Family Centre hours for January:

Tuesdays
9am-6pm
Playgroup & Storytime
10:30am-12pm
Culture Club 4-6pm

Wednesdays
7:45am-2pm
Breakfast Club
7:45-8:45am
Playgroup 10-11:30am

Thursdays
12-5pm
After-School Club
3:30-5pm

New Year’s Celebrations around the world
- Traditional New Year Foods -
by Eugene Jung

Do you have a food you simply have to eat as part of a New Year's tradition - something that will bring your family luck, happiness, and prosperity for the coming year? Almost every country has at least one special food that is eaten on New Year's Eve or in the first days of the New Year. Our neighbors share their special cuisines and traditions for New Year’s Day.

Many cultures believe that anything in the shape of a ring is good luck, because it symbolizes “coming full circle”, completing a year’s cycle. For that reason, the Dutch believe that eating donuts on New Year's Day will bring food fortune. Black-eyed peas and other legumes have been considered good luck in many cultures. In parts of the United States people celebrate the new year by consuming the peas. Either hog jowls or ham typically accompanies these legumes. The hog, and thus its meat, is considered lucky because it symbolizes prosperity. Cabbage is another “good luck” vegetable that is consumed on New Year’s Day by many different cultures including Chinese and Irish. Cabbage leaves can be considered a sign of prosperity, being representative of paper currency. A Hispanic tradition is to eat twelve grapes at midnight, one for each month of the year, as good luck.

Thanks to the wonderful support of the UVic Community, the Family Centre’s Food Share shelf is full of non-perishable food for families in need. Please visit the Family Centre to find out more about this confidential, free, community-run program.
THANKS SO MUCH!

A BIG FAREWELL AND THANK YOU to our lovely and talented News & Views editors, Lisa Hitch & Karen Lee Pickett.

For the past few years, they have been passionate about bringing our community an informative, useful, creative, and fun newsletter! We will miss their enthusiasm and support of student families & wish them & their family all the best in the future!

Zine Workshop
Andrea and Janna are interested in doing a zine workshop at the Family Centre for teens during the After School Club – A Zine is a small book that can be about anything we want it to be! One part do-it-yourself publication and one part art project! Andrea has got some samples if you would like to come and take a look. If you want to know more about this, please come down and talk to us!

Dental Screening for Pre-school Aged Children

by Tomoko Okada

In spite of the aftermath of the recent horrific storm and power failure, the Family Centre received overwhelming numbers of children for our first dental screening which was held in the morning of December 15. A big thank you go to the parents who came with their children and special thanks go to Holly and Susan from the VIHA Saanich Public Health Unit for risking their lives and driving through disabled traffic lights and spending hours with us at the Family Centre.

Food Matters

GOLDEN HARVEST SOUP

by Heidi Fink (Local Chef)

2 tbls. of butter, 1 med. yellow onion, 1 med. size sweet squash or yam(chopped & peeled), 1 tsp of grated ginger, 1 pinch of cinnamon, 2 bay leaves, 4 large pears peeled & chopped, 1 tsp salt, or more to taste, 6 cup of water or stock, 1 cup cream (optional)

____________________________________________________________________________________

Heat pot over medium heat. Melt butter & sauté onion. Stir onion frequently for several minutes. Add ginger, cinnamon, bay leaves & sauté for a few seconds. Combine water, salt & squash(chopped & peeled). Bring to boil, simmer for several minutes. Add pear & bring to a boil again, reduce heat to low. Cook for 15-20 minutes until tender. Remove bay leaves & puree with blender. Stir the cream in & serve.
The 'Puppet Show' was presented at Uvic Childcare Complex B on December 20th. Several children and their families took part. Here we introduce one of the most lively audience members, Siobhan.

Culture Club is a group organized by Tomoko that meets once a week at the Family Centre (4-6pm) to exchange recipes, cook a meal together and share life experiences. This month we sat down with one of the most active members Sun-young Kim to discuss the group and her life as a new Canadian.

Sun-young moved to Canada from Seoul, Korea four years ago. After residing in Saskatoon and Edmonton her and her family drove out west to settle in Victoria and attend school. She has lived in family housing for the last year and currently spends her time taking English classes and being a mom to her three year old son.

The culture club has been a means for her to stay connected with other mothers and an important time to discuss issues ranging from parenting in a new country to the stress of school. Many of the participants have spouses that are full time students and it helps to have a space to connect with other people in similar situations.

When asked about the other people in the group, she says Tomoko “feels like a mom to us”. She also describes how over the last year the small group has become very close and able to feel comfortable talking about many subjects.

One of the most common topics of discussion is parenting. Sun-young points to some of the challenges international students face at UVic. One of the major obstacles is not having extended family. In Korea and many other countries, grandparents are important for supporting new parents. For example after birth the mother of the new mom cooks and helps out with the baby. For families living abroad this can often be a source of hardship with less help around for the new mom. A chance to discuss and share solutions to these challenges often helps to relieve them and the cultural club has been a great space to do this. Sun-young invites people from all backgrounds to the group and hopes to see many new faces in the coming year.

The 'Puppet Show' was presented at Uvic Childcare Complex B on December 20th. Several children and their families took part. Here we introduce one of the most lively audience members, Siobhan.

Hi,

My name is Siobhan. I want to tell you how much I enjoyed the puppet show. My favorite part was when all the animals helped make the soup and at the end everyone was very happy.

Thanks to the Family Centre for putting the show on. Siobhan.
Family Center Programs & Resources

The Family Mother Goose Program

Please join us with your children (suggested age 0-3 years old) and enjoy an hour of interactive rhymes, songs, and stories from around the world. The UVic Family Centre Mother Goose Program is designed to be a unique group experience for parents, babies, and young children to learn new ways to cope with children at home and to meet other parents. This program is held every Wednesday morning. Please register at the Family Centre.

**Starting:** January 17th, 2007 for 7 weeks held every Wednesday morning 10:30-11:30AM

**Place:** UVic Child Care Complex B on Finnerty Road.

The Family Centre Lending Library

Now that it's the beginning of a new calendar year & semester, it's a great time to check around your home to see if you have any overdue library items from the Family Centre.

The Family Centre lending library is a well-used resource for students at UVic with families. We have a large collection of children's books, toys, videos, young adult fiction, adult fiction, and parenting/lifestyle resource books available for use. Student families are welcomed to come and check out this free service. Please call Andrea at the Family Centre for more information.

**REMINDER**

Loan periods are:
- Videos - one week
- Books and toys - one week

Parents Support Group

Come join us for a parent support group, sponsored by the UVic Family Centre & UVic Counseling Services. Wendy Lum, a counselor from Counseling Services, will be leading this monthly parenting support group. Share your insights & experiences, and learn some new ideas! Childcare will be provided, please phone to let us know if you will be needing it.

**When:** First Friday of each month (December 1st), 3:30-5:00 PM

**Where:** Family Centre (472-4062 for more info)

IESS Workshop

**January 24, 2007**
- Understanding Canadians - How to Make Sense of a New Culture
  - 3:30pm - 4:30pm
  - Clearihue Building, Room A207

Join us for a workshop where we will discuss Canadian behavior and explain some Canadian cultural values.

**January 30, 2007**
- Considering Working in Canada After Graduation?
  - 4:30pm - 6:00pm
  - David Strong Building, Room C118

An IESS Student Advisor will discuss the application process for a Post-Graduation Work Permit.

**January 31, 2007**
- Working in Canada - How to Get an Off-Campus Work Permit and Find a Job
  - 3:30pm - 4:30pm
  - Clearihue Building, Room A207

Don't Forget!

to keep checking

at the Family Centre for new donations to our clothing exchange! Campus Security makes monthly donations of used clothing, water bottles, travel mugs, etc.