Remembrance Day

In the days leading up to November 11th, you can see many people around Victoria proudly wearing red flowers on their lapels. What are these flowers, and what do they mean? They symbolize poppies, and the sacrifice Canadian men and women made during armed conflict over the last century. On November 11 especially, but also throughout the year, we have the opportunity to remember the efforts of these special Canadians, and pay homage to those who respond to their country's needs.

Following the First World War a French woman, Madame E. Guérin, suggested to British Field-Marshall Earl Haig that women and children in devastated areas of France could produce poppies for sale to support wounded veterans. The first of these poppies were distributed in Canada in November of 1921, and the tradition has continued ever since, both here and in many parts of the world.

In Flanders Fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
---John McCrae

Poppies are worn as the symbol of remembrance, a reminder of the blood-red flower that still grows on the former battlefields of France and Belgium. During the terrible bloodshed of the second battle of Ypres in the spring of 1915, Lieutenant-Colonel John McCrae, a doctor serving with the Royal Canadian Army Medical Corps, wrote of these flowers which lived on among the graves of dead soldiers.

The flowers and the larks serve as reminders of nature's ability to withstand the destructive elements of war, and are a symbol of hope in a period of human despair. In Canada, traditionally the poppies which we wear were made by disabled veterans. They are reminders of those who died while fighting for peace: we wear them as reminders of the horrors of conflict and the preciousness of the peace they fought hard to achieve.

from Veterans' Affairs Canada (www.vac-acc.gc.ca)

Take a Break on Reading Break!

The University of Victoria has Reading Break this term from November 9th - 11th. Most students with families do need to use that time away from classes to catch up on projects, reading or essays, but don't forget to take some time off to recharge your batteries for the final push towards the end of term. Here are some ideas for short 'breaks from Reading Break.'

Be a tourist. Take an afternoon and explore downtown Victoria and the Inner Harbour. See if you can discover a place you didn't know was there.

Browse the bookstores. Independent bookstores like Munro's or Bolen Books have wonderful children's corners where your kids can read while you browse.

Make a date. Arrange a babysitting exchange with a neighbour, and go out on your own (or with your partner) for some quality adult time.
Our Family Suggests...

In this recurring column, we will hear about activities and events suggested by residents of Family Housing. Is there something that your family likes to do? Send us your recommendations!

Thank you, Katherine, for this suggestion for family ice skating fun!

Toonie Tuesdays

Tuesdays from 6.30 to 7.45pm at Oak Bay Rec Centre is Toonie Time! Everyone is welcome for $2 admission and $1 skate rentals. Oak Bay Rec is located at 1975 Bee Street (just off Cadboro Bay Road), accessible on the #11 bus. For more information, call 370-7101.

Friends of the Family Centre

Greetings from the HFCS Residence Administration Team!

If you have called the Housing Office in the past month or two, you may have noticed yourself talking to a new person. Chardelle Lalonde, Manager of Residence Administration, has replaced Steve Fitterer who ventured East to experience what a prairie snowstorm is all about. Faye Wright moved to the Student Assignment position within our office, but has been teaching the ins and outs of Family Housing to Nikko Paulo, Assignment Clerk. Nikko recently joined UVic and is now looking after some of the administration of Family Housing so you can expect to hear from her from time to time.

If any of you have questions or concerns about Family Housing, please feel free to visit the family housing website at http://housing.uvic.ca/family/ or contact Nikko at 721-4504 or Chardelle at 721-8400.

Diwali: Celebration of Lights

November 1-18

Diwali is perhaps the most well-known of the Indian festivals: it is celebrated throughout India, as well as in Indian communities throughout the diaspora. It is colloquially known as the “festival of lights”, for the common practice is to light small oil lamps (called diyas) and place them around the home, in courtyards, verandahs, and gardens, as well as on rooftops and outer walls. In urban areas, especially, candles are substituted for diyas; and among the nouveau riche, neon lights are made to substitute for candles. The celebration of the festival is invariably accompanied by the exchange of sweets and the explosion of fireworks. As with other Indian festivals, Diwali signifies many different things to people across the country. In north India, Diwali celebrates Rama’s homecoming, that is his return to Ayodhya after the defeat of Ravana and his coronation as king; in Gujarat, the festival honors Lakshmi, the goddess of wealth; and in Bengal, it is associated with the goddess Kali. As with several festivals, Diwali is associated with one of the stories about the destruction of evil by Vishnu in one of his many manifestations. Everywhere, it signifies the renewal of life, and accordingly it is common to wear new clothes on the day of the festival; similarly, it heralds the approach of winter and the beginning of the sowing season.

Family Housing Classifieds

TAKEN. A foosball table was taken from outside the lower laundry facilities. The children in the neighbourhood really miss their game.

If you know anything about the table please call 386-3464

WANTED. Looking for a baby fence and a car seat for child 18 months old. If you have these, and you do not need them, please contact Rownak at 721-3677.

FOUND. A boy’s mountain bike has been found – please call the Family Centre with description if you have lost a bike.

WANTED TO BUY: One adult bicycle, sturdy, in good condition. Call Lisa at 381-6680.

News & Views Needs Your Contributions!

We welcome submissions of all kinds -- send us your thoughts, opinions, suggestions, stories, poems, recipes, tips or ideas! 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 DECEMBER NEWSLETTER: Nov 20
Food Matters

As the school year gathers steam, the problem of what to pack for lunch becomes a problem many parents face first thing in the morning, bleary-eyed from late nights of studying. Here’s a recipe for Chocolate Energy Orbs, which can be made on the weekend to be enjoyed throughout the week. They’ve got lots of the protein and fat that children’s bodies need for growth, along with fibre, protein, and antioxidants from the cocoa powder. The orbs are lower in sugar than their processed energy bar counterparts and include natural ingredients for maximum nourishment. Tahini (sesame seed paste) adds calcium.

Breakfast Club

You might have noticed that Thursday’s Breakfast Club has changed to Fridays. This month we will be shaking things up a little and introducing a new variety of food along with the regular bagels, muffins, yogurt, etc. The November menu will go as follows:

- Nov 4 Eggs
- Nov 11 Homemade granola and fruit
- Nov 18 Pancakes
- Nov 25 Oatmeal

We look forward to seeing you there.

Energy Orbs

3/4 cup (180 mL) nut butter (almond, cashew, peanut)
1/4 cup (60 mL) tahini
1/2 cup (125 mL) maple syrup
1 cup (250 mL) toasted sesame seeds
1/4 cup (60 mL) cocoa powder
1 cup (250 mL) oat bran
1/2 cup (125 mL) wheat germ
1/2 cup (125 mL) unsweetened coconut

Add nut butter, tahini, and maple syrup to bowl of food processor and blend until smooth. Add sesame seeds, cocoa powder, oat bran, and wheat germ and blend until mixture becomes like dough. Scrape down sides of food processor as necessary. Spread coconut on a plate. Roll mixture into 1-inch balls (child size) or 2-inch balls (adult size), and roll in shredded coconut. Cover and store in the refrigerator for up to two weeks. Makes 12 large orbs or 18 small orbs. Recipe doubles easily.

Children’s Corner

Best Playdough from Tomoko

(I usually triple or quadruple this recipe and cook it in a large deep frying pan)

Combine in saucepan: 1 cup flour, 1/4 cup salt, 1 tsp. cream of tartar
Add and whisk until smooth: 1 cup water, 1 Tbsp oil and Food coloring (Cake decorators paste or liquid makes great colors)
Cook over medium heat until playdough is nearly set. Add: 1 Tbsp. imitation vanilla extract
Stir until vanilla is blended, then remove and knead when cool. Store in Ziploc bag or airtight container.

Note: This is the best playdough recipe I have ever found. The vanilla extract seems to improve the texture and adds a nice scent as well.

We asked some children around Family Housing what they like to do on a rainy day (other than watching TV!).

"Build an indoor fort with chairs and blankets and eat my lunch in it."

"Invite a friend over to play board games."

"I like to cook with my dad. If I’m careful, he lets me use the knife and chop things like apples."

"My sister and I write stories, where one person starts with a sentence, then covers it up, and then the other person writes the next sentence and covers it up. Then after a few times you read it and it’s always funny!"
Nobody's Perfect

A Parenting Program for UVic International/Immigrant Student Families

The goal of this program is to support isolated parents of children from birth to 5 years old. Although many other community organizations provide the Nobody’s Perfect Program in Greater Victoria, the session then started on October 7th is a joint effort with the Inter-Cultural Association (ICA). ICA has been delivering this program since 1989, targeting participants from diverse cultural backgrounds. This partnership highlights and strengthens the UVic Family Centre’s community collaboration. This program runs for seven weeks on Friday afternoons, co-facilitated by an ICA Facilitator and a Public Health Nurse. The parents attending this program have the opportunity to meet other parents from similar and diverse cultural backgrounds, and discuss issues such as safety, behavior, physical and emotional development of children as well as the importance of the well-being of the parents. We have eight participants originally from Egypt, India, Iran, Libya, Korea, and Malaysia. The practicum student, Takako, coordinates and assists in the care with two other child-minders. A big thank you goes to the facilitators, Ruth from ICA, Susan from VIHA Public Health Unit, Takako, Lina and Kazumi for the Child-minding team.

Don't Forget these Great Family Centre Programs!

CONTINUED BY POPULAR DEMAND!
SIGN UP NOW!

Yoga instructor, Adele Worobey, will be joining us for another 6-week adult yoga session! The next session will run Thursday evenings from 6 – 7 pm at the Childcare Complex B. The session begins Oct. 28 and will run until Dec. 1.
Pre-registration is $10 for 6 weeks, or there will be $3 drop-ins.
Childcare will be available at the Family Centre during this time.
Please contact the Family Centre to register or for more information.

REMINDER: DROP-IN FOR SUPER SATURDAYS!

Just a reminder for all school-aged kids!
Our loyal volunteer Lisa Kishkan is running SUPER SATURDAYS from 9:30 – 11:00 am. This is an educational-based program for school-aged children that will explore science and nature, literacy, arts and crafts and lots more.
This is a child-only program and parents are asked to drop off their children.
Please contact the Family Centre for more information.

The Nitty Gritty

Facts and questions about Family Housing

In this monthly column, we address questions about living in UVic Family Housing, as well as supply information, ideas and tips about regulations, personnel, and the general "nuts & bolts" of life on Lam Circle.

Repairs
Blocked toilet? Slow drains? Doors off hinges? You have two options: go into the housing office and fill out a yellow maintenance slip, or call the maintenance phone line at 721-8650.

Parking Stickers
Did you know that our parking pass stickers are removable? So if you borrow someone’s car and have to park it at your Family Housing spot, you can take your sticker with you.

Student Animal Legal Defense Fund

The UVic SALDF is dedicated to the goals of educating the community about animal rights and fostering awareness about combating animal abuse through legal means. If you are interested in animal rights and want to get actively involved, there are many opportunities for you.

Our inaugural year last year was a great success as we worked hard to educate the community about animal rights and the intersectionality of all oppressions. We presented videos, hosted dinner nights, distributed information, organized a very successful vegan bake sale, and sponsored a screening of Shark Tale to list a few of our activities. The SALDF also had the opportunity to publicly address the ongoing murder and abuse of rabbits on campus. This is a campaign we will be expanding in the coming year to educate the community about the UVic bunnies.

The UVic Student Animal Legal Defense Fund presents a FREE conference:
Animal Advocacy: A Voice of the Voiceless
Friday November 4, 2005, 9 am - 6 pm
UVic Fraser Building Room 158

Speakers include: Lesli Bisgould, leading animal rights lawyer in Canada; Dana Campbell, Sr. Attorney, Animal Legal Defense Fund; Maneesha Deckha, UVic Professor of Law; Pamela Frasch, Sr. Attorney, Animal Legal Defense Fund; Angus Taylor, UVic Professor of Philosophy

To register for the FREE conference and the FREE catered vegan lunch, please email uvicsaldf@hotmail.com with your contact information.
Family Centre Programs

Check our website for full program descriptions: http://web.uvic.ca/family-centre/

**Family Centre Cooking Co-operative**
Second Monday, 7pm

**Storytime & Playgroup**
Tuesdays, 10am to 12pm.

**International Community Kitchen**
Tuesdays 4 to 6pm.

**Playgroup**
Wednesdays, 10am to 12pm.

**Breakfast Club**
Wednesdays & Fridays, 7:30 to 9am.

**After-School Club**
Thursdays, 4 to 5pm.

**Adult Yoga Series**
Thursday evenings until December 5 from 6 to 7 pm at Childcare Complex B.

**Knitting Night**
Second & Fourth Friday, 7 to 9pm. (Contact Family Centre for November dates.)

**Super Saturday Mornings**
Saturdays, 9:30 to 11am.

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**Ladies' Running Group -- NOTE NEW DAYS!**
Do you need someone to run with for motivation, company or safety? Come join us for a run **Monday, Wednesday and Friday** at 6:30am. We meet outside the Family Centre and jog for 25 - 45 minutes. All ages and fitness levels welcome. Hope to see you there! Please contact Heather at 384-1396 if you have any questions.

**Walkers welcome!** If you aren’t a runner but would like to meet and walk at the same time as the runners please call Sam at 477-9624.

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**Free International Graduate Student Breakfast**
November 30th, Wednesday, 2005, 9:00 to 10:30 am
Topic: Future directions for Internationalization at UVic
Keynote speaker: Dr. James Anglin, Vice-president of Academic and Provost For international affairs
Place: IQ Bistro Located in the Halpern Graduate Student Centre
Please register by phone at 472-4543 or by email to gsscomm@uvic.ca

Community Programs

**Grandparents Raising Grandchildren**
Today many grandparents face huge struggles in taking on the responsibility for their grandchildren. Behind their struggles, there are other issues such as FAS/FES, behavioral problems, violence, etc. Additionally, grandparents have limited resources and authority for making decisions for their grandchildren.

To support those grandparents and grandchildren, we will have a gathering for grandparents raising grandchildren on **November 4th (4pm-8pm including dinner) & 5th (9am-4pm, including lunch, entertainment and lots of fun!)** at James Bay Community School Centre (140 Oswego St.). All cultures, nations, abilities and ages welcome to join us to enjoy a wide range of speakers and workshops of interest to grandparents raising grandchildren! There will be a free parallel children's program too. (No cost to grandparents & relatives raising grandchildren.) For further information about supporting Grandparents Raising Grandchildren, please call 472-4129 or email snprgrands@yahoo.ca

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**Swan Lake Event**
**Amazing Mammals of Swan Lake, Sunday, November 27**
Come and meet some of Swan Lake's amazing mammals at this family drop-in program. Animals will come to life with puppets, games, "food", tracks, fur, face painting and our very own mammal mural.

Swan Lake Christmas Hill Nature Sanctuary, 3873 Swan Lake Road, 1 p.m. to 3 p.m. Donations greatly appreciated. For more information, contact Ann Scarfe at 479-0211.

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**Santa Light Parade**
**November 19th, downtown Victoria**
The Island Farms Santa Light Parade routinely draws crowds of more than 40,000 to the streets of Victoria to take part in a festive celebration of the winter holidays. Bands, floats and even Santa himself will parade through the streets spreading cheer and joy to all in sight. And in addition to the great time, the Island Farms Santa Light Parade also helps to raise awareness and food items for the Mustard Seed Food Bank. This year share in the wonder of the holidays while helping those less fortunate. Take part in the Island Farms Santa Light Parade.

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**Victoria Waldorf Society Lantern Walk**
**November 11th, Beacon Hill Park**
All are welcome to join in a quiet walk in Beacon Hill Park from 5 - 6pm. Bring a lantern and a warm drink for afterwards. For more information, email victoriawaldorf@yahoo.ca.
### November 2005

#### Mon
- **1**
  - 10-12: Playgroup
  - 4:30: Internat'l Community Kitchen

#### Tue
- **2**
  - 6:30: Women's running group
  - 7:30-9: Breakfast Club
  - 10-12: Playgroup

#### Wed
- **3**
  - 4:5: After-School Club
  - 6-7: Yoga

#### Thu
- **4**
  - 6:30: Women's running group
  - 7:30-9: Breakfast Club
  - 9am-8pm: UVic SALDF Conference

#### Fri
- **5**
  - 9:30-11: Super Saturdays

#### Sat
- **6**
  - 

#### Sun
- **7**
  - 6:30am: Women's running group

#### Diwali Begins
- **8**
  - 10-12: Playgroup
  - 4:30: Internat'l Community Kitchen

#### Eid al-Fitr
- **9**
  - 6:30: Women's running group
  - 7:30-9: Breakfast Club
  - 10-12: Playgroup

#### UVIC Reading Break
- **10**
  - 4:5: After-School Club
  - 6-7: Yoga

#### Remembrance Day
- **11**
  - 6:30: Women's running group
  - 7:30-9: Breakfast Club
  - 7:00: Knitting Night

#### Universal Children's Day
- **12**
  - 9:30-11: Super Saturdays

#### News & Views deadline
- **13**
  - 

#### 14
- 6:30am: Women's running group

#### 15
- 10-12: Playgroup
  - 4:30: Internat'l Community Kitchen

#### 16
- 6:30: Women's running group
  - 7:30-9: Breakfast Club
  - 10-12: Playgroup

#### 17
- 4:5: After-School Club
  - 6-7: Yoga

#### Universal Elections
- **18**
  - 6:30: Women's running group
  - 7:30-9: Breakfast Club

#### First Sunday of Advent
- **19**
  - 9:30-11: Super Saturdays

#### 20
- 4pm: Santa Light Parade

#### 21
- 6:30am: Women's running group

#### 22
- 10-12: Playgroup
  - 4:30: Internat'l Community Kitchen

#### 23
- 6:30: Women's running group
  - 7:30-9: Breakfast Club
  - 10-12: Playgroup

#### 24
- 4:5: After-School Club
  - 6-7: Yoga

#### Thanksgiving (U.S.)
- **25**
  - 6:30: Women's running group
  - 7:30-9: Breakfast Club
  - 7:00: Knitting Night

#### 26
- 9:30-11: Super Saturdays

#### 27
- Deadline for ordering Good Food Box

#### 28
- 6:30am: Women's running group

#### 29
- 10-12: Playgroup
  - 4:30: Internat'l Community Kitchen

#### 30
- 6:30: Women's running group
  - 7:30-9: Breakfast Club
  - 10-12: Playgroup
  - 9-10:30: Internat'l Graduate Student Breakfast