

News & Views

University of Victoria Student Family Housing Newsletter



The Family Centre

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Hours for March

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



Storytime and Coffee Klatsch

Tuesdays: 10:00am - 12:00am

After School Club

Tuesdays: 3:00pm - 5:00pm



Breakfast Club

Wednesdays & Thursdays
7:00am - 8:30am



Playgroup and Coffee Klatsch

At Childcare Services Complex B
Wednesdays: 10am - 12pm



Culture Club

Thursdays: 3:00pm - 5:00pm

Latin American Mom's Group

Fridays: 12:30pm - 2:30pm
March 6th and 20th



Knitting Night

Friday: 7:00pm - 9:00pm
March 12th and 26th

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

مرحبا

New Programs and Longer Hours

New programs and longer hours at the Family Centre beginning in March! We are very pleased to have Catherine Carter back with us. Catherine worked for us over a year ago and is back again to help us provide more programs to the community. Thanks to the sponsorship of the UVic Alumni Association, we can expand our hours. Welcome back, Catherine! Here is what you can look forward to:

New additional Breakfast Club! Now you can come for breakfast on Thursdays as well as Wednesdays. From 7:00am - 9:00am drop by the Family Centre for a warm homey atmosphere, good company and best of all, free food! Thanks to Saint Vincent de Paul Society and Dairyland for their generous contributions.

Culture Club returns! Come by the Family Centre on Thursdays from 3:00pm - 5:00pm to share in a fun and informative cultural exchange.

Everyone of all ages welcome! We may be cooking, having guest speakers, doing crafts, sharing stories and pictures, or whatever else you think would be interesting. Travel the world without ever leaving home! For the first week Catherine will start the ball rolling by making a snack of Canadian pancakes with maple syrup. A small donation is suggested to cover the cost of food supplies.

Look for monthly weekend events! Beginning in March. Catherine will have the doors open at the Family Centre for a potluck dinner and a movie night. Come on Friday, March 19th from 5:00pm - 7:30 pm. Bring plenty of dinner to share (salads, casseroles, desserts etc.) Movie: *A Bug's Life*

April 1st "No Fooling" Breakfast Celebration!

Mark your calendar for the morning of April 1st, 7:30am - 8:30 am. Come to the BIG TENT outside the Family Centre to hear the news. Come for treats, prizes and surprises! Drop in before school or work for a bite to eat (even ice cream!) and some fun. Sponsored by the Family Centre and the UVic Alumni Association.

Submissions to the News & Views

Items for the newsletter may be sent via e-mail to the editor Katherine Tevaarwerk (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 Use Guidelines

A reminder to all those community members who use the Family Centre drop-in programs that parents are responsible for their own children. School age children (grade one and over) are welcome to attend events on their own as long as they have parental permission and it is understood that they might leave to go home on their own at any time. Preschool children must be supervised and are not the responsibility of Centre staff, volunteers, practicum students or other parents. Drop-in programs are intended for the enjoyment and comfort of all members of this community. While we take responsibility for our own families, we can also reach out and be helpful to each other. When we are supportive and empathetic, everyone benefits. If you are uncomfortable or concerned about any aspect of our drop-in programs, please do not hesitate to speak to Martha, or one of the practicum students about your concerns.

Hole in the Fence Series Summary

We had a successful four week series of Hole In The Fence Story Times for school age children. These friendly stories provoked good discussion about important issues like honesty, fairness, and being inclusive. Thanks again to the UVic Office for the Prevention of Discrimination and Harassment for their support of these workshops.

Good Food Box

Don't forget your good food box money is due on Wednesday March 10th! Boxes are available in \$5, \$10, or \$15 sizes. For more information about the Good Food Box program contact the Family Centre.



Newsletter Editor Needed

Wanted! Newsletter Editor for the Family Housing News & Views. We will be hiring a replacement for Katherine Tevaarwerk beginning May 2004. This position requires approximately 15 hours each month to gather, edit, publish and distribute our newsletter. Familiarity with the UVic and broader Victoria community is an asset as well as desktop publishing experience. All interested community residents can contact Martha at the Family Centre for more information. Katherine has been an excellent editor and will be greatly missed. However, change always brings new opportunity and I look forward to whatever the future has in store!

Free Skates!

Anyone interested in a pair of women's skates, or girls skates drop by the Family Centre to see if "the shoe fits".

Bring a Neighbour Night

The UVic Family Centre invites you to "Bring A Neighbour" night, on March 4th, from 6:00pm - 8:00pm at Child Care Services Complex "B." Take this opportunity to invite a neighbour and come along after dinner for an evening out. Have some fun and meet new neighbours. Put on by UVic Nursing students. Snacks will be provided and lots of prizes!!!

Interested in a Community Yard Sale?

Is there anyone who would be interested in a community yard sale? Two years ago, the Family Centre hosted a very successful event in late April. Community members rented tables for a cost of \$10 and the money went for advertising our yard sale in the Times Colonist. Please contact Martha at the Family Centre if you might be interested in renting a table. We would need to have at least ten tables to make a go of it.

Valentine's Day Potluck

Our Valentine's Day potluck took place February 14th with about 40 or 50 people coming. Many people came dressed in red or pink so it turned out rather festive. Thanks to everyone who dressed up. It was a fun, active evening with LOTS of great desserts and some very yummy dishes. Families had a chance to mingle and chat with friends while the children gathered together to play or catch up with their friends. The UVic Book Store donated our child's door prize, a UVic Vikes t-shirt, and Martha donated our adult door prize, a food basket. Thank you to the UVic bookstore and to Martha for their donations of our door prizes.



Family Video Night At the Grad Centre

This month's Family Video Night at the Grad Centre will be on Tuesday, March 30th. The video will be *Ice Age*. Don't forget to bring your own container for the free popcorn.

Cinecenta Matinees for March

Matinees begin at 12:30pm.
All seats are \$3.75



March 6th & 7th:	<i>Brother Bear</i>
March 13th & 14th:	<i>Star Wars Episode IV</i>
March 20th & 21st:	<i>Peter Pan</i>
March 27th & 28th:	<i>Cheaper by the Dozen</i>

www.cinecenta.com

Community Gardens Clean-up & Sign-up

A clean up day is scheduled for the UVic Community Gardens on Saturday, March 6th. A few more volunteers are needed to come get their hands dirty! We'll be rebuilding the compost bins and removing old pallets and weed piles that are lying around. Also it would be a tremendous help if someone with a truck would volunteer to haul the pallets and brush to the dump.

If you are interested in renting a lot in the garden this year, this is a good opportunity to help the garden have a great start and a fruitful year. This will also be a good time to chat with me about your ideas for improving the garden. If you'd like to help please contact Annalisa Robertson at 721-4819 or douxroom247@yahoo.com ASAP. Thanks, Annalisa

Effective Parenting Speaker Series

Conscious Parenting in a Consumer World

Tuesday, March 30th, 2004, 7:00pm - 8:45pm

\$10 per session

Woodward Room, Begbie Hall, Royal Jubilee Hospital, 2101 Richmond Road (off Fort)

Creating Family Traditions

Presenter: Luc Van Hanuse

Every culture is founded on its own unique, traditional economy; in my daughter's village, for example, it was fishing. Traditional economies give a framework for interaction and communication as well as milestones, markers and rituals of passage in family relationships. This workshop will examine how we can create and practice family traditions that include our children and allow us to have positive, creative, mentoring relationships within our families on a day to day and year to year basis.

Luc Van Hanuse is Aboriginal Parenting Program Coordinator at Victoria Native Friendship Centre. He is a social worker of Apache ancestry.

For more information call 384-8042.

Family Swim Time

There was a printing error in the new Rec Plus Guide. Family Swim time was not listed in the schedule, though it is still happening. Family swim time is every weekend, Saturday and Sunday, from 1:00pm - 4:00pm. Holidays follow the same schedule with family swim time from 1:00pm - 4:00pm. To view the schedule, check the Rec Plus website at <http://web.uvic.ca/atrsweb/recplus/aquatics/poolschedules.htm>.

Swan Lake Events for March Break

Picnic On the Hill

March 15th, 11:30am - 1:30pm

Climb more than 100 steps to the top of Christmas Hill. Bring your own picnic, enjoy the best viewpoint in Victoria and eat naturally on top of glacially-carved rocks. Meet at the Nature House at 11:30 a.m. Family drop-in program, donations appreciated.



Night Eyes, Night Skies

March 15th, 7:00pm - 8:30pm (repeats Friday, March 19)

Come to Swan Lake for an evening stroll, and learn how our nocturnal animals are adapted for night life. Suitable for ages 6 and up. Warming refreshments afterwards, please bring a mug. Pre-registration required, limited spaces. Cost \$3 per child, accompanying adults free.

Nature the Inventor

March 16th, 10:30am - 12:00pm or 1:30pm - 3:00pm

Join our own Ms. Inventor as she investigates some of our everyday objects that nature invented first. Go on a discovery walk, play creative games and make inventive crafts. A family drop-in program suitable for ages six and up. Suggested donation, \$2 per child.

It All Starts With Green

March 17th, 10:00am - 3:00pm

Meet the Food Chain Gang: producers, herbivores, carnivores, omnivores. Play Food Chain Bingo, make your own chains and take the Fir Tree Challenge. Suitable for all ages; suggested donation \$2 per child.

Swan Lake Trails

March 18, 10:30am - 12:30pm or 1:30pm - 3:30pm

Play bingo as you walk around the lake...prizes and surprises at every turn. Dress for the weather, and bring a snack. Arrive by 10:30 or 1:30 for the 2.5 km. walk around the lake. Drop-in program for ages five and up; suggested donation, \$2 per child.

The Rot Squad

March 19, 1:00pm - 3:00pm

Join the Rot Squad in "dissecting" a "Nurse Log" cake, excavating raccoon, Great Blue Heron and snake skeletons, and discovering the best decomposers. Enjoy demonstrations and displays from guest presenters, the Victoria Compost Education Centre and CRD Recycling Group. Make recycled crafts. Drop-in program for ages five and up; suggested donation \$2 per child.

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Community Profile

My name is Lisa, and last September my family and I moved into UVic Family Housing from Washington, DC. This was a long awaited move for me, as Victoria was my childhood home and it had always been my hope that after many years away, I'd one day return with my children. So moving from the U.S. capital to this pristine island has left us all feeling incredibly blessed - a day doesn't go by without one of us commenting on the gorgeous views of snow-capped mountains, rocky oceans, pink sunrises, starry nights, eagles flying above the impressive Douglas firs, and even the little songbirds that visit our window feeder each morning.

Needless to say, the quality of life here is amazing. I don't need to go into detail about living in a large U.S. city, but I used to spend endless hours driving on freeways, driving children to playdates and school, keeping a very vigilant watch on them at all times as the atmosphere seemed to change all around us after September 11, 2001. It was my hope that when we moved we would spend less time in cars (we now commute on bike and just joined the Victoria Car Share), spend more time together as a family, more time in nature, less time worrying about the quality of the air and water and the safety of the local playgrounds. Spend more time opening doors to strangers than cowering behind closed ones, more time imagining the best of the future rather than the worst.

So here in Victoria, in family housing, this dream is coming true for us. We walk our local forest trails and sandy beaches, cleaning up garbage when we need to. We feel that this lovely place is ours to use gently and have met folks from all corners of the world that seem to feel the same way - how encouraging! We have encountered a strong sense of community and have enjoyed becoming involved in activities at the Family Centre. Elijah, our seven and a half year old, enjoys Tuesdays playing chess in the afternoon and most recently attending the "Hole in the Fence" workshops. Keiran, four and a half, loves storytime with Christine. We all enjoy the Wednesday breakfasts, sharing coffee and morning chats with the neighbours, and I was so pleased to be able to organize a lantern walk for the children in December.

Living in community as we do has given my children a chance to really learn valuable lessons about giving, sharing and respecting others. Of course there are challenges when we all live so close together but I believe that equal to the education that is happening at the University, this community is providing our children with a safe and nurturing environment where they will have the opportunity each day to explore, work out dilemmas, and make lasting friendships.

Every time I hear children's laughter outside and see them running and playing freely the way I played as a child, I once again thank the universe for helping us find this peaceful corner of the world, here in UVic Family Housing.

The Pleasures of Reading Aloud - 2

In a previous issue of the newsletter, our child and youth care practicum student Dana Kimoto summarized some helpful ideas for reading with your children. In the second part of that series, she gives us some more tips for reading aloud with your children.

Reading daily to your children can help prepare them for school and allow for special moments together, sharing interests and exploring the world through books. Here are some more ways to make the most of reading together.



Adapt the Text:

You can adapt books to the age of the child. For young children, you can describe the pictures and talk about what is shown or tell the story in your own words. The names of the character can be changed to names of people the children know.

Catch Children's Attention:

Bright colours and clear illustrations catch children's interests. You can hold the attention of squirming younger children with books that have moving parts - flaps that lift up, scenes that pop up, pieces that go into slots. Take advantage of things that already interest your children - bugs, animals that appeal to them, activities they like.

Involve Children:

When children become familiar with a story, you can involve them by pausing and allowing them to fill in words. Some stories have refrains that make it easier: "I'll huff and I'll puff and I'll blow the house down" in the Three Little Pigs. You can also make up alternate endings or change details in the story. For younger children, even turning the pages allows them to participate.

Dana Kimoto

Family Centre on the Web

If you lose your newsletter you can always check out what's going on at the Family Centre by visiting the website, web.uvic.ca/family-centre.