewarding week of play and performance! The players were (from left) Jute, Antonia, Musa, Meghan, Netanya, Spring, Bohang, Alice, Elijah (front row) Brian, James, Keiran and Sethia. Thank you all for your work and dedication!

Family Housing Classifieds

Hello, my name is Annalisa Robertson and I live here in family housing. I have two small children of my own and am looking for one child preferably 3 years or younger to look after when classes start again. I'd like to keep it around 20 hours. Please contact me ASAP if you're interested at douxroome247@yahoo.com.

Beginning in September we will be looking for someone to come to our home on MWF from 10:30-1:30 and possibly at other times. We have a 33 month old and a 13 month old and we live in family housing. If you are available during some of this time or even on a casual basis please give us a call or drop us an email. We ask that you provide a resume and 2-3 references. Please contact Michelle at 385-4623, or michellehobby@hotmail.com.

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.
Housing Office Q&A

Steve Fitterer, Housing Office manager, has offered to answer our questions about various policies related to living in Family Housing. Please send your questions to fcnews@uvic.ca for next month. Steve is currently researching a question about fire insurance, and this will be posted next month.

There was a small fire in one of the housing complexes in mid-August. The fire was immediately contained and put out by a fire safety system sprinkler, the tenants of the building were evacuated, and there was minimal damage. This is a HUGE reminder to all of us to make sure our fire safety systems are in good working order. Please do not disconnect your fire alarms and report any malfunctions in any of the fire safety systems to the non-emergency Maintenance Reporting Line, 721-8650.

Fruit & Veggie Box

Buy a box of fresh fruit and vegetables at a discount. Boxes are $5, $10, or $15. Money needs to be delivered to the Family Centre by Wednesday Sept 8th. Boxes can be picked up Thursday, Sept 16 between 9:30 and 12:30 at the Family Centre.

VOLUNTEER OPPORTUNITY

We need someone who will pick up the Fruit and Veggie Boxes in Fernwood on the third Wednesday of each month between 2:30 and 3:30 pm. This is an awesome program but it needs support from volunteers like you! Please call the FC or drop in to see Sonya about this.

Child Care Exchange

When was the last time you went to the movies? Or just had an evening out with no children? As we all know, babysitting can be expensive and hard to find. On the Family Centre web site, there exists 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://www.uvic.ca/family-centre/resource/childcare.htm

UVSS Extended Health and Dental Plans for Families

September 30 is the deadline for UVic students to add family members to the UVSS extended medical & dental plan. For more information, ask at the UVSS Info Booth in the SUB, or go to http://www.uvss.uvic.ca/servrecs/healthdental.html.

Community Garden Alert by Annalisa Robertson

Recently there have been several incidents of theft in the Campus Community Garden. One family walked to their plot one evening to pick a few fresh veggies for dinner. They discovered all of the onions, tomatoes and zucchini they had nursed for months were gone. Other people have complained about their gardens getting picked over as veggies ripen.

The garden, though it is here to benefit its community, is not for just anyone to help themselves to. Each plot is rented on a yearly basis by a student, family housing resident or UVic staff member. That person, and often the rest of their family, put their time, energy and love into building the soil, planting seeds and nurturing their garden to harvest.

All community garden members have different motives. Some do it to teach their children the process it takes for food to get all the way to the kitchen table. Others do it to save money or because they believe it is just the right and healthy thing to do. And of course some simply enjoy it as a hobby! Whatever the reason, it should be respected and protected.

If anyone is in desperate need of food, there is a food bank in the Student Union Building. There are also several other food banks throughout Victoria. You can find their locations in the yellow pages under “food banks.”

If you are interested in renting a plot, available plots are reassigned in April and there is currently a waiting list. Email your contact information to douxroome247@yahoo.com with “Community Garden” in the subject line.

Frank Hobbs Back to School Potluck Dinner

Thursday, September 2nd, 5:00pm

Please come and join Ms. Marshall and Ms. Underwood, principal and vice-principal of Frank Hobbs, for a potluck dinner to welcome back old families and greet new ones. Bring a favorite dish and meet at the Family Centre.
Family Video Night
Following the Family Orientation event on September 28, families with children are welcome to attend the Family Video Night in the Grad Lounge at 6:30 pm. This will be the first of several Family Video Nights hosted by the Graduate Students' Society.

Transit Options

BC Transit Family Travel
Did you know that with your U-Pass you can take your children on the bus for free? Children 12 and under ride free anytime when accompanied by a parent or guardian. Up to four children can travel with one adult.

Victoria Car Share Co-op
The Car Share is a great option for people who only need a car parttime. There is a Honda parked very conveniently next to the UVic bus terminus (in front of the bookstore). For more information, check their website at www.victoriacarshare.ca.

Bicycle Exchange
What should we do with all those too-small bikes, trikes and scooters? Let's pass them around! If you have ideas on how to organize a bicycle exchange, please call Maureen at 479-9273.

BIG FAMILY CENTRE THANK YOU TO:
Pepper's Food, St. Vincent DePaul, Dairyland, Lisa Kishkan for volunteering for Thursday Breakfast Club, & to Susan and Dennis Anderson for yearly donations in memory of their daughter, Denise

Translation Volunteers Needed
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

A MESSAGE FROM CATHERINE CARTER CLARK
I want to let the Family Centre community know that I will be leaving my position at the Family Centre at the end of August for personal family reasons. My time at the Family Centre has been very rewarding and enjoyable which has made this a difficult decision for me to make. I have been juggling three jobs for the last while making my schedule extremely busy, so it is time to slow down and smell the roses! I wish Sonya Chandler, the new director, all the best in her new position and continued growth and success to the Family Centre. It has been a pleasure to be a part of this community and I hope to keep in touch. (I will leave my email address at the Family Centre for anyone interested.)

Food Matters by Sonya Chandler
This new column will address food topics such as gardening, food banks, food resources, cooking on a budget, and multi-cultural recipes. Please let Sonya know what food matters most interest you!

WINTER GARDENING in SMALL SPACES
What better way to feed your family than from your own garden! Containers or planters can grow an amazing amount of veggies!

There are a range of vegetables that can grow in our mild BC climate during winter months. I have a list of these as well as more information on gardening in small spaces, container gardening, winter gardens and composting. Call me at the Family Centre and we will research it together! You can also call the Compost Education Centre at 386-WORM (9676) or check out their web site (they offer a lot more than just composting info!) at www.compost.bc.ca/index.html. There may even be the possibility of having some “Gardening in Small Spaces” workshops at the Family Centre if there is enough interest, so please call the Family Centre if you would like to see this kind of workshop offered!