

# News & Views

University of Victoria Student Family Housing Newsletter



The Family Centre  
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#### Hours for December

Tuesdays 9:30am - 5:30pm  
Wednesdays 7:00am - 3:00pm

#### Weekly events for December



**Tuesday mornings:**  
**Storytime and Coffee Klatsch**  
At the Family Centre  
10:00am - 12:00am



**Tuesday afternoons:**  
**Chess club**  
At the Family Centre  
3:00pm - 5:00pm



**Wednesday mornings:**  
**Breakfast Club**  
At the Family Centre  
7:00am - 8:30am



**Wednesday mornings:**  
**Playgroup and Coffee Klatsch**  
At Childcare Services Complex B  
10:00am - 12:00pm



**Friday Night: (Dec. 5th & 19th)**  
**Knitting Night**  
At the Family Centre  
7:00pm - 9:00pm

Welcome • Willkommen  
Bienvenue • Bienvenida  
Bem Vindos • Witamy  
Maligayang Pagdating

مرحبا

## Family Lantern Walk - December 16th

As the darkness of winter approaches, join us for a special ceremony of light. We will begin by making paper lanterns in the Family Centre on December 16th between 5:00pm and 7:00pm, and then the children will be told a story about how they can capture their own light and keep it burning strong all winter long. We will then proceed out into the night with our lanterns twinkling, sharing warmth and light. Afterward hot chocolate will be served for extra warming.



Everyone is welcome. If you cannot come early to make a lantern, bring your own and join us for the walk around family housing at 7:00pm. Call Lisa Hitch for more information 381-6680.

## Our Multicultural Potluck

The multicultural potluck was a success with about ten families showing up. We had a nice selection of dishes ranging from a pasta salad to salmon pie to a Blueberry Crisp. An air hockey table provided entertainment for most of the evening with the younger crowd as they battled it out trying to score on each other. There were some new faces as well as familiar ones. Families had a chance to relax, enjoy some wonderful food and spend time with other families from the community. Thank you to everyone who came! We're hoping to have another multicultural potluck in February and it would be great to see you there!



Wednesday December 3rd, is family and friends night at the UVic Bookstore from 5:00pm - 8:00pm. Hot Apple Cider, yummy snacks, and crafts for kids. 20% off almost everything. Everyone welcome, especially kids.

## Submissions to the News & Views

Items for the newsletter may be sent via e-mail to the editor Katherine Tevaarwerk ([klt@uvic.ca](mailto:klt@uvic.ca)), and will be included on a first come, first served basis. Please limit your submissions to a maximum of 250 words, and include a name and contact address. Please note that due to incompatibilities between the many extant versions of the software, Microsoft Word (.doc) attachments will not be accepted. **Deadline for Submissions - 20th of each month**



## Family Centre News

### Breakfast Club

Join us for breakfast at the Family Centre on Wednesday mornings between 7:00am and 8:30 am. The atmosphere is warm and homey, the food and company are great, and it's free! Everyone welcome. Many thanks to the generous donations of Saint Vincent de Paul Society and Dairyland who are providing the food for our breakfast.



### Thanks

Thanks to Dana Kimoto for her contributions to last month's newsletter, including her article on National Child Day, and apologies for failing to include her name on the submissions.

### Chess Club

New! Chess Club! Change of programming for school age children. We will no longer be having the Homework Club. Instead, due to popular demand, we will be starting the Chess Club! All school age children are welcome to come between 3:00pm and 5:00pm on Tuesdays to learn how to play chess. If you have your own board please bring it along. All abilities welcome.

### The Good Food Box

The Good Food Box. If you would like to purchase a box of fresh fruit and vegetables, please have your money (\$5, \$10, or \$15) to the Family Centre by Wednesday, December 10th at 3:00 pm. Your box will be available for pick up at the Family Centre on Wednesday December 17th between 3:00pm and 4:00 pm.



### Clothing Exchange

Clothing Exchange will be on Tuesday December 16th. Come and check out our selection of clothing for all ages, or make a donation of clean, good condition clothes that you are finished with.

### Christmas Cheer

On Tuesday December 23rd drop by the Family Centre for Christmas cheer. There will be treats and music. Everyone welcome to come for a visit between 1:00pm and 4:00pm.



### Christmas Closure

The Family Centre will be closed on Wednesday December 24 through until Tuesday January 6th for the Christmas holiday.

## Christmas Hamper

This year we will once again have a Christmas hamper to offer a family. If you know of someone in Family Housing who could particularly use a little extra help this Christmas, please let Martha know at the Family Centre. The name will be kept confidential.

### Free Christmas Tree

Slightly used free Christmas tree. Available for pick up from the Faculty of Human and Social Development on December 19th. If you are interested please call Martha at the Family Centre.



### Family Housing Reps

Looking for block reps in Family Housing! We would like to start a neighbourhood communication network making use of representatives from each block in Family Housing. This is a way for you to volunteer in your community without having to commit much time. The purpose would be to share information throughout the year about special events, perhaps to welcome new neighbours into your block, etc. You may have ideas of your own for how to build community through the use of a network. Please call or email the Family Centre and give us your name, email and unit number. For the apartment buildings we would like one representative from each floor. In the townhouses we will divide it up according to how many reps we get, but roughly unit numbers 100 to 400, 500 to 1100, 1200 to 1500, 1600 to 2000, 2600 to 3000, 3200 to 3700.

### Petition for Longer Family Centre Hours

A petition has been started by a community member to gain more support for the Family Centre. Please drop by and sign it! It says: "We the residents of UVic Family Student Housing want to express our desire to have the Family Centre open longer hours. The service provided is a much needed support and we feel the university should be funding the Family Centre to be open full time."

### Welcome Wagon

If you are moving, expecting a baby or planning a wedding call the Welcome Wagon at 477-2220. They have gifts and information for you!

### Report on Family Issues Due in New Year

Research work that began with a Think Tank on Family Issues back in the spring, has been continuing. We plan to have a final report early in the new year, including ideas to make UVic more family friendly.

## Community Profile

My name is Annalisa and I live in family housing with my husband Dave and our son Tobias. We're expecting our second child in early April. In mid-July we moved here from Spokane, Washington. We're still adjusting to life in Victoria, which is not too much different than the states, but it's still a transition moving to a new city where you don't know anyone.

Our son Tobias turned two a couple weeks ago. Back at home he had lots of family to visit on almost a daily basis so playgroup has really helped him adjust to our new life.

Dave is attending UVic for an MA in Linguistics. We're not sure yet if we'll stay here for his PHD. He enjoys reading and pretty much anything that has to do with getting outdoors. We're both very much into music, but haven't had much time for concerts or searching out new music.

I am a stay home mum. I've been busy making fleece diaper wraps for Tobias and the next baby. I make them from scratch so it's taken me a while to figure out the pattern. I may start a business selling my wraps in the near future.

I've also taken over managing the community garden. I've met with a couple members of VIPIRG about improving the garden for everyone who uses it. We're arranging a mulch party and I will be contacting everyone renting a plot about it. I'm hoping to do what I can now to improve soil for spring so everyone has a better chance at gardening next year. If you have a plot in the garden I look forward to talking to you soon and I'd be glad to hear any ideas you have about improving the gardens. Feel free to contact me with any concerns or questions.  
Annalisa Robertson - amcrobertson@netscape.net - 721-4819

## Family Centre Fundraising

Some interested members of the community (including Naz Rayani, otherwise known as the lollypop man from the campus Pharmasave), have been meeting over the past few months to help us work towards having the Family Centre open longer hours. There have been lots of great fundraising ideas generated and a few funding proposals have gone out. We are confident that with the generous input of this group, we will see the Family Centre open longer hours in the near future. Thank you!

## Family Video Night

As for December we're going to be showing The Muppet's Christmas Carol on December 16th at 6:30pm in the Grad Centre. We provide free popcorn (we encourage kids to bring their own containers) and there will be a special Christmas treat (probably cookies).



## Updates from Family Housing Alumni.

If you know anyone who used to live in Family Housing, please encourage them to drop a line and let us know what they are up to these days.

Junko writes to us from Japan. She was a much loved volunteer at the Family Centre last year.

Hello, everyone in Family Housing;

It is already November! I miss you all and Victoria. You must be enjoying autumn leaves. I have been pretty busy. I am teaching kids English twice a week (6 lessons). The school I am teaching at is a private company. The children I teach are three years old to sixth graders, but the school accepts two year olds as students! A lot of parents want their children to learn English from an early age. I try not to speak in Japanese, but I have to do it to make them understand! (plus when I have to scold them. They don't get it otherwise).

I just finished a Halloween lesson. I dressed up like an angel. I made a cape and skirt out of lacy curtain. I also made wings and how do you call it, a halo? The teachers who put on scary costumes made the kids cry!

I am trying to visit my parents once a week. My father is suffering from Parkinson's disease and needs help to go to bathroom at night, and that makes difficult for my mother to have good night sleeps.

My email address is

DZN01712@nifty.com

After N, it isn't O but zero(0).

Love, Junko xoxo

## Mature Students Group

Transition to UVic - Finding time to study - Child care issues - Finances and budgeting - Turning age to your advantage - Coping skills - Illness and family crises - Meeting other mature students - Being positive about strengths

The Mature Students Group has been meeting every Friday since October 10th. The last meeting of the year is Friday, December 5th, from 1:00pm- 2:30pm, and will hopefully start up again in January.

The group meets at counselling services in the Campus Services Building.

For more information call 721-8341, or visit the counselling services website at [www.coun.uvic.ca](http://www.coun.uvic.ca)

## The Pleasures of Reading Aloud!

There are many benefits to reading with your child, even if it is just for 20 minutes a day. Over the following months, I will be including tips on reading with your child, and how to make the most of the time you spend together.



### The starting position:

Your physical position communicates your interest and caring. Place yourself at the child's level, cuddling together on the couch or bed or sitting on the floor together.

### Suit the books to the age:

Babies explore books through all of their sense, including taste, so choose cloth books or cardboard books that can survive the wear and tear. Toddlers often have an interest in naming things in books with simple pictures.

Gradually, children become interested in the story itself and can progress over time from simple, short books to more complicated stories, and eventually to chapter books.

### Follow their interests:

Choose books that are not only suited to your child's age but also to their interests. Younger children may lose interest before the last page. You may also find yourself reading a story over and over again - that's okay. The goal is to make reading fun and exciting.

Watch for more tips on reading aloud with your child in future newsletters.

### The benefits of reading aloud to your child:

1. Reading children's stories aloud to our kids is just plain fun!!
2. Reading children's stories is a wonderful bonding experience that fosters meaningful one-on-one communication with our kids.
3. It shows our children in no uncertain terms that they are important to us.
4. It molds our kids into life long readers and life long learners.
5. It is a vital and integral part of teaching our kids how to read as children learn how to read by being read to.
6. It significantly increases our children's future academic success.
7. It helps our children master language development.
8. It builds listening skills, increases attention spans and develops the ability to concentrate at length of which all are learned skills.

9. It develops a child's ability to express themselves more confidently, easily, and clearly in spoken and written terms.

10. Reading children's stories aloud, as well as independent reading develops, a child's ability to use their imagination!

11. It expands our children's horizons, quells fears, exposes them to new situations, allows them to visit other places and time periods, and teaches them appropriate behaviour.

12. Reading children's stories to our children provides the best opportunities for true teaching moments.

### Recommended Reading List

Here is a list of wonderful books for school-age children that can be either read independently or aloud:

- Alexander, Lloyd - The Book of Three  
Babbitt, Natalie - Tuck Everlasting  
Burnett, Frances Hodgson - The Secret Garden  
Burnford, Sheila - The Incredible Journey  
Cleary, Beverly - Sister of the Bride  
Cooper, Susan - Over Sea Under Stone (The Dark Is Rising series)  
Dahl, Roald - Charlie and the Chocolate Factory  
Farley, Walter - The Black Stallion  
Frank, Anne - The Diary of a Young Girl  
Henry, Marguerite - King of the Wind  
Kipling, Rudyard - The Jungle Book  
Knight, Eric - Lassie Come Home  
L'Engle, Madeleine - A Wrinkle in Time  
Lewis, Clive Staples - The Chronicles of Narnia  
Lowry, Lois - Number the Stars  
Lunn, Janet - The Root Cellar  
Montgomery, Lucy Maud - Anne of Green Gables  
Mowat, Farley - The Curse of the Viking Grave  
Nesbit, Edith - Five Children and It  
Norton, Mary - The Borrowers  
Paterson, Katherine - The Bridge to Terabithia  
Rowling, J.K. - Harry Potter and the Philosopher's Stone  
Spyri, Johanna - Heidi  
White, E.B. - Charlotte's Web  
Wilder, Laura Ingalls - Little House on the Prairie  
Wyss, Johann - The Swiss Family Robinson

Dana Kimoto