Community Resolutions for 2005  by Lisa Hitch & Karen Lee Pickett

Most people seem to like a new year – fresh beginnings, new possibilities. Imagining what the year has to offer can be very exciting as we wait for it to unfold. But better yet is to actually plan ways in which we can make a positive impact on our community. So we set out last week to ask residents of Family Housing how their actions in the New Year could create a better 2005. It was exciting to hear ideas from proactive families who are committed to making our community function in a more friendly, efficient, and ecological manner. Here are a few of the ideas we heard:

- Have you heard of the Soap Exchange on Hillside Avenue at Cedar Hill? It’s great -- you can buy wonderful household cleaners and soaps in bulk very inexpensively, and all with very low environmental impact. You can bring your own containers to be refilled, and don’t forget to ask for the UVic student discount.

- Sharing! So many of us are in the same boat: working hard at school and raising a family. We can help each other out by sharing information, resources, bikes, meals from time to time, child minding, immigration advice, or a batch of homemade cookies.

- Ride the bus! The kids are free with your UVic student card UPass.

- I received a package of information in December on water conservation from the CRD. Finally read it this week -- well, me and my family have decided that even though we don’t pay for our water usage in Family Housing, we need to start conserving. Toothbrushing and shorter showers are a good place to start. The package included a plastic bag to measure your showerhead water efficiency, and I’m looking forward to doing this fun project with the kids.

- We are lucky here to have such a great recycling system in the garbage areas, but I have to confess, I sometimes dump everything in the garbage bins because I’m in a hurry or can’t be bothered to sort or wash containers. My goal for the New Year is to take a little extra time to try to pay attention to the sorting and keeping the areas neat, and to heed that slogan: reuse, reduce, recycle!

- The secret world of the laundry room exchange at UVic Family Housing is booming! “Leave what you don’t need and take what you do need” is the rule in some (if not all) of the laundry rooms here on Lam Circle. “One student’s garbage is another student’s gold” so they say, and it seems to ring true. Here’s how it works: 1) Only take what you need; 2) remember to donate as well as take; 3) exchanging items is to be handled by adults; 4) Big Brothers/Big Sisters pick up unclaimed items regularly, but please help keep it neat.

Thanks, folks, for all your suggestions – we can all inspire each other in this New Year!
Food Matters

Luck in the New Year
In the Southern region of the United States, black-eyed peas have long been associated with good luck. A dish of peas is a New Year's tradition in most areas of the South, thought to bring luck and prosperity for the new year. Greens, thought to symbolize folding money, are often eaten with the peas. Hoppin' John, a dish made with black-eyed peas and rice, is one of the more popular ways of serving them, but many serve them in salads or simply cooked as a side dish.

Full Moon Potluck
Tuesday, January 25 from 5 to 7 pm. The Family Centre is hosting the first potluck of the year. Share this new beginning with friends and neighbours by bringing a special dish.

Servings: 4-6
Ingredients:
1 quart of spring water
a sprig or 1/2 of thyme
1 and 1/2 cup of long-grain brown/red or white rice
1/2 pound of black-eyed peas presoaked overnight
sea salt or kelp to taste

Rinse and sort beans. Boil 4 quarts of spring/distilled or filtered water. Stir in peas and thyme. Cover, then lower heat and cook until peas are tender -- about 30 minutes.

In a separate pot, bring 3 cups of spring/distilled or filtered water to boil. Stir in rice, then cover, lower heat and cook until rice is tender -- about 40 minutes.

Combine rice and peas and season to taste.

Public Health Nurse Visit
Jane Wismer and Ruby Smyth are the Public Health nurses for this area. They will be coming to our Wednesday Playgroup on Feb 2nd from 10:30-11:30 to talk about immunizations and your child. The public health nurses are experts in the area of prenatal and postnatal health, infant and child health including immunizations, eating and sleeping, vision and hearing, and have information about many resources in the community. Please call the Family Centre if you are interested in attending!

From the Housing Office
We are receiving a lot of mail for students residing in Family Housing at the Housing Office. This mail is coming from different departments of the University itself. Please make sure that you have given your complete mailing address to any departments you will be receiving mail from (including your student accounts).
Example: 000 - 1111 Lam Circle, Victoria, BC, V8N 6K8

Thank you to Nadine Cruikshanks for hosting the Children’s Holiday Recital in her home. There was beautiful music, yummy treats and great fun for all!

Family Housing Classifieds
Wanted: washer, dryer and baby change table. Please call Deborah or James at 595-6695.

CALLING ALL MOMS….
There have been a few requests lately for a mom’s support group, something where moms can get together and just hang out and talk about what it’s like being a mom -- the joys, but also the challenges. The Family Centre would like to help arrange this, so please phone or email us if this would be helpful for you. Topics could include discipline, finances, fatigue, you name it! We could also arrange to have guest speakers or experts come and talk, and/or offer support.

POSSIBLE PARENT GROUP
The Conscious Café (Founders of Island Parent magazine) may be able to do some workshops or presentations at the Family Centre in the New Year. However, we need to know who would come if we arranged this. Minimum registration would be 5 families, so please phone the Family Centre and express your interest. If we hear from enough of you, then we can make the arrangements!

Children's Corner
The children of Lam Circle were asked "What are your wishes for 2005?" Here’s what they said:
"Happy people!"
"I want one of Santa’s elves to live with me. Also Rudolph."
"No war on earth."
"Snow every day!"
"I want everyone in the world to have a dog and a cat for free."
"Peace."
"Every kid should be able to get a driver’s license."

by Keiran, age 5
**Calendar Events**

**Youth Night**

**Mondays 5:00pm.** Attention all kids age 10 and up -- bring your favorite games, music, movies to YOUTH NIGHT at the Family Centre.

**January 17** - Cookie Making – Chocolate Chip Cookies... YUM!

**January 24** - Movie Night: Surprise Pick (call the Family Centre to request a movie you like!)

**January 31** - Jewelry Making: Beaded necklaces - you take home what you make!

**Community Kitchen**

**Tuesdays 5:30 to 7pm.** Please call ahead (472-4062) so we know how much food we need to have on hand. You can bring ingredients or donations up to $4. We would like people to feel comfortable and welcome whatever they are able to contribute, be it time, money, equipment or participation. You will get a copy of the recipe and a sample of the dish which you can take home or enjoy at the Family Centre.

**January 4** - Bhajias

**January 11** - Evening drop-in

**January 18** - Recipe to be chosen on January 4. (We are looking for easy to make, low-cost meals that are healthy and tasty.)

**January 25** - Full Moon Potluck from 5 to 7 pm.

**Parent Time**

**Thursdays 9 to 10am.** A time to discuss concerns, ideas, information and strategies in an informal and supportive way.

**Playgroup**

**Wednesdays and Thursdays 10 to 11:30 am.** A time for parents and children to visit with friends and neighbours.

**January 12** - Story and Songs. There will be someone from the Public Library coming to playgroup with books to read and songs to sing. It will be fun for kids of all ages! There will also be lots of info available about the kids programs at the Public Libraries!

**Homework Club**

**Thursdays, 4 - 5:30pm.** Join Kaitlin, Young, Billy and Anna for games, crafts and lots of laughs!

**January 13** - Cool Science with Whittney (a UVic first year science major student). Come for a fun evening of crazy science experiments. Learn a bit about dry ice and see it do some really cool tricks! Recommended ages 6 and up, but everyone is welcome, and fun is guaranteed!

**January 20** - Cool Cookies. The plan is to make gingerbread cookies and brownies with the student volunteers.

**Knitting Night**

**Fridays Jan 14 & 28, 7 to 9pm.** Calling all knitters and handworkers! Come and chat and work on projects in a fun and relaxed atmosphere.

**Noontime Concerts**

**January 7, 14, 21, 12:30 to 1:30.** School of Music students in a program for various instruments. Phillip T. Young Recital Hall in the MacLaurin Building. Free and open to the public.

**Swan Lake Program**

**January 30, 1-3pm.** Stories, Stories and more Stories: Join Jennifer Ferris, Peg Hasted and Faye Mogensen from the Victoria Storytellers Guild as they entertain us with their creative, energetic talents. Use your imagination and our supplies to create story crafts. Suitable for all ages. At Swan Lake Christmas Hill Nature Sanctuary, 3873 Swan Lake Road. Contact Ann Scarfe at 479-0211.

**World Religion Day**

**January 16, 2-4pm.** Juan de Fuca Rec Centre in the Galleon Room. "Elimination of All Types of Prejudice" spoken by adherents of several religions. Free admission and refreshments and Maxwell Dance Workshop performances. For more info call 882-9999 or 382-9998 (sponsored by the Bahá’ís of Langford).

**Homework Club Volunteers**

My name is **Kaitlin Ball**, I’m in grade 10 at Lambrick Park Secondary, and I will be working at the Family Centre every Thursday. I have recently volunteered at Victoria General Hospital in the geriatric ward, and I am looking forward to working with a new age group. I have also worked as a Reading Buddy at the library, and I am able to help out in any subject that is needed. I’m thrilled to be working here, and I look forward to meeting you and your family.

My name is **Yang Liu** and I’m a Gr. 10 student. I am strong academically, especially in the fields of mathematics and science. I was also involved in the Reading Buddies Program at the public library for the past two years. I love spending time with children. I’m interested in music, arts & crafts, and outdoor activities. I’m friendly, enthusiastic and fun to be around. I look forward to meeting you all!

My name is **Billy Zhang** and I am a grade 11 student attending Mt. Douglas High School. I am very strong academically, and at the same time, I’m passionate for art and music. I enjoy working with kids and I believe nothing teaches them more than fun and laughter. I am look forward to meeting you and your family.

**The Good Food Box**

The Good Food Box Program provides local produce when available, organic produce when affordable, in $5, $10, and $15 boxes. For information, please call or come by the Family Centre. Next order date is **Wednesday Jan 12** with pick up at the Family Centre **Thursday Jan 20**.
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thur</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Best Wishes for a Great New Term!**

**January 2005**

See reverse for event details

---

**Deadline for ordering**

**Good Food Box**

**Pick up Good Food Box**

at Family Centre

---

** UVIC OFFICES OPEN **

** UVIC CLASSES BEGIN **

---

- 10-11: Storytime
- 11-12: Playgroup
- 5:30: Community Kitchen - Bhajias

---

- 7-8:30: Breakfast Club
- 11-12: Playgroup at Complex B

---

- 7-8:30: Breakfast Club
- 9-10: Parent time
- 10-11:30: Playgroup
- 4-5:30: Homework Club

---

- 12:30-1:30: Free noontime concert

---

- 10-11: Storytime
- 11-12: Playgroup
- 5:30: Evening Drop-in
- 5:00: Youth Night

---

- 7-8:30: Breakfast Club
- 10:30: Librarian Visit w/ songs & stories
- 11-12: Playgroup at Complex B

---

- 7-8:30: Breakfast Club
- 9-10: Parent time
- 10-11:30: Playgroup
- 4-5:30: Homework Club - Cool Science
- 7:00: Knitting Night

---

- 12:30-1:30: Free noontime concert

---

- 10-11: Storytime
- 11-12: Playgroup
- 5:30: Community Kitchen
- 5:00: Youth Night - Cookie Making

---

- 7-8:30: Breakfast Club
- 11-12: Playgroup at Complex B

---

- 7-8:30: Breakfast Club
- 9-10: Parent time
- 10-11:30: Playgroup
- 4-5:30: Homework Club - Cool Cookies

---

- 12:30-1:30: Free noontime concert

---

- 10-11: Storytime
- 11-12: Playgroup
- 5:00: Full Moon Potluck

---

- 7-8:30: Breakfast Club
- 9-10: Parent time
- 10-11:30: Playgroup
- 4-5:30: Homework Club

---

- 7:00: Knitting Night

---

- 5:00: Youth Night - Movie

---

- 5:00: Youth Night - Jewelry Making

---

- 1-3: Swan Lake Event