NEWS & VIEWS

University of Victoria Student Family Housing Newsletter

JUNE 2005 ISSUE 96

UVic FAMILY CENTRE

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Family Centre Hours for June

Tuesday 9am - 7pm

Wednesday 7am - 3pm

Thursday 7am - 8:30am & 1pm - 6pm

Welcome ✶ Wilkommen
Bienvenue ✶ Bienvenido
Bem Vindos ✶ Witamy
Maligayang Pagdating

مرحبا

To Market, to Market, to Buy a Fresh Fig. . .

by Lisa Hitch

. . .home again home again jiggedy jig! It's that time of year again when the local farmers gather their bountiful crops and bring them to outdoor markets for all of us to enjoy. As well, some of these markets feature live musicians as well as beautiful handcrafts made by local artisans. Visiting the markets can give you a real sense of Victoria and all it has to offer. And if you like to go right to the farms to buy fresh or pick your own produce, pick up your free copy of Farm Fresh which lists all the farmers on Southern Vancouver Island (www.islandfarmfresh.com). Here are a few of my favorite markets you may like to try.

Moss Street Market

10am - 2pm Saturday, Sir James Douglas School, 401 Moss St, Corner of Moss and Fairfield (take the 11 or 14 bus and walk in from Yates Street) 361-1747
Organic produce, arts and crafts from local artisans, fresh food, massage, kids activities and music. www.mossstreetmarket.com

James Bay Community Market

9am - 3pm Saturday, Superior and Menzies
Baked goods, soaps, crafts, clothing, live music and more
www.jamesbaymarket.com

If you are looking for a nice country drive, visit:

Metchosin Farmer's Market

11am - 2pm Sunday, 4450 Happy Valley Road, Metchosin Municipal Grounds
478-4503

Sidney Street Market

Every Thursday evening throughout the summer
Wander along Beacon Drive in Sidney and meet local artisans, eat fresh food and more.

Tall Ships Victoria -- June 23 - 26, 2005

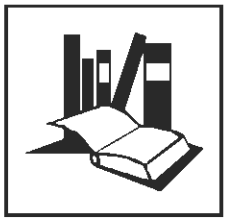
Organized by the American Sail Training Association (ASTA), the Tall Ships Challenge race series is a world-class event fostering youth education, sail training and leadership development across international borders.

From June 23-26, over 30 traditionally rigged sailing vessels and crews from around the world will gather in Victoria to celebrate maritime history and the sea-faring life. Festivities including ship tours, concerts, theatrical productions, children's exhibits, and maritime-themed events will provide something for every visitor to enjoy.

Father's Day is approaching and there are many children in Family Housing who may not see Dad on June 19th. A special thanks to all those generous dads out there who take a little extra time playing chess, throwing a ball, or fixing a bike with someone else's child. Father's Day happens every day in Family Housing!

Library Update

by Andrea Cormier



Need some summer reads? The Family Centre Library has lots of great novels to choose from for parents and children.

Some titles in our Adult section include:

The Effects of Light by Miranda Beverly-Whittemore: about two sisters and their relationship with their past. As adults, they must come to terms with the events of their childhood. For fans of The Lovely Bones and Girl with a Pearl Earring.

Thieves: A Novel of Katherine Mansfield by Janice Kulvk Keefer: This is the story of famous New Zealand writer, Katherine Mansfield. The story involves a fictional modern-day collector's search for the truth about Mansfield's life.

Walking the Big Wild: From Yellowstone to the Yukon on the Grizzly Bear's Trail by Karsten Heuer: The real-life adventure story of a wildlife biologist's trek along the entire length of the rocky mountains.

Please come down and check out these and lots of other great books.

(LOAN PERIODS: Videos - One Week / Books & Toys - One Month)

Art Class Bursuries Available

The Art Gallery of Greater Victoria has received funds from the Victoria Foundation to support their studio bursary program. Student nominations from community leaders for summer art classes are now being taken. Classes are for children aged 4 -12 years. All nominations need to be submitted by June 30, 2005. Those nominated will be entered into a random draw at the beginning of June and spaces will be filled accordingly. For applications, please contact Lora Carroll, 384.4171 x.229 or visit http://aggv.bc.ca.

WELCOME!

Tomoko Okado, who has worked for the Intercultural Association for a number of years, is going to be at the Family Centre! Tomoko has a lot of experience working with people from around the world and we are really excited that she is going to be able to spend some time with UVic families. Please watch for Tomoko in June at some of our regular programs and introduce yourself. She is looking forward to meeting you!

News & Views Thanks You for Your Contributions!

Thanks so much to Val Stevens for her suggestion this month (don't forget to go by the Family Centre and pick up your prize). We're well on our way to making this *your* family housing newsletter. Send us your submissions! The email is fcnews@uvic.ca, or you can drop your submission off in the envelope on the board outside the Family Centre.

DEADLINE FOR JULY NEWSLETTER: JUNE 20.

From the Housing Office

Parking Update

Preparation will begin over the summer for the parking changes due to be implemented in September. These will include the installment of new signage and a permit dispenser, and doing some line repainting. Most importantly, all of the reserved resident parking will be refreshed and re-numbered . This will require two days to complete and will be accomplished by dividing the area in half, having one side remove all of their vehicles from the inside lots to visitor parking areas or anywhere else they can find parking on the first day, then repeating the process for the other half the following day. Campus Security, the new administrators of our parking, will be following up with more information as to the exact time this will happen. If you have any questions, contact Gordon Dash of Campus Security at 721-6685.

ResNet Changes

On April 28, an email was sent out from Housing regarding ResNet, the Internet access for residents of University housing. As of May 1st, 2005, Housing, Food & Conference Services started administering ResNet services to the Family Housing community, taking over from Computer Services. The fees are now monthly rather than daily, and are a flat rate of $30 per month due on the first of each month, regardless of how many days in the month or how late in the month the service is renewed. Accounts will be automatically disabled if payment has not been received by the first day of the month. The Housing Office will accept cash, debit, MasterCard and Visa for ResNet payments. Credit card payments can be taken over the phone at 721-8395. Payments for ResNet MUST be made separately from Family Housing rent payments. Current subscribers will continue to receive ResNet services until their current subscription with Computer User Services expires. If you currently have a subscription, and would like to know the expiry date, please send an email to hfcsnet@uvic.ca with your Family Housing unit number.

Technical Support for ResNet is still provided by Computer User Services. For more information, please see http://helpdesk.uvic.ca/resnet/ or call 721 7687.

If you have questions, please direct them to Gavin Quiney at gavinq@uvic.ca.

Classifieds

Get Involved in Research!
Do you have a child between 10 and 14 years old? Were you and your child born in Canada? If so, you are eligible to participate in our study of family relationships across cultures. This study is being conducted out of the Psychology Department at UVic. It would take about one hour for your family to complete the set of questionnaires. In return, we will give you $30 as a thank you for your assistance. So please consider helping out and then treat yourselves to dinner! For more information contact Patricia Wallis or Dr. Catherine Costigan at 472-4695 or ifs@uvic.ca.

Volunteer or Share Your Ideas
The New Student Orientation Program introduced two programs for new students with families in September 2004: Family Fun in the Sun and Family Orientation Day. If you would like to share ideas or help plan activities to welcome new students with families during this September's New Student Orientation Program, please contact Anna at 721-8743 or Allison at 472-4512.

Family Centre is still looking for **VOLUNTEERS!** If you would like to do our Tuesday morning story time OR help out at our weekly Wednesday Playgroup please phone Sonya at 472-4062 !

MOVING SALE! Unit 701, various items, please call 472-6183.

WALKING GROUP

There has recently been some interest in having an organized morning walking club at Family Housing. Anyone interested in getting some fresh air & exercise by walking in a group a few times a week should contact Andrea at ajcormie@hotmail.com. We will try to co-ordinate some times when people could meet up.

Parenting on the Radio

Allison Rees has a program on Village 900 with Paul Abra, AM900 Tuesday evenings at 7:00 and Sunday mornings at 10:00. Together they talk about various aspects of parenting and interview guests from our local community. Tune in!

Our Family Suggests...

This month, Val Stevens reminds us that the CRD recently made some changes to its recycling program and they now accept **pizza boxes** and **rigid plastic packaging**. Let's all do our part to Reuse, Restore, and Recycle!

The link to the info on the CRD site is http://www.crd.bc.ca/es/bluebox/program_changes.htm

Family Potluck!
Friday, June 24th 6pm
Bring a special something to share. Dessert will be provided by the Family Centre! A chance for all of us to say good-bye and thank you to Rosie who has run our Homework Club, Community Kitchens and monthly Potlucks!

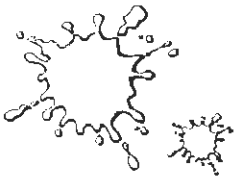
FUNDRAISING AT THE FAMILY CENTRE:
With the financial contribution that the UVic Alumni Association gave the Family Centre for the 04-05 fiscal year, we were able to have Rosie's help at the Centre, but the time has come where we have to say good bye. THANK YOU to the Alumni Association and to Rosie for their important contributions to the Family Centre! Since funding for the Centre is such an ongoing challenge we would appreciate any families who could join a fundraising committee. If you are interested please give your name, contact info and availability to the Family Centre.

Moving soon? FYI. . .

. . . dollies can be borrowed from the Housing Office by just giving them a piece of picture ID. Save your back, grab a dolly!

Children's Corner

Ian Stewart Complex Swimming Pool, Gordon Head Road:
Family Swim 3-7pm Mon-Fri; 1-6pm
Sat/Sun/Hols



KIDS SAFETY DAY: Saturday June 18th 11-2pm University Parking lot 3
Face Painting, games, goodie bags, a Bike Safety Rodeo (for kids age 5-12 with bike and helmet). FREE pizza lunch to all kids that pre-register (additional slices are $1). Parents will receive a Child Identification Booklet to take home. Call 721-8981 to register!

Water Fights in Family Housing

What are the rules? We asked some of the wettest participants:

"Ask someone first if they want to play."
"No squirting in the eyes."
"Don't hit someone if they get you all wet."
"Careful of neighbour's flower pots."
"Use laundry room water, but turn it off."
"All forms of water containers are fair game."
"Don't fill up in your kitchen."

Father's Day Events

Ceilidh in the Park:
A Family-Friendly Celtic Music Celebration!

June 19, 2005 Cameron Bandshell, Beacon Hill Park
2:00 - 4:00 p.m.

Celebrate Father's Day in the park and bring the whole family to a Celtic music extravaganza filled with Scottish highland dancers, fantastic fiddlers, rousing singing, and genuine good fun in the Irish and Scottish music traditions. Enjoy with your friends and family the energy of a Ceilidh (pronounced KAY-lee) - or "Kitchen Table Party." Wear your kilt (if you have one) and be delighted by the tunes, dancing and songs of the Celtic tradition. Enjoy the all-ages performances of amateurs and professionals alike. "Music brings people together like nothing else." Come and be a part of our community music celebration!

Saanich Parks "Art in the Park" – Sunday, June 19th

Gyro Park, Cadboro Bay, 11:00 am - 3:30 pm
Contact: Anna Haney 475-7121
Entry Fee: Free admission

Enjoy a free, fun, day at Saanich Parks' Art in the Park at Gyro Park. Lots of fun activities for all ages, including over 15 arts and crafts exhibitors (including mosaics, oils, jewelry, photography, mixed media), art demonstrations, Dixieland jazz by the Fairfield Five + One, clowns, jumping castle, art activities (including clay play, recycled art), food kiosks, educational exhibitors (including PowerSmart and CRD Water) and much, much more. Bring the whole family! It's a great way to celebrate Father's Day!

Attention Bird Lovers!

by Sonya Chandler

A reminder that all of the seed-based bird feeders that you may be using can also attract rodents like squirrels, mice and rats. A couple of pointers I found online: Don't use mixed bird seed, those cute little squirrels and even rats seem to like sunflower and peanuts as much or more than acorns. Put your feeder where the rodents can't reach. If you've seen squirrels in your neighborhood, it's safe to assume rodents will visit your feeder. Think long and hard before you hang anything from a tree limb. Squirrels are incredibly agile, and any feeder hanging from a tree, with or without a squirrel guard or baffle, is likely to become a squirrel feeder. What's worse, frustrated rodents have been known to entertain themselves by chewing right through plastic and wooden feeders. In the long run, a squirrel-proof feeder or any feeder on a pole with a baffle is the least aggravating solution. The most effective squirrel-proof feeder is the pole-mounted metal "house" type. The simplest solution is the squirrel-proof feeder or pole (anything slippery, like metal or plastic, and rounded roofs rodents can't climb) and storing your seed in a metal container that can't be chewed through. Rats and mice can also become a problem where there's seed spillage under the feeder. You can visit http://www.bird-birding.ca for more info.

UVic Buddy Program

Summer FUN! The Buddy Program is a fun way for UVic students and their families to meet new friends from around the world and learn about other cultures while sharing their own. The Buddy Program strives to promote cultural awareness, cross-cultural communication and global perspectives. We also strive to create a positive sense of community for all participants. This summer we look forward to meeting new UVic students and taking advantage of the many festivals, markets and other outdoor activities that Victoria has to offer during the summer! We encourage you to find out more and get involved with this fun and rewarding program! All you need to do to get involved is send an email to buddy@uvic.ca, and you will receive emails about our upcoming events. For more information, contact Tia Robertson, UVic Buddy Program Coordinator, buddy@uvic.ca
Website: www.iess.uvic.ca/buddy

Oak Bay Tea Party

JUNE 4, 2005 - 43rd annual Oak Bay Tea Party Parade.

The Tea Party Parade is an Oak Bay tradition. Beginning on Saturday at 10:30 a.m. at Windsor Park, the parade winds through the streets of Oak Bay, ending at Willows Park about 45 minutes later. Before the parade, at 10:15 a.m., watch the MADHATTER'S FUN RUN along the parade route organized by Rob Reid of FRONTRUNNERS. Better still, take part! Entry forms at FRONTRUNNERS. Under the big marquee on Willows Beach, non-stop entertainment on Saturday from noon to 9:00 p.m. and Sunday from noon to 6:00 p.m. From school choirs to rock bands and everything in between.

The MIDWAY runs at Willows Park from 11:00 a.m. to 9:00 p.m. Saturday and from 11:00 a.m. to 6:00 p.m. Sunday. PLEASE NOTE: Ride ticket sales CLOSE 1/2 hour before the rides shut down. Shutdown times are strictly enforced.

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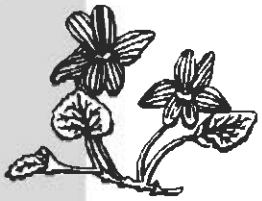
Tuesday 9am - 7pm
Wednesday 7am - 3pm
Thursday 7am - 8:30am &
1pm - 6pm

Family Centre 472-4062



Family Centre Events

Storytime & Playgroup
Tuesdays, 10am to 12pm.

Playgroup
Wednesdays, 10am to 12pm.
A time for parents and children to visit and play with friends and neighbours.
PLEASE NOTE: Wednesday Playgroup, 10-11:30am, will now be held in the gravel playground on the east end of Lam Circle. This is because Childcare Complex B is not available to us during the summer. In case of rain, playgroup will be at the Family Centre.
June 8th, 10:30 to 11:30: Public Health Nurse Visit. She will bring new information on the chicken pox vaccine and will be able to answer all your questions about breastfeeding, sun safety, lice, car seat safety, general vaccination schedules, and more. Stop by and say hello to Jane Weismer, our Local Public Health Nurse.

Drop-in Conversation Club
Tuesdays, 2:30 to 4:30pm. Come practice your English skills! This new club is being generously supported by the International and Exchange Student Services.

Community Kitchen
Tuesdays 4:30 to 7pm. Due to the popularity of Community Kitchen on Tuesday nights, the Family Centre will be having Tuesday night potlucks for the month of June. Bring your family and something to share and enjoy good company, good food and good conversation!

Breakfast Club
Wednesdays & Thursdays, 7 to 8:30am. Stop in on your way to school or work for a warm breakfast and lively conversation.

Homework Club
Thursdays, 4 to 6pm. Kaitlin, Young, Billy and Anna are ready and available to support you with homework troubles, math problems, science questions and more. Join them for games, crafts and lots of laughs as well!

Knitting Night
Fridays, June 3 & 17th, 7 to 9pm. Calling all knitters and handworkers! Come and chat and work on projects in a fun and relaxed atmosphere.

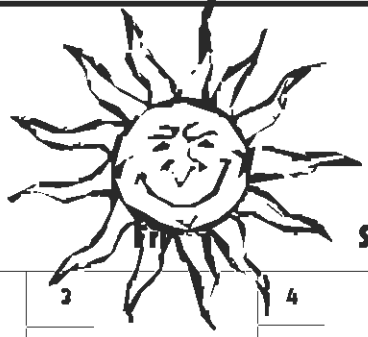
Community Events

International Friendship Group
This UVSS club is sponsored by International and Exchange Student Services (IESS). This is an ESL conversation club for those wanting to practice their English with friends! It takes place on Saturdays from 10 - 12 at Clearihue A301. The group is free for students and their partners, and it is casual with no tests. For more info, contact Daniel at ifg@uvss.uvic.ca.

Victoria's ICA FolkFest
Passes on sale now for the 32nd Inter-Cultural Arts Festival FolkFest Featuring Ladysmith Black Mambazo, k-os, Aqueduct, Silk Road Acrobats, Kawa Brass Band and chefs James Barber and Bill Jones. The Folkfest runs July 1 to 10 with more than 200 performances on four outdoor stages. On the MainStage, performers tap the roots of global music, playing everything from Zydeco to hip hop, from South African Isicathamiya (Is-Cot-A-Me-Ya) to American sacred steel guitar. The licensed Bayou Bar features popular nightclub acts with musical genres ranging from indie rock to acoustic pop and funk. Aerialists and acrobats, jugglers, magicians and stiltwalkers perform at Teatro Circo daily. The World Feast Stage showcases top chefs and artisan food producers—as well as cooks from local ethnic communities—in 50 spirited cooking demonstrations. International food kiosks, artisans and an exceptional view of the Canada Day fireworks (July 1) round out the festival, situated at Centennial Square and the Inner Harbour. This year, FolkFest is introducing interactive Circus Camp workshops at Teatro Circo, enabling children five and up to experience the thrill of the circus firsthand. Teatro Circo will also host the launch of Open Air's FLIX al fresco! (July 7) with a sunset screening of Festival Express, the 2004 documentary that follows Janis Joplin and her contemporaries as they ride the rails across Canada. Advance 10-day festival passes are available for $10 (May 18 to June 30) at Thrifty Foods, A & B Sound, Lyle's Place and the McPherson. From July 1 to 10, attendees can purchase 10-day festival passes ($13) or one-day festival passes ($5) on site at Centennial Square and the Inner Harbour. Admission is free for children under six. In addition, FolkFest is initiating free lunch hour admission from 11:30am to 2:30pm (Monday, July 4 to Friday, July 8).

News & Views Updates Available by Email
Please email familyc@uvic.ca if you would like to receive updates from the Family Centre including info about workshops, sales on campus, family-friendly events and news, as well as the monthly newsletter. This is a great service for families living both on and off campus!

June 2005



see reverse for event details

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Deadline for ordering Good Food Box Pick up Good Food Box at Family Centre		**1** 7-8:30: Breakfast Club 10-12: Playgroup at FH playground	**2** 7-8:30: Breakfast Club 1-3: Drop-in 4-6: Homework Club	**3** 7:00: Knitting Night	**4** 10-12: ESL Friendship Group Oak Bay Tea Party	**5**
6	**7** 10-12: Playgroup 2:30-4:30: Conversation Club 4:30: Community Kitchen	**8** 7-8:30: Breakfast Club 10-12: Playgroup at FH playground 10:30: Public Health Nurse visit	**9** 7-8:30: Breakfast Club 1-3: Drop-in 4-6: Homework Club	**10**	**11** 10-12: ESL Friendship Group	**12**
13	**14** 10-12: Playgroup 2:30-4:30: Conversation Club 4:30: Community Kitchen	**15** 7-8:30: Breakfast Club 10-12: Playgroup at FH playground	**16** 7-8:30: Breakfast Club 1-3: Drop-in 4-6: Homework Club	**17** 7:00: Knitting Night	**18** 10-12: ESL Friendship Group 11-12 Kids' Safety Day	**19** 11-3:30:Art in the Park 2-4: Ceilidh in the Park ***Fathers' Day***
20 *News & Views deadline*	**21** 10-12: Playgroup 2:30-4:30: Conversation Club 4:30: Community Kitchen ***Summer Solstice***	**22** 7-8:30: Breakfast Club 10-12: Playgroup at FH playground	**23** 7-8:30: Breakfast Club 1-3: Drop-in 4-6: Homework Club 4-5: Talent Show	**24** 6pm: Family Pot Luck	**25** 10-12: ESL Friendship Group Tall Ships	**26**
27	**28** 10-12: Playgroup 2:30-4:30: Conversation Club 4:30: Community Kitchen	**29** 7-8:30: Breakfast Club 10-12: Playgroup at FH playground	**30** 7-8:30: Breakfast Club 1-3: Drop-in 4-6: Homework Club	**July 1** ICA FolkFest Begins ***Canada Day***	**2** 10-12: ESL Friendship Group	**3**