International Potluck

by Sonya Chandler

August 26th from 6 - 8pm there will be an international family potluck at Childcare Complex B. This event is put on by the Family Centre for all students from around the world and their families! We are lucky to have an opportunity to celebrate our diverse languages and culture. Please bring your family and some sort of food to share to the first ever international family welcome potluck!

Family Centre Hours for August
PLEASE NOTE SUMMER HOURS

Aug 1 – 5 and Aug 21 – 31:
Tuesday 9am - 1pm, 5 - 7pm
Wednesday 9am - 1pm
Thursday 9am - 1pm

Bienvenue  •  Bienvenido
Bem Vindos  •  Witamy
Maligayang Pagdating

El 26 de agosto habrá una comida en el Childcare Complex B de 6 a 8 pm para las familias de los estudiantes internacionales. Por favor traiga su familia y algún plato para compartir.
Watch the Skies! The Perseid Meteor Shower

This August, don't forget to check the nighttime sky for one of the biggest annual meteor showers in the northern hemisphere! The Perseids never fail to provide an impressive display and, due to its summertime appearance, it tends to provide the majority of meteors seen by non-astronomy enthusiasts. Meteors may be visible for the entire month, but the best nights by far should be **August 11th and 12th** when the shower reaches its peak. This shower can have up to 80 fast-moving shooting stars per hour! The best places to watch for the Perseids is somewhere in the country where there are not too many lights to interfere. Places in the Victoria that may have less light pollution include the beach at Beacon Hill Park, The Chinese Cemetery off of Foul Bay Rd, Mt Doug Park, and some of the Gordon Head beaches. Even Gyro Park down the road may offer some sightings! For more information on the 2005 Perseid Meteor Shower check out [http://skytour.homestead.com/met2005.html](http://skytour.homestead.com/met2005.html).

The earliest record of its activity appears in the Chinese annals, where it is said that in 36 AD "more than 100 meteors flew thither in the morning." Numerous references appear in Chinese, Japanese and Korean records throughout the 8th, 9th, 10th and 11th centuries, but only sporadic references are found between the 12th and 19th centuries, inclusive. Nevertheless, August has long had a reputation for an abundance of meteors. The Perseids have been referred to as the "tears of St. Lawrence", since meteors seemed to be in abundance during the festival of that saint on August 10th, but credit for the discovery of the shower’s annual appearance is given to Quêtelet (Brussels), who, in 1835, reported that there was a shower occurring in August that emanated from the constellation Perseus.

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**Children’s Corner**

A few children from Family Housing drew us a picture of their fantasy sandcastles. Get digging!

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**At the Seaside**

by Robert Louis Stevenson

When I was down beside the sea
A wooden spade they gave to me
To dig the sandy shore.
My holes were empty like a cup,
In every hole the sea came up,
'Til it could come no more.
New to Family Housing?

Here's something they might not have told you in the Housing Office:

**Laundry Rooms.** These areas house an informal community exchange. Leave clothing, toys, housewares, books, or other items that you and your family have outgrown or can't use anymore, and take away items that will find a new life in your household. But please, no garbage or items broken beyond repair, and don't let children play in the laundry rooms.

**Did you move to Canada from another country to study?** Have you had to learn a whole new language and/or culture? Did you bring your family with you? Do you sometimes miss speaking to people in your own language? The Family Centre is hoping to start a program that helps connect students from countries around the world with other students from their own country. If you would like to know about other students at UVic that are from your country, please email or call the Family Centre (472-4062).

**Family Centre Programming**
The staff at the Family Centre are really trying to organize and offer programs that meet the needs of families at the University. We really need your help! Please call us and let us know what you think of how we are doing, what we could do differently, what we are doing right! We need to hear from you...

Welcome

The Family Centre said many sad goodbyes this month with people graduating and leaving the UVic community, however we are happy and excited to see all the new families around the Centre and the campus! We are looking forward to seeing you soon at the Family Centre.

The Family Centre is planning a Family Housing-wide welcome event in early September. We are hoping to include all six 'neighbourhoods (four townhouse blocks and two apartment buildings) of the housing complex in a social event in their block area, followed by a welcome at the Family Centre. We are looking for interested residents from each of the blocks and apartment buildings to help us plan and coordinate this event. Anyone interested can contact the Family Centre at 472-4062.

SAVE THE DATE!

Two fun and family-friendly orientation welcomes at UVic! Family Fun in the Sun is on **September 9th** from 3-6pm at the Ian Stewart Complex, and Family Orientation Day is **September 20th** at the Grad Student Society. Mark your calendars -- more information to come in the September edition of News & Views.

**Frank Hobbs Back to School Potluck Dinner**  
**Wednesday, August 31st, 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.

ATTENTION FATHERS! Ever wonder how to make a documentary film? What equipment to use? How to get the interviews? How to piece the footage together? A student from the UVic Graduate School of Social Work is conducting a research project that involves providing fathers of young children with the opportunity to make their own documentary film. Dads will get the opportunity to make their own 10-15 minute documentary film that addresses their combined experiences of fathering a small child and being enrolled as a post-secondary student. This will be a fun and hands-on project that is scheduled to start in September. The project’s time constraint will be flexible and accommodate each participant’s busy schedule. For more information please phone Roderick Taylor (360-2913) or the UVic Family Centre (472-4062).

Good Food Box canceled for August! Please remember to order your boxes in September!

News & Views Thanks You for Your Contributions!

Thanks so much to our great translators for your submissions (don't forget to go by the Family Centre and pick up your prize)! Now we need a submission from YOU! The email is fcn@uvic.ca, or you can drop your submission off in the envelope on the board outside the Family Centre.

**DEADLINE FOR SEPTEMBER NEWSLETTER:**  
Absolutely no later than AUGUST 20.
Family Centre Events

**Playgroup**
Wedgesdays, 10am to 12pm.
A time for parents and children to visit and play with friends and neighbours.

**PLEASE NOTE:** Wednesday Playgroup will now be held in the gravel playground on the east end of Lam Circle. This is because Childcare Complex B is not available to us during the summer. In case of rain, playgroup will be at the Family Centre.

**Intercultural Kitchen**
Tuesdays 5 to 7pm. Changes to COMMUNITY KITCHEN: Tomoko Okado from ICA is going to be attending and has an interest in meeting some of UVic’s international families. So we thought it would be fun to have a weekly potluck specifically designed for families from other cultures or countries, especially those families who have English as a second language (ESL). So please stop by and say hello to Tomoko and if you would like, please bring something to eat that can be shared.

**Knitting Night**
Second & Fourth Friday, 7 to 9pm. (Contact Family Centre for August dates.) Calling all knitters and handworkers! Come and chat and work on projects in a fun and relaxed atmosphere. Also open to people with little or no knitting experience. This group will show you all you need to know to get started on a project! Just come on by the Family Centre.

**Summer Events at Swan Lake**
All events except Snake Day take place at Swan Lake Christmas Hill Nature Sanctuary, 3873 Swan Lake Road. For more information, call Melanie or Julie at 479-0211.

**Animal Grossology.** Friday, August 5th, 12:00 - 3:00 pm
Are you cooing to learn about the disgusting science of animal Grossology? Find out about slug slime, owl barf and even the scoop on poop. Check out worms, slugs, spiders and scum as you learn about the secret world of the revolting! Face painting, pond-dipping, games, and crafts that will gross-you-out!
COST: $2/child

**Creatures of the Night.** Friday, August 12th, 8:00 - 9:30 pm
Check out the nightlife at Swan Lake! Join us for a night of owl prowling, bat detecting and beaver spying. Recommended for families and children 7 yrs and up. Pre-registration is required.
COST: $3/person

**Snake Day with CRD Parks.** Thurs, Aug 11th, 11am - 3 pm
Come get snaky with Swan Lake and CRD Parks! Join us at Beaver Lake Park to visit with the snakes, talk to experts and check out the show. Face painting, crafts, games and fun for all.
PLACE: Elk/Beaver Lake Regional Park

**Summer Events Around Victoria**

**Dragon Boat Festival**
August 12th - 14th, Inner Harbour
The 11th Annual Victoria Dragon Boat Festival features dragon boat racing from 90 teams from across North America, as well as a variety of multicultural activities with focus on Asian themes, including martial arts demonstrations, music, dance, children’s entertainment, and ethnic foods.
www.victoriadragonboat.com for more info.

**Victoria Fringe Festival**
August 25th - September 5th
Unjuried international festival of alternative theatre in downtown Victoria featuring more than 200 performances. For tickets and info, 383-2663 or www.intrepidtheatre.com.

**SUMMER SUN CARE**
The sun is at its hottest right now, so don’t forget these guidelines to keeping your body safe:

- SEEK out shade!
- SLIP on a shirt!
- SLAP on a hat and sunglasses!
- SLOP on sunscreen!

**The Family Summer Guide from Island Parent magazine is filled with summer stuff to do. Come by the Family Centre and pick one up!**