

# News & Views

University of Victoria Student Family Housing Newsletter



The Family Centre  
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Hours for November  
Tuesdays 9:30am - 5:30pm  
Wednesdays 7:00am - 3:00pm

Weekly events for November



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



**Tuesday afternoons:**  
**Homework Club**  
At the Family Centre  
3:00pm - 5:30pm



**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: (Nov. 7th & 21st)**  
**Knitting Night**  
At the Family Centre  
7:00pm - 9:00pm

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

مرحبا

## The Hole in the Fence

Attention all parents with children in grades 3 and under!

A new story time is coming to the Family Centre!

The Family Centre would like to test drive a potential new story series for a special program for children in kindergarten to grade three. The program is called The Hole in the Fence, and centres around teaching children problem solving and critical thinking skills in a variety of issues, including diversity, decision-making and self-esteem. These complicated topics are translated into simple themes in stories that are highly appealing and thought provoking for young children. A series of story times using this program will follow sometime in the New Year if the pilot run is a success.

**When:** Tuesday November 18, 6:30pm – 7:00pm at the Family Centre  
Light refreshments will be provided! Please come with your children to share in the story and hear about the program.

**Followed by:** Workshop on Talking to Children About Diversity 7:00pm – 8:30pm. For parents of children aged 3 – 10, we will be hosting an interactive workshop involving discussions, activities, and information on talking to children about diversity. This workshop will emphasize valuing the differences in everyone! Children are welcome to come and play while you participate.

Please register in advance by calling the Family Centre at 472-4062 and telling us if you intend on coming to the story time, the workshop or both.

## Welcome to New Volunteer Jen Lockhart

Welcome to our new volunteer Jen Lockhart. Jen is joining us at Wednesday playgroup to help out with the children and we are very happy to have her!

## Family Centre Closed for Remembrance Day

The Family Centre will be closed on Tuesday November 11 for the Remembrance Day holiday.

## 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 Has Busy Start

The Breakfast Club is off to a great start! Many children and adults from the community have been dropping by the Family Centre on Wednesday mornings between 7:00am and 8:30am for some good food and company. It's a great way to start your day! Many thanks to the Saint Vincent de Paul Society for their generous donations.



### Persian Language Classes

The Persian language class has started up again! Any children interested in learning Persian can contact Mrs. Nassagi at 477-7556. Classes are on Saturdays at the Family Centre.

### Interested in joining a Community Kitchen?

We are looking to start a second Community Kitchen! Our first group has been meeting regularly for the past few months and cooking up a storm. If there are a couple of more people in the neighbourhood interested, we can start another group. Preparing meals in advance and sharing the work with neighbours is an economic and fun way to get cooking! If you are interested or would like more information please call Martha at the Family Centre.

### Good Food Box Orders

Don't forget to order your Good Food Box by Wednesday November 12th no later than 3 pm for delivery the following Wednesday (the 19th). Many people in the community have been very pleased with the excellent value of their \$5, \$10 or \$15 box of fresh produce. Call the Family Centre for more info.



### Clothing Exchange

The Clothing Exchange will be held on Tuesday November 18. Feel free to drop by and help yourself to the selection of clothing available.

### Homework Club

Calling all school age children! Drop by the Family Centre on Tuesdays after school for the Homework Club, followed by a fun activity.



### Thanks

A big thank you to Iman Fayed for her generous donation to the Family Centre of a beautiful papyrus painting, a gift of art from Egypt. Iman gives it on behalf of her dear son Mahmoud.

## UVic Family Centre Multicultural Potluck!

You are invited to a Multicultural potluck.

**When:** Nov. 22nd, 2003 at 5:30PM

(Come whenever you can)

**Where:** UVic Child Care Centre, Complex B (3897 Finnerty Rd.)

**What:** Potluck dinner - Please bring a favourite dish

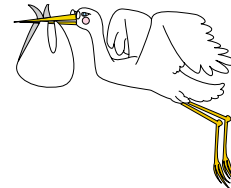
This is a chance to share foods from different cultural backgrounds. Please bring a traditional food dish and your entire family for an evening of food and fun. You are also welcome to bring anything from your culture that you would like to share - pictures, music, clothing, dances, etc. This is a great chance to get out and socialize with your neighbours and meet other families in the UVic Family Housing Complex. We welcome volunteers to help with set-up and clean-up. For more information call the UVic Family Centre at 472-4062.

### Car Seats/High Chair Need a Good Home

The Family Centre has an infant car seat, toddler car seat and high chair to give away to a good home.

### Welcome Baby Trent

- Congratulations to Lorelei, Greg and Matthew Newton on the birth of baby Trent, born September 26. His long awaited arrival is truly a joy.



### Volunteer Counselling Clients Needed

Looking for volunteer counselling clients! The UVic Masters in Counselling program has students that need to get counselling practice. If you are interested, you will receive 5 or 6 sessions with a counsellor in training. Issues should be of a nature suitable for a beginning practitioner, not of a more serious nature. For more information contact Blythe Shepard at blythes@uvic.ca or 721-7772.

### Kindergarten Looking for Donations

Kindergarten teacher at Frank Hobbs looking for gently used Lego, Barbies, books, and toys for classroom. If you could help call Mrs. Lindsey Janicki at 477-1804.

### Babysitter Needed

Babysitter needed for three year old boy. Evenings and weekends. Please contact Diana at 388-9169

## Community Profile

This month we have a submission from one of our community members, who tells us a bit about the celebration of Ramadan.



My name is Heba, I have studied computer engineering. I live with my husband who is doing a Ph.D. at Uvic, and my 17 month old boy; Abdel-Rahman (Bido). We are from Egypt, which most people like to visit for seeing the pyramids and enjoying the sunshine and warm weather in winter.

For me, I love Egypt more in the month of Ramadan, which we will celebrate this year starting from 27th of October. Let me give you an idea about this holy month. During Ramadan Muslims fast from dawn to sunset. Fasting is to learn how to control our desires, to feel how poor people suffer from starvation, and to thank Allah for his gifts.

Ramadan is a very special time in Egypt. It's a time of unity, worshipping, generosity and forgiveness. During Ramadan, every family invites friends and relatives to have Iftar (breakfast) together, and then performs a special Ramadan prayer and quran recitations.

All mosques have a program called (mawaed al-rahman), which means the dining tables of the most gracious god, to provide free hot meals for any one who is in need at the sunset time. This program is totally supported by donations.

Kids also have a lot of fun, they practise fasting for a part of the day to feel the spirit. Every child is given a toy called fanoos, which is a small colourful lamp (looks like Aladdin's lamp). They also sing special songs of Ramadan and decorate streets with decorating papers and lights.

If you would like to share experiences of your culture with the Family Housing community, please feel free to send a submission to the newsletter (klt@uvic.ca). You might like to tell us about your favourite celebration, differences that you notice between your previous home and Victoria, or customs that others might be unfamiliar with and might find interesting. Don't feel that you have to have moved from abroad to submit an article. There are plenty of differences from within North America, or even B.C., and the only prerequisites for a submission are those outlined on the front page of the newsletter.

## Studying in Skye

This month's news from abroad comes from a Family Housing resident who is spending a term abroad, studying, on the Isle of Skye, up in northwest of Scotland. Hi there neighbours,

Greetings from the windswept coast of northwest Scotland. Just a little update on us and our adventures.

Troy and Charlotte are enjoying their Highland primary school, with a total of 20 students from kindergarten to grade 6. A very different experience from Frank Hobbs! Troy hasn't cut his hair since June and looks like a miniature wild-haired Highlander roaming the moors with the sheep and Highland cattle. Charlotte has embraced Scottish phrases with true enthusiasm - for example, proclaims her disgust at things by saying "That's RRRRRRRRRRubbish!" and says, "Och" when she's surprised.

As for me and my studies... I'm poking around a castle that my family owned a millenium ago - who would complain about that?

Transportation is dealt with creatively, sometimes using the school bus, sometimes the car that delivers the mail, sometimes my thumb.

The house we're staying in is nothing short of magnificent. Only a few years ago it was a church where my great-grandfather used to be a 'chanter' (a congregational leader of psalm-singing). It's strange how things come full circle. My desk overlooks the sea - I had no idea how many colours the sea can be - must, must concentrate on work.

You can see a picture of our little fairytale stone cottage at [www.gael.netoldmissionhall](http://www.gael.netoldmissionhall).

It's so beautiful here, it's like living on the inside of a kaleidoscope - no two moments are the same. You know the saying "if you don't like Victoria's weather.. wait 20 minutes.?" Well, here the time is reduced to 2 to 3 minutes. The sun shines and paradise couldn't come close to being as beautiful, then 30 seconds later the wind whips up and one cannot even make a single step in the direction it's coming from. Then add 2 minutes of rain - that, when combined with the wind, make it feel as if it is raining from the ground up. Then back to sunshine and calm.

It's no wonder so many fairy stories come from here. The place makes your mind bend. I think I may have seen a few of the little people coming out of the hills just now... Much love to you all,

Fiona, Troy and Charlotte  
22 Lochbay

Waternish, Isle of Skye

Scotland IV55 8GD e-mail: [fionaw@uvic.ca](mailto:fionaw@uvic.ca)

## National Child Day!

National Child Day is celebrated each year on November 20th to mark the day of the adoption of the United Nations' Convention on the Rights of the Child. If you are interested in learning more about this day, you can visit the Health Canada website at: [www.hc-sc.gc.ca/dc/adea/allchildren\\_touslesenfants/index\\_e.html](http://www.hc-sc.gc.ca/dc/adea/allchildren_touslesenfants/index_e.html) While this day is set aside to focus attention on recognizing children's rights and making this world a better place for them, it is also a day when you can let your child know how important he or she is to you.

Here are some things you can do to let your child know you value him or her:

- Giving time
- Listening and talking
- Love and affection
- Praise and encouragement
- New experiences

## Searching for Gold

Look beneath the freckles  
Look beneath the grin  
Look for that which sparkles  
Buried deep within.  
Look beyond the whining  
Look beyond the tears  
Look beyond the runny nose  
The frowns, the mess, the fears.  
Search for that which glitters  
Treasures to unfold  
Search beneath the surface  
Search and find the gold!

by Jean Warren



## If I Had My Child to Raise Over Again

If I had my child to raise over again:  
I'd build self-esteem first, and the house later  
I'd fingerpaint more, and point the finger less  
I'd do less correcting, and more connecting  
I'd take my eyes off my watch, and watch with my eyes  
I'd care to know less, and know to care more  
I'd take more hikes and fly more kites  
I'd stop playing seriously and seriously play  
I would run through more fields and gaze at more stars  
I'd do more hugging and less tugging  
I'd see the oak tree in the acorn more often  
I would be firm less often and affirm much more  
I'd care less about the love of power  
And more about the POWER OF LOVE.

Author Unknown

## Learning Skills Program

The UVic Learning Skills Program, housed within Counselling Services, assists UVic students in the development and practice of efficient study techniques, effective learning methods, and high-level thinking skills that are important for success in university. We also provide consultation for faculty with regard to issues of learning and student success.

We offer many programs and workshops, as well as individual learning counselling, study groups, a learning library and an array of handouts. The handouts can also be found online at the Learning Skills Program Website [www.coun.uvic.ca/learn/](http://www.coun.uvic.ca/learn/), and are organized under the topics of organizing notes, reading, time and study management, exam prep and writing, writing assignments, and study strategies.

## Swimming Lessons At UVic

Did you know that the University of Victoria offers swimming lessons for children at the McKinnon Pool? Red Cross Aquaquest swimming lessons are available for levels 1 through 12. Children must be a minimum of 5 years old. The Lifesaving Society of Canada Canadian Swim Patrol (ages 8 to 12) and Bronze Star (ages 12 to 14), are also available. Check out the Recplus website for details - [web.uvic.ca/atrsweb/recplus/index.htm](http://web.uvic.ca/atrsweb/recplus/index.htm), or pick up a copy of the recplus guide from the McKinnon Gym or the Ian Stuart Complex.



## Cinecenta Kids Matinees for November

Saturdays and Sundays at 12:30pm

All Seats \$3.75

Daily Show Info: 721-8365/ [www.cinecenta.com](http://www.cinecenta.com)

November 1st and 2nd - *The Wizard of Oz*

November 8th and 9th - *Freaky Friday*

November 15th and 16th - *Rugrats Go Wild*

November 22nd and 23rd - *The Secret of Roan Inish*

November 29th and 30th - *Pirates of the Caribbean*

## Free Home Preschool Program

Are you interested in a FREE educational home preschool program? The HIPPY Program (Home Instruction for Parents of Preschool Youngsters) focuses on getting children off to a good start before entering school. It also helps create a great bonding time between parents and children. If you are interested in the possibility of having someone come in to your home weekly and providing the resources for the program, please call Sue Bourque at 384-9466. HIPPY is now taking a wait list.