Unless this is your first News & Views, you’ll notice that the newsletter looks a little different this month. Our computer expired without warning, and with it the software that we use to lay out the newsletter. We apologize and promise that it will be back next month looking better, with a fabulous layout. Thanks for your understanding!

--Karen & Lisa, editors

**Strawberry Summer**

We are so fortunate here on Vancouver Island to have local farmers who specialize in that beautiful, luscious star of the summer fruits, strawberries. Yes, you can buy strawberries all year, but they come from Mexico, California, even New Zealand, and cannot compare in taste and freshness with seasonal berries picked just kilometers away from your table. Plus, many local growers don’t use the toxic pesticides that coat many of the imported strawberries.

This time of year is also great for picking your own berries. Why not spend a lovely summer day out with your family gathering buckets of red juiciness. Just make sure you get enough to bring some home!

**Berry-cicles: A Frozen Treat for Summer**

Parents, beat the ice-cream truck frenzy with this delicious and nutritional treat!

In a blender, combine 1 ½ cups strawberries, 1 cup low-fat French vanilla yogurt and 1 tablespoon liquid honey; puree until smooth. Divide among six 3-oz paper cups. Onto each of six stir-sticks, skewer a strawberry half midway. Insert strawberry end of stick into centre of each cup. Freeze until firm, about three hours. Let stand at room temperature for a few minutes and peel off paper cups. Hand to the kids and watch them smile!

**Le Coteau Farms** - strawberries (U-pick and picked)
304 Walton Place (off Oldfield Road), lecoteau@octonet.com, phone/fax 658-5888.

**Pedersen Berry Farm** - strawberries
6330 Central Saanich Rd, 652-3653. Specializing in strawberries since 1950. U-pick daily through the peak of the season 8am - 4pm.

**Rosemeade Farms** - strawberries and raspberries.
1939 Meadowbank Road, Saanichton, 652-1862. U-pick and picked strawberries and raspberries, also rhubarb, kale and Ontario super sweet corn.

**Skylark Farm** - Strawberries and Raspberries
6435 Oldfield Road, 652-2271. Strawberries and Raspberries, picked or U-pick. Phone for orders.

**Stewart's Berry Patch** - strawberries, raspberries, loganberries, tayberries, red gooseberries, black and red currants and blueberries.
6283 Oldfield Road, Saanichton, 652-6768. U-pick and picked. Stewarts also takes orders by phone.
**Finnerty Garden Tour**

Do you know what a tulip tree looks like? If you stand in front of the McPherson library, you can see three tall trees, which produce flowers just like small yellow tulips above in high branches, that’s why they are called tulip trees. The first UVic Family Centre Finnerty Garden Walking Tour on June 10th started with the shrubs and trees surrounding the Family Housing area and was conducted by the volunteer tour leader Christina, who is a resident and landscape designer. Christina commented on the history of the Finnerty Garden, trees, flowers, and plants that thrive in the West Coast climate. Her professional and passionate comments, and the participants’ questions and feedback made this event pleasant and unique. Nine people joined this excellent two-hour tour. A big thank you goes to Christina!

**Our Family Suggests**

**Beacon Hill- Victoria’s diverse & historic waterfront park!**

Having lived in Victoria for almost six years, I have visited many of the nearby parks for sightseeing, hiking, picnics, swimming, and walking my dog. Located right in the city, Beacon Hill Park stands out as one of the great natural places Victoria has to offer and is one of my favourites by far – and it’s free!

In addition to the wonderful rocky beaches, native trees and gardens, ponds, and playgrounds, this large park is full of exciting activities year-round – visit the children’s farm during the day and stay for the goat stampede at closing time (5 pm until Labour Day). See the world’s largest totem pole, nesting great blue herons, eagles, ducks, and Canada geese.

Each summer, Beacon Hill is host to the Luminara festival of lights, as well as many cultural events as part of the Stage in the Park Festival. It is also a great place for a picnic or walk – whether you’re looking for a family-friendly play area, a place to fly a kite, a jaunt to the perfect beach or garden spot, or watching urban wildlife, this park is accessible and full of possibilities. It is located near downtown, bordered by Dallas Rd. & Superior St. and Douglas St. & Cook St.

**Community Events in July**

**MOSS STREET PAINT-IN**

Take a walk down Moss St and visit the over 100 local painters, sculptors, photographers, and mixed-media artists who participate in this annual festival. July 15th, Moss St from the Art Gallery to Dallas Rd. FREE! (Accessible by #11 & 14 buses)

**GOVERNMENT HOUSE GARDENS**

The public is welcome to visit the vibrant gardens that surround the Lt Governor’s House at 1401 Rockland Street. Open Year Round from sunrise to sunset. FREE! (Accessible by #11 & 14 buses)

**SAANICH FARMERS MARKET**

Lots of locally-grown produce every Saturday at the Saanich Fairgrounds (1528 Stelly’s X Rd) from 9am-1pm.

**ICA FOLKFEST**

June 30-July 9 in Centennial Square; go to www.icafolkfest.com for more info. Amateur performers and emerging artists share the stage with award-winning musicians and dancers from around the world, and Vancouver Island’s culinary arts scene is highlighted alongside music, dance, theatre, film and circus arts.

We now have applications for **KIDSPORT** at the Family Centre. Families with limited income can apply to receive a grant to allow their child(ren) to join athletic programs. Please stop by the Family Centre to pick up your application, or visit http://www.sport.bc.ca for more information.
**The Nitty Gritty: Facts & Info about Family Housing**

Moving out? Here are some tips to make your move easier on you AND your neighbours!

- You can borrow dollies from the housing office. Call them for more information.
- Please do not use the laundry rooms as a dumping ground for everything that didn’t sell at your yard sale. You are welcome to put items in the laundry rooms that could be of use to other residents, but please be tidy!
- For things that are broken or unusable, please use bags to place them in the bins in the garbage areas.

**Call Salvation Army or Big Brothers/Big Sisters to donate large items.**

**Canada Post needs three days’ notice for forwarding your mail to your new address.** Go to [https://ssl.postescanada-canadapost.ca/smartmoves/coa/permanent/default-e.aspx](https://ssl.postescanada-canadapost.ca/smartmoves/coa/permanent/default-e.aspx) for more information.

**We love to get news from former residents! Please email us at fcnews@uvic.ca with your stories about life after Family Housing!**

**Saanich Sunfest Events**

For more information, and lots more events, go to: http://www.gov.saanich.bc.ca/resident/community/services/sunfest.html

**Saanich Strawberry Festival**
9-4 Sunday July 9th at the main beach at Beaver Lake (Pat Bay Hwy).

**Mt Tolmie Park Picnic**
JULY 5TH 5:30-8pm Horner Park/Mt. Tolmie. Fun for Mt. Tolmie neighbourhood families. Free hot dogs for everyone 5:30-7pm. Games for the children.

**Mt Doug BBQ & Sing Along**
July 6th 6:30-8 pm. Join us for a good old-fashioned BBQ. Bring your own hot dogs and buns, and we’ll provide condiments, refreshments and awesome leaders to play cooperative games with kids of all ages. Event closes with a fun sing-a-long

**Strongman Competition**. July 8th 11-3pm. Come see Saanich’s first ever Strongman contest at Gyro Park.

**Sixth Annual Saanich Skate Jam**. Lambrick Park Skate Park at Gordon Head Recreation Centre. July 9th 10 am - 4 pm. Skateboard competition for all ages and levels. A day of fun, prizes and competition.

**Swan Lake Events**

All events take place at Swan Lake Christmas Hill Nature Sanctuary, 3873 Swan Lake Road. Contact Julie or Elizabeth at 479-0211 for more info.

**Farmyard Fun**, Thurs, July 6th: Travel back in time to the years when cows and sheep lived around Swan Lake. Learn how to make butter and ice cream and taste some for yourself! 1 – 3 pm; Crafts $2, Ice cream $1, Donations appreciated.

**Creatures of the Night**, Fri, July 14
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. 8 – 9:30 pm; $3/person

**Reptile Day**, Thurs, July 20th
Come join us for our annual reptile bash as we learn about all those who are scaly. Observe our fabulous reptile friends, play games, make crafts and get your face painted! 12:00 noon – 3 pm; $2/child for crafts

**Christmas in July**, Fri, July 28th
Come share the magic of Victoria’s Christmas Hill. Sit under the boughs of Garry Oak trees and learn the legends of Christmas Hill. Recommended for families and children 7 yrs and up. Bring a water bottle. Pre-registration required. 6:30 - 8: pm; Donations appreciated.
Antonia Makes a Difference

Hi – my name is Antonia Vergara and I am 10 years old. One summer, I went to a fair in Sidney and this lady was talking about cutting her hair and making it into wigs for cancer patients. So my mom and I were thinking about it for the whole year, and I finally decided I wanted to cut my hair. I went to get my hair cut and they cut off eight inches, and now I have my hair at home, waiting to be sent away to a wig company in Vancouver that makes wigs for cancer patients. I had been growing my hair for two years, but I felt good about cutting it because someone who has cancer will now have a wig. Some kids with cancer are embarrassed about that, and I hope it will make them feel better.

If you are interested in donating your hair to be used for wigs, go to www.cancer.ca, and click on “British Columbia” and then choose “Hair donations” from the “Take me to” drop-down list.

Food Matters: Culture Club Cooks!

The members of the Culture Club meet on Tuesdays at 4:00 p.m. The purpose of the meetings is to share experiences and wisdom, make friends, and to receive support among the people originally from outside of Canada. Heba, an active member, shared this delicious recipe for Baklava. Fresh baked baklava tastes extraordinarily delicious and quite easy to prepare.

Heba’s Baklava

Syrup ingredients:
2 Cups of sugar
1 1/2 Cups of water
A few drops of lemon juice

Nut mixture ingredients:
2 cups of chopped walnuts (almonds, pistachios, and raisins optional)
A few drops of Orange Blossom Flower
2 Tablespoons of sugar

Other ingredients:
1 package of Phyllo Pastry sheets
1/2 Cup of melted butter with 3 Tablespoons of vegetable oil

Directions:
Place the half package of the phyllo pastry sheets on a greased baking sheet. Spread the nut mixture evenly on the phyllo pastry. Cover with another layer of remaining phyllo pastry sheets. Cut in 5cm strips and then diagonally to make 5cm squares. Pour the butter mixture over evenly. Bake in 350F for approximately 15-20 minutes until the pastry turns to golden brown. Pour the prepared syrup over the pastry while it is hot.

Children’s Corner

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