What is Valentine's Day? by Tomoko Okada

The month of February is most known for the 14th when people turn goo-goo eyed and love can most definitely be felt in the air. We buy each other cheesy cards, recite love letters by moonlight, have dinner by candlelight and take long walks on the beach. But why only on this one day a year? The origins of Valentine’s Day are hard to track down. Various theories on the foundation of this day exist and come from different religions and historical origins.

The most commonly held outlook on the holiday is that it is in honor of a Catholic saint, Saint Valentine. The Catholic Church, however, has recognized at least three saints called either Valentine of Valentinus. Just how these saints acted as a catalyst for a celebration of romantic love is unclear.

One story goes that Valentine, a priest, rebelled against Emperor Claudius II’s decision to outlaw marriage for young men. While the Emperor figured that single men made better soldiers, Valentine thought this move was unfair and continued to perform marriages in secret.

Yet another theory finds this rebel Valentine jailed and in love with a female visitor (possibly the daughter of his jailor). As if his patronage of young love wasn’t enough, here Valentine is drawn to tragic love himself.

Prison factors into another Valentine story. It is thought by some that Valentine was killed when he sprung Christians from harsh Roman jails.

But why February 14th? It may have begun with the ancient Roman fertility festival called Lupercus, which took place in the winter as a precursor to the rebirth of spring.

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Valentine’s Day Trivia

❤️ Over one billion Valentine Day cards are delivered each year.

❤️ In 1969, as a part of an effort to reduce the number of Saint days based only on saints known by legend, the Catholic Church ceased officially celebrating Valentine’s Day.

❤️ Romantic love is a relatively new concept; it didn’t exist until the Middle Ages.

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Please give us your feedback!

Tear this section off and put it in the N&V submission folder outside the Family Centre.

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What do you like about News & Views? Is there anything you don’t like? What would you like more of? Less of? This is your newsletter — please let us know what you think! Feel free to attach a separate sheet of paper with more comments.
Facts and questions about Family Housing

Garbage Area How-Tos

For those new to Family Housing, or those of us who need a brief reminder, here's the skinny on dealing with your trash.

وية Please remember to reduce and reuse before recycling! Recyclables include, but are not limited to: aluminum cans, glass bottles and jars, plastic items numbered 1-7, newspapers, old class notes, envelopes (with or without glassine windows), newspapers and magazines. The "mixed paper" bin also accepts pizza boxes; you simply have to take out any extra food or plastics before breaking them down. The bins are clearly marked as to what goes where. Don't mix! If you are unsure what bin something belongs in, look at http://web.uvic.ca/recycle/index.html or call Sustainability Coordinator Sarah Webb at 472-5011.

وية Large cardboard boxes should be broken down and placed in the "Corrugated Cardboard" bin.

وية You can now compost organic waste on campus! The closest bins are in front of the SUB (entrance nearest the Munchie Bar). Simply empty your container full of food wastes into the designated bins, or place all your scraps into a paper bag and drop the entire bag inside. Keep your eyes and ears open for upcoming programs to add compost pickup to Family Housing.

وية Please do not place large or reusable items in the garbage enclosures. Many a perfectly good piece of furniture has been ruined by weather because it was left outside in or near the garbage areas. If you are moving or downsizing, put your used but still usable items in the laundry room. The informal exchange that happens there ensures that another family will be able to use your cast-offs. Another option is Victoria FreeCycle, an online forum where unwanted goods are offered for free (http://groups.yahoo.com/group/victoriafreecycle). If your large item is broken or otherwise unusable, Facilities Management is arranging furniture recycling pick-ups in Family Housing during the months of March, April and May -- watch this space for future information!

وية Children are not allowed to play in or remove things from the garbage enclosures.

وية Please be aware that the garbage enclosures are not the place for toxic items such as paint, solvents or pesticides. Please contact Occupational Health and Safety at 721-8971 to arrange pick-up of these dangerous items.

وية Please put garbage and recyclables IN the bins! Next to or on top of doesn't count, unless every bin is completely full.

It's up to us to make Family Housing a better place. Thank you for helping to keep our community safe and clean!

Anybody like to swim?
New Program Starting at McKinnon

Time: Saturdays and Sundays 2-3pm
Place: McKinnon Pool
Start date: February 11

The Family Centre is starting a new program at the McKinnon Pool on campus which would enable kids to learn various aspects of water sports and to just come out and enjoy getting wet in a supervised area! Any child wishing to participate in the program will not come out with a certificate of a level passed -- the program is simply for fun and to learn some things while you're at it. Although there is no age limit to the program, ages 8 and over may come alone while all those under age 8 come supervised. We also encourage that participants are very comfortable in water and are able to support themselves without an aid. We know that this may limit some of you so all we ask is that if your child is not comfortable in water but still wants to participate that you accompany them into the water. Erin, who is a workstudy student at the Family Centre, will be leading the program. She is a certified lifeguard and instructor and was a competitive swimmer for 15 years and continues to coach competitive swimming.

House #39 Get-Together
The UVic Family Centre invites you to the first meeting/get-together for House #39 Residents (2375 Lam Circle).
OBJECTIVE: Exchanging ideas for this housing experience.
TIME: February 17th 5:30pm
PLACE: UVic, Family Centre

♦ What do you love about living in #39?
♦ What drives you a little bit crazy?
♦ Do you have any suggestions or ideas for the residents?

Please bring one of the above responses to share at the meeting.
RSVP: Please let us know if you can participate by February 10th. (Leave a message at the Family Centre: 472-4062). Also, please let us know if you need childcare or an interpreter. If you can not participate in the meeting, but if you want to give us some input, please bring in or pass it to your representative.
Nominate a Woman of Distinction

The YM-YWCA Women of Distinction Awards are held annually in our community and in more than 20 communities around the country. This year the awards celebration will be held on Thursday, May 11. This is the 12th year for the awards in Victoria, and since its inception, 797 women have been honoured as nominees and 112 women have been recognized for the outstanding contributions they make to our community.

The University of Victoria has been a supporter of the Women of Distinction Awards since 1996, sponsoring the Research, Science and Technology Category. As in the past, I hope you will nominate UVic women for this year's awards.

Categories open for nominations are:
- Lifetime Achievement
- Arts, Culture and Heritage
- Communications
- Community Legacy
- Education, Training & Development
- Entrepreneurship
- Health, Sport and Fitness
- Neighbourhood Enhancement
- Public Service
- Research, Science and Technology
- Workplace Leadership
- Young Woman of Distinction

Please review the nomination categories and consider nominating an outstanding woman from your faculty, unit or academic program. **Nomination packages must be completed and submitted by 5:00 p.m. on Tuesday, February 28, 2006.** Nomination forms and additional information can be found at [http://www.ymywca.victoria.bc.ca/community_ward.html](http://www.ymywca.victoria.bc.ca/community_ward.html) or further information is available at the YM-YWCA at (250) 386-7511.

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**Children's Corner**

**Pinecone Bird-Feeder**

Make a feeder for the hungry birds!

You will need:
- Pinecones
- Peanut Butter
- Birdseed
- String

Coat the pinecones with peanut butter. In a flat dish, pour out some of the bird seed, and roll the sticky pinecones in it until they are covered. Put the peanut-butter & bird seed pinecones in the freezer for several hours, or until they are firm. Tie string around the pinecone, and hang it up somewhere outside for the birds to feast on. If you still have your Christmas tree hanging around outside, tying these pinecones feeders to the branches makes some happy feathered friends! *(Important: The squirrels like these feeders too! So if you can, hang them away from bannisters or railings.)*

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**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!

Thanks to Lisa for this cheerful poem about not being afraid of our rainy weather!

**How to Beat the Rainy Day Blues**

- Gum boots!
- Rubber boots!
- Galoshes!
- Wellies!

Rain slicker!
Plastic bonnet!
Poncho!
Umbrella!

Stamp, splash, wade
Singin' in the rain
Here come the ducks
Smiling all the way.

Look for a rainbow
Sail in the wind
Pick a little crocus
Just don't stay IN!
Family Centre Programs

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

Family Centre Cooking Co-operative
Every third Monday of the month from 7 pm.

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.

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

Ladies’ Running Group
Monday, Wednesday and Friday at 6:30am. Walkers welcome!

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

Grad Centre Events & Workshops
Feb 1: Effective Presentation (1), Dr. Joseph A. Parsons
Feb 8: Effective Presentation (2), Dr. Joseph A. Parsons
Feb 15: VIPIRG Research for a Change, Bruce Wallace
Mar 1: Interdisciplinary Research, Gweneth Doane
Mar 8: Effective Work Search Tactics, Lynn McCaughey
Mar 15: Information on Internal Scholarships, Carolyn Swayze and SHERC and NSER
Mar 22: Conference Proposal, Shelley Ross
Mar 29: Social at the Family Center

International Breakfast Mornings:
Jan. 25: On-campus Jobs with Jeniffer Margiso
March 1: Tax Workshop with Robert Mitchell

Community Programs

Swan Lake Event
Who’s That Hooting? Sunday February 26, 1 to 3:00 pm
Owls fly silently, turn their heads almost all the way around and cough up pellets. Learn how and why at our dress-up presentation with slide show and owl music. Participate in a scavenger hunt, make crafts and dissect a pellet with your family.
PLACE: Swan Lake Christmas Hill Nature Sanctuary, 3873 Swan Lake Road
Donations appreciated; $5 for a pellet to dissect
CONTACT: Margaret Lidkea, 479-0211

Free Swims!
The following pools have scheduled free family swims!
Crystal Pool: Wednesdays 7-9pm Feb 22, April 5 & June 14
Gordon Head: Fridays 7-9pm Feb 10, March 24 and May 15
Esquimalt: Sundays 12-1:30pm Feb 26, March 26, April 30, May 28 and June 25
Juan De Fuca: Tuesdays 7-8:30pm Feb 14, April 25 and May 23
Oak Bay: Sundays 9-11am March 5, May 14 and June 18

Parent Support Services Facilitator Training
Are you compassionate, and a good listener who likes to work with people? Make a difference to parents in your community, by joining the committed network of volunteers who facilitate Parent Support Circles throughout Victoria. Volunteer facilitators are at the heart of the Parent Support Services self-help group program, providing a secure and comfortable environment for parents to express feelings and share the joys and challenges of raising children. “I am required to step outside everyday life and become a bigger person; it expands who I am.” (Parent Support Facilitator).

Parent Support Circles are weekly groups for parents who are experiencing stress or isolation in their parenting, want to find healthy ways to relate to their children and would benefit from being part of a community of parents. Currently, Facilitators are needed for Multicultural Circles, Parents of Teens Circles, Grandparents Raising Grandchildren Circles, and Aboriginal Circles.

Parent Support Services provides a “succinct, inspiring and insightful training” in topics such as: Effective Communication and Facilitation Skills; Group Processes and Dynamics; Parenting Issues; Child Abuse Awareness and Prevention; Anti-Oppressive Practice; Cultural Issues in Parenting; Self-Care; and other relevant topics. If you are interested in sharing and cultivating your skills, and extending your experience and compassion with parents by co-facilitating a local circle, please join us this spring. Facilitator training sessions will take place on February 24 - 26, providing 20 -22 hours worth of training.

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 MARCH NEWSLETTER: Feb 20