Recycling & Composting Systems on the UVic Campus
By Rita Fromholt, Sustainability Coordinator

UVic’s Facilities Management Group and the Office of Campus Planning & Sustainability have been working hard over the past couple of years to improve our campus recycling and composting systems. We have been standardizing our basic collection systems and signage to make the system more convenient and easy to understand. While we can’t capture everything that can be recycled, our 3-bin sorting system is designed to accept the most frequently recycled items. Here’s how it works:

- **Blue Bins** – Are for mixed paper, including bond paper, cereal boxes, phone books, magazines and flattened cardboard. No coffee cups or paper towels.
- **Brown Bins** – All refundable bottles and cans, plus hard plastics including yogurt containers, sushi trays, coffee cup lids with numbers 1, 2, 3, 4, 5, & 7 on the bottom. No tetra paks, milk cartons, Styrofoam or soft plastic.
- **Grey Bins** – All landfill waste, i.e. everything else! Remember, “If in doubt, throw it out” as a contaminated recycling bin lands up in the landfill anyways.

And we are fortunate to have a very comprehensive composting system that takes all food waste (including meat and dairy products), PLUS paper coffee cups, paper towels and napkins. It cannot however, accept any plastic materials so PLEASE no plastic bags of any kind or coffee cup lids, nor any human waste. Compostable items can be collected in special compostable bags or placed directly in one of the compost totes in the waste compounds located around campus, including in the Family Student Housing area.

Other hard to recycle items such as Styrofoam, milk cartons, soft plastic, batteries and electronics can be brought to the special recycling bins set up in the Student Union Building, or dropped off at the monthly Pacific Mobile Depot neighbourhood recycling depot on the second Saturday of each month from 9 am to noon in Lot #7.

Remember: Waste reduction systems only work if you make the effort to use them correctly!

See [www.uvic.ca/sustainability](http://www.uvic.ca/sustainability) or contact [wastenot@uvic.ca](mailto:wastenot@uvic.ca) for more information.

### Family Centre Weekly Hours and Programs

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Program</th>
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<tbody>
<tr>
<td>Monday</td>
<td>7:00—9:00pm</td>
<td>Craft Group (Knitting)</td>
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<tr>
<td>Tuesday</td>
<td>7:30am-3pm</td>
<td>Breakfast Club: 7:30-9:00am</td>
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<td>Music and Movement Playgroup: 10am-12noon</td>
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<tr>
<td>Wednesday</td>
<td>9:30am–3pm</td>
<td>Playgroup: 10am-12noon</td>
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<tr>
<td>Thursday</td>
<td>1pm-5pm</td>
<td>Afterschool Program: 3:30pm-5:00pm</td>
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<tr>
<td>Friday</td>
<td>10am-12noon</td>
<td>Playgroup: 10am-12noon</td>
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Pedagogical Narrations

You may have noticed that we have been experimenting with different activities during our Wednesday and Friday morning drop-ins for the under fives. We have put tarps up on the walls and floor, covered them with paper, and put out a set of paints and brushes. We have allowed the children to explore with these paints, doing whatever feels natural for them. Our staff has been observing the way children engage with this kind of activity. Denise, a PhD student here at UVic, has also been taking photos and videos of the children; how they paint, and what they say about their artwork. This is called a Pedagogical Narration. That may sound very “academic” so let me explain what it is. Pedagogical Narration is simply recording through photos, videos, or transcription the movements of children’s play. This tool allows us to observe, reflect and talk about the “what” and “why” of the activities we do during programs at the Family Centre. Personally, I have found these activities to be very interesting. Just noticing interactions that the children have between each other, and with their parents, is something I have not taken the time to observe closely. We would love to include parents in the discussions about these activities, you can post a comment on our Facebook page, write it down on a post-it note and attach it to the artwork itself or simply talk to one of us – we would love to hear from you!

By Kelsey Heap
Celebrating Miki McMechan
The UVic Family Centre has enjoyed two and a half years of enriching programs based on Early Childhood Education shared with us by Miki. She has shared her knowledge, experience and wisdom and the joy of understanding how children grow and develop with parents, grandparents and children. Her ECE expertise has also helped to guide staff and students in our development of best practices for Family Resource Programs. Her genuine caring ability to relate with people has been much appreciated. Miki creates a warm and welcoming place for families and demonstrates a real joy in working with children. We want to thank Miki for all of this as she moves on in January to new experiences in her life.

The Family Centre, all of us, wishes Miki the very best!

Miki's Corner
On these cold, brisk mornings I am reminded of this poem by C.E. Pike.

Jack Frost
Look out! Look out!
Jack Frost is about.
He's after our fingers and toes;
And all through the night
The gay little sprite
Is working where nobody knows.

He'll climb each tree,
So nimble is he,
His silvery powder he'll shake.
To windows he'll creep,
And while we're asleep
Such wonderful pictures he'll make.

Across the path
He'll merrily pass,
And change all it's greeness to white.
Then home he will go
And laugh ho, ho, ho,
What fun I have had in the night.

In the month of December we will look at the changes in the weather, animals that live where it is very cold, winter celebrations and more.... Please come and join us at the UVic Family Centre.

Holiday Family Fun Around Town

Thursday, December 1st
*Christmas Lights Across Canada*
Parliament Buildings, 4:30pm

Friday, December 2nd
*Sea of Lights Boat Parade*, Gyro Park, Cattle Point and Willows Beach, 7:00pm

Saturday, December 3rd
*Deck the Halls*, Saanich Municipal Hall 5:00-8:30pm

IEOA Truck Light Parade and Food Drive
Visit www.ieoa.ca for route details. 5:45-8:15pm

*Lighted Ship Parade*
Victoria Inner Harbour, 7:00pm

Sunday, December 11th
*Caroling in the Village*, Cadboro Bay Village 6:30-8:30pm

Saturday, December 17th
*A Christmas Carol* told by Jason Stevens. Market Square, Noon and 2:00pm.

Month of December
*Victoria Festival of Trees*
The Fairmont Empress - 721 Government St. Open all-day everyday.

*The Great Gingerbread Showcase*
The Inn at Laurel Point
10:00am-6:00pm daily
Programs and Events

The Family Centre will be closed from December 23rd to January 3rd.

Playgroups:
On Tuesday, Wednesday and Friday mornings from 10am-12pm, the Family Centre hosts fun and energetic playgroups. Kathleen’s lively Music and Movement Playgroup meets on Tuesday mornings. On Wednesday and Friday mornings, Miki hosts playgroups involving arts and crafts, free play, circle time, and snack. We look forward to seeing you and your little ones this month.

After School Club:
School Aged Kids (Grades 1-6) are invited to the After School Club at the Family Centre on Thursdays from 3:30 - 5:00 pm. It is a short month with winter holidays around the corner. Come and join us for a papier-mâché activity, fun games, food, and a small party to kick off the winter season.

December 1st: Rockin’ Rainmakers Part 1
December 8th: Rockin’ Rainmakers Part 2
December 15th: Farewell Frenzy
December 22nd: Closed
December 29th: Closed

Make and Take:
Need a night out? The Family Centre is open on Monday evenings from 7-9pm. Currently a group are working on knitting projects, but feel free to bring your own craft project along and work on it while getting to know other people in the community. Don’t have a craft project? Can only make it for an hour? Come anyway! The kettle is always on and we’d love to see you!

Breakfast Club:
Come and stop by Tuesday mornings between 7:30 and 9:00am for a breakfast drop-in group run by Laura and Kelsey, our practicum students. Pop by on your way to school, work, daycare...come share some food, meet new people or connect with friends. Each week will be a different breakfast food, along with the staples like toast and cold cereal. We hope to see you there! EVERYONE WELCOME!

Community Events

Victoria Kids Consignment Holiday Toy Sale
St. Joseph’s Elementary School Gym
757 W. Burnside Road
December 3rd 1:00-6:00pm
Entry $1 for Santa’s Anonymous

Mystery Creature (Guided Walk)
Lone Tree Hill Regional Park
"Riddle me, riddle me through the park. Find the answers before it gets dark!" Solve the riddles to find the clues hidden along the trail with a CRD Regional Parks’ naturalist. At the end, we’ll piece the puzzle together to discover who the mystery creature is! December 28th, 10:00 am - 11:30 am. All ages.

Robert Munsch Storytime
Central Branch Library
December 29, 2011 2:30pm - 3:30pm
What better way to celebrate Family Literacy Week than with the stories of Robert Munsch. Be prepared to laugh along as you listen to some of your favourite stories brought to life through books, puppets and short films. For young children and their families; children under 3 must be accompanied by an adult.

Cinecenta Kids Matinees

Winnie the Pooh
December 3rd and 4th, 1:00pm
Eyeore has lost his tail, so Pooh and his friends hold a contest to get him a new one.

Dolphin Tale
December 10th and 11th, 1:00pm
Morgan Freeman and Ashley Judd star in a story about the friendship between a boy and a dolphin whose tail was lost in a crab trap.