Have a Car Without the Hassle

by Allan Dunlop

What if you could have access to four cars, a pickup and a minivan, and just pay when you needed them? Imagine not having to pay lump sums for insurance, gas, repairs and parking, and having the use of any of these vehicles for less than the cost of a cab ride.

120 people in our region are currently experiencing the benefits of car sharing, and one more person has joined their ranks thanks to the University of Victoria.

During Bike to Work Week 2005, the university sponsored a membership in the Victoria Car Share Co-op (VCSC) as a draw prize for people participating in the annual event. The lucky winner was Alan Ezust, a Ph.D. candidate working in the Technology Enterprise Facility. VCSC staff Allan Macdonnell and Susan Belford presented Alan with the key to the vehicle’s lock box, as well as a VCSC taxi card. Also on hand were UVic’s Sustainability Coordinator Sarah Webb, and Allan Dunlop, UVic’s new Transportation Demand Management Coordinator.

VCSC members have access to six vehicles in the co-op fleet in Greater Victoria, including the 2002 Honda Civic stationed on campus. A fully-refundable one-time share payment of $400 allows two drivers per household to book vehicles. Members pay a small monthly administration fee (usually about $8) and are invoiced monthly for the time and distance of each trip. The cost of car sharing is a fraction of ownership.

In response to his win, Alan said “I like the flexibility of different kinds of vehicles for different occasions – car sharing makes sense when you’re living in a city.”

The University and the Co-op are working together this summer to sign up new members in order to add a Toyota Prius hybrid to the campus this fall. Joining the Victoria Car Share Co-op is a convenient, affordable option for residents at UVic. A Car Share membership compliments the extensive transit service to and from UVic, and our cycling- and walking-friendly campus and surrounding region.

If you didn’t win this time around, don’t worry. There will be another draw for a Victoria Car Share Co-op membership this September. Stay tuned to News & Views and The Ring for details, and visit Facilities Management on the ‘Net at http://web.uvic.ca/fmg/fldm-all.html. Details on the Victoria Car Share Co-op can be found at www.victoriacarshare.ca.

Other Travel Choices for UVic Families:

An adult BC Transit customer with a pass can bring up to four children (12 years old and under) on board for free! Please note that children must board and alight at the same stop as the pass-carrying customer. The program is available to parents and guardians who are 19 years and over with a valid monthly pass, UPASS, DayPass, ProPass or BC Bus Pass. With 8 regular bus routes leaving the UVic campus, transit is a convenient and affordable way to travel. See www.bctransit.com for details.

More info on next page.
Food Matters

The Good Food Box

Why Buy Produce This Way? Because...
• Collectively, our money pooled together gets us more quality produce for less money
• As a volunteer run collective, our money goes directly to purchasing produce
• It increases our access to fresh fruit and vegetables: local and/or organic when available and affordable.

How Do I Get My Box?
• On the second Wednesday of each month, drop your money off at the Family Centre
• On the third Thursday of each month, you can pick up your box at the corresponding community center in the late afternoon
• In Victoria, there are currently four different boxes. There is a Fruit and Veggie Box for either $5, $10, or $15 and there is also an All Fruit Box for $12. A $5 box is good for about one person.
• Typical box items include the basic staples such as potatoes, carrots, onions, garlic, apples, oranges, bananas, and are accented with other seasonal items.

PAYMENT DUE DATE PICK UP DATE
July 13 July 21
August 10 CANCELED August 18 CANCELED
September 14 September 22
October 12 October 20
November 9 November 17

For more information, email Jennifer at: goodfoodbox@tsoukenation.com

A Recipe from the Neighbourhood

Hi everyone. My name is Valerie Conrad. My niece Jessie and I have been living in Family Housing for two years, and I truly enjoyed it. It has to be the most diverse neighborhood in Victoria. People are here from all over the world. Now that I’m all done and graduated, I’m moving on. However, I’m going to miss my amazing neighbors Karen and Lisa and the boys, as well as Anna Marie and Patricio along with their children, and baby Nate. You’re the cutest baby in the world. As a thank you for a great experience, I am sharing a bannock recipe with you. A good friend from back home in the NWNT gave it to me years ago, and it’s tried and true.

Marsi Cho (A big Thanks in my Native language - Chipewyan)

O.Z.S 2003 Folk On The Rocks Dene Bannock Recipe
preheat oven to 400 or cook open-fire on grill over coals
3 cups flour 1/4 cup sugar (if you want)
2 tablespoons baking powder cut in 1/2 cup margarine or shortening
1 teaspoon salt

• Add enough cold water to make dry dough (I use slightly over 1 cup water)
• Put in greased cast iron frying pan (open-fire) or baking pan (in oven)
• Fork the dough all over (more so if baking over open-fire)
• Bake in oven for 30 minutes at 400 (if baking over open-fire on top of grill, shake the frying pan once in a while to prevent sticking. when you notice the dough getting brown on the side, flip over, and when it’s golden brown, you know it’s done. (do not flip over in oven)
• It should come out light & fluffy. if not, try using less water next time
• Eat with lot of butter or jam. yum! yum!

The Cost of Driving Really Adds Up!

The Canadian Automobile Association reports that the cost of operating a 2005 Chevrolet Cavalier Z-24, driven 12000 km, is over $8500 per year (70.9¢ per kilometre!)

Fixed Costs:
• Depreciation
• Insurance
• Taxes
• License and registration
• Finance charges

Variable Costs:
• Gas and oil
• Maintenance
• Tires

Other Costs:
• Parking fees and fines
• Car washes
• Accessories
• Traffic fines

Note: CAA does not include ‘Other Costs’ (above) in the calculation of the operating and ownership costs of a vehicle—you may pay more.

A Car Share Co-operative membership spreads these costs over all the members, saving everyone money and time. And all the maintenance is done for you!
EXTREME FAMILY CENTRE MAKEOVER!

The Family Centre will be closed from August 8th - August 21st to have the floors re-done and the whole place repainted. We apologize for any inconvenience this closure may cause.

We are calling all volunteers, ESPECIALLY those with interior design expertise or skill to help choose the new colours! We would also appreciate any volunteers who have an hour or two the weekend before and after the makeover to help take down and set up the Family Centre.

Contact the Family Centre for more information, or drop by to take a look at the colour cards! We are very excited about having the floors re-done and the whole place repainted but we are also aware that families will really miss the Family Centre during this time and want to apologize for any inconvenience this closure may cause.

Big Thanks!

The Family Centre would like to thank the following volunteers for their time, energy and care in making the Family Centre a warm and welcoming place:

Jen Lockhart, Lisa Kishkan, Rebecca Dunn-Krahn, Brenda O’Grady, Bruce Tufford, Kaitlin Ball, Billy Zhang, Yang Liu, Anna Tran, Maryam Nassaji, Kiran Pahal, Whittney Ayers, Ingrid, Kumiko, Kimiko Nakao, Takako Otake, Mai Eltemamy, Chisato Suzuki, Jessica Casanova, Johanna Laline, Lindsay Simmons, Vanessa Johnson, Fatheya Fayrouz, Areg and Khalid, Howard Society Gang and Sam Vatcher.

Classifieds

Great baby girl clothes of various sizes (infant – 2 yrs?) were donated to the Family Centre and are now available as well as a brand new pair of ice skates size 8J. Please stop by the Family Centre and have a look.

FOOD SHARE Reminder! The Family Centre has a small Food Bank of mostly canned and dry goods available to anyone family who needs it. We also accept donations of food so PLEASE if you have extra call the Family Centre to arrange a time to pick up or drop off.

News & Views Thanks You for Your Contributions!

Thanks so much to Allan Dunlop for his car share article, and to Areg for her book review (don’t forget to go by the Family Centre and pick up your prize). Send us your submissions! The email is fcnews@uvic.ca, or you can drop your submission off in the envelope on the board outside the Family Centre.

DEADLINE FOR AUGUST NEWSLETTER:
Absolutely no later than JULY 20.

VIHA Vaccine

VIHA is offering a Varicella Campaign for children ages 18-60 months, for one year only (April 1, 2005 to March 31, 2006).

Is your child eligible for the Chickenpox vaccine?

- If your child has not had chickenpox disease or shingles, your child is susceptible and therefore is eligible.
- If your child’s chickenpox/shingles history is uncertain or unknown, they are eligible.

If you have further questions regarding the Chickenpox vaccine please call your Public Health Nurse at 744-5100.

Children’s Corner

Book Review by Areg:
Chocolate Chippo Hippo by Vincent Andriani

Ed the hippo loves cookies. He likes all kind of cookies. But his most favorite cookies are chocolate chip cookies. Ed eats them from the bag. From the jar. From the box. He even has a chocolate chip suit. And one pair of chocolate chip sunglasses. When he doesn’t eat cookies he dreams that a cookie is following him. During the day he works in a bakery. He said it is hard work but sometimes he enjoys it. In the evening he comes home and relaxes. Ed sits on his favorite char and reads his favorite book. He eats his favorite dinner which is spaghetti and meatballs. But his favorite dessert is a chocolate chip cookie. I will tell you what is good about it. Writing and drawing are nice and sentences too.
Learn to Juggle!
Calling All Youth and Youth at Heart! The Family Centre is excited to offer a juggling workshop series this summer! Anyone can learn! No experience needed! No need to be coordinated! All skill levels welcome!

Professional juggler Blake Speers is joining us to offer a series of six juggling workshops open to anyone aged 10 and up. Blake is an experienced juggler and instructor and has had success getting people of all ages juggling balls, pins and hats in just a few sessions! You will also learn to make your own juggling balls.

The series will run on Monday, Wednesday and Friday from 4 - 6 pm, beginning July 18th until July 29th. Pre-registration for the workshop is $15 per person and includes six 2-hour lessons, snacks, and a ton of fun! The registration deadline is July 15th, so register early to avoid disappointment! The series will also accommodate drop-in jugglers for $5 per evening.

To register or for further information, please contact the Family Centre.

New Grad Student Project
A project is coming to the UVic Family Centre that will focus on fathers of young children. One of the activities will be how to make documentary films! Participants will get the opportunity to make a 10-15 minute documentary. We have yet to get all the details, but we are hoping it will start in August or September. The best part is it will be free. Please phone the Family Centre for more information 472-4062.

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

Cake at the Lake, Saturday, July 9th, 1:00 - 4:00 pm
A Celebration of the 30th Anniversary of the Swan Lake Christmas Hill Sanctuary! Bring the whole family for a day of music, face-painting, games, nature walks, cake and ice cream.

Creatures of the Night, Friday, July 15, 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. $3/person

Sunset Hike, Friday, July 29th, 6:30 - 8:00 pm
Enjoy the cool evening breezes of Christmas Hill. Listen for the evening chorus of birds, watch the sun set and learn about the Garry Oak ecosystem. Recommended for families and children 7 yrs and up. Pre-registration is required.