

NEWS & VIEWS

University of Victoria Student Family Housing Newsletter



MARCH 2005 ISSUE 93

Family Housing Hit with Rent Increase, Parking Fees



On February 16th, a notice was distributed to the tenants of Family Housing to inform us of an increase in rental rates as well as major changes in the parking procedures. As of September 1, 2005, rents will undergo approximately a 3.5% increase. This is reported to be in line with the increase experienced in the Metro Victoria area, as surveyed by the Canadian Mortgage and Housing Corporation. Currently, parking in Family Housing is a pass system which is administered by the

Housing Office. Each household is issued two passes -- one permanent and one visitor. As of September 1, parking will be in the hands of Campus Security, and tenants must purchase parking permits directly from Campus Security Services. Each unit will be entitled to one Family Housing Permit at a cost of 50% of the regular General Permit rate. If a resident has a second vehicle, a General Permit will be issued at the full rate. Currently, a General Permit costs \$180 per year. The new fee will be announced in April, and is expected to increase. Visitor parking in Family Housing will be replaced by General Parking, which means all visitors between 7am-6pm Monday through Friday must purchase a ticket from the dispenser.

This news prompted us to contact Campus Security, where we spoke with Bill Johnston. We wanted to know why this new plan was being put into effect, when it was decided on, by whom, and what, if any, was our redress if we didn't feel satisfied with the new policies. Here is what we found out.

When Family Housing first opened, there was a permit system in place, and tenants were responsible for buying a pass for their space. At some point this changed and Housing became responsible for the Family Housing parking, and distributed free passes to tenants. Over the years, as the facility aged, money was being lost on the parking lots due to more upkeep and maintenance and for the past two years this has been an ongoing concern. With the expansion of buildings on campus, and UVic's effort to "Go Green" in terms of transport to and from UVic, parking lots have become a hot commodity. They cost a great deal to maintain, as there are many costs involved, including repairs and security, and UVic has realized that the cost of the rent does not cover the cost of the parking. A decision was therefore made to take parking from the authority of Housing and put it back into the hands of Campus Security.

(continued on next page)

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Family Centre Hours for March

Tuesday 9am - 7pm

Wednesday 7am - 3pm

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

*Welcome * Willkommen*

*Bienvenue * Bienvenido*

*Bem Vindos * Witamy*

Maligayang Pagdating



2nd Annual No Foolin' Event

When: Friday, April 1, 7:30 - 9am

Where: In and around the
Family Centre

What: Ice cream and pizza for
breakfast, magicians, prizes, storytelling,
games, fun!

Why: Support students with families!

Win a Family Getaway

There will be a door prize of a family getaway to Galliano for two nights at the family friendly Bodega Ridge Lodge and Cabins! Included in the prize will be accommodations in a private cabin, ferry trip, and if you are interested, free bike rentals to tour the island (two kids' bikes available too)! This door prize is available only to student families attending UVic! Come to the No Foolin' Event on April Fool's Day and make sure you enter your family in the draw -- it's free to enter! Bodega Ridge Lodge and Cabins has generously donated this gift to the Family Centre because they support students with families! Please visit <http://www.bodegaridge.com/> to see the location of the cabins.

No Foolin' continued. . .

MISC! PRIZES! COSUMES! FREE! FOOD! FUN!

Mark your calendars!//

APRIL 1st 2005
7:30-9 am

NO FOOLIN' !!

**Celebrating FAMILIES in the
Wackiest way...
at the UVic Family Centre!!**

PIZZA and ICE CREAM for breakfast?

**Volunteers
needed for this
event!** We need
help with many
things including
planning/organizin
g before the event,
help with pick-up
and drop off of
items before and
after the event,
and general help
on April 1st

Join us on April Fools Day... to show your support for a Family Friendly Campus!

anytime between 7 and 10. Also... Do you play music? Do special tricks? Or have a homemade craft you would like to sell? To volunteer or to participate in any way, please call Sonya at the Family Centre.

History of April Fool's

April Fool's Day or All Fool's Day occurs annually on April 1. The day is generally observed by playing a practical joke on a "victim" who soon becomes known as an April Fool. This custom is thought to have started in France during the 16th century but the British are credited with bringing it to North America.

The commonly accepted origin of April Fool's Day involves changes in the calendar. At one time, the New Year celebration began on March 25 and ended on April 1. However, in 1582, King Charles IX adopted the Gregorian calendar and accepted the beginning of the new year as January 1. Those who refused to acknowledge the new date or simply forgot received foolish gifts and invitations to nonexistent parties. The butt of such a prank was known as a "poisson d'avril" or "April fish."

The Family Centre is hoping to have a **toy and book sale** at the No Foolin' Event. All toys and books will be sold to raise money for our new Emergency Family Fund. Please consider donating your gently used toys and books to the Family Centre the last week of March or call and we will come and pick them up! Thanks in advance to all who donate!

Calling all crafters and artists! Do you make things at home in your spare time? Candles? Necklaces? Soaps? Clothing? Paintings? Sculpture? Jams? Baking? Poetry? Anything? Come and sell it at the April 1st event. We will provide the space for free and you just come and set up your stuff! A chance to make some extra money and participate in a fun, family friendly event! Call 472-4062 to reserve a space.

Parking continued

Though next year's rates are not known at this time, we have been told that a 50% reduction in cost for a General Permit is very generous. Times are changing, and securing a parking space along with your housing rental can no longer be assumed. Mr. Johnston emphasized, "In this day and age, parking is a very valuable commodity."

So we thank Bill Johnston for helping us understand this decision, and if anyone would like further information, you may contact Gordon Dash or the Parking Office with parking-related questions (721-6685 or parkalot@uvic.ca), or contact Jack Falk, the Vice President of Finance and Operations, to redress this matter.

Family Centre Advisory Committee Meeting

Monday March 7th 3-4 pm at the Family Centre. The Advisory Group is a dedicated group of community members from on and off campus that meet once every one to two months to discuss the Family Centre, its management, challenges, success and future plans. This meeting will be primarily focused on April Fools Day Events, and we would really appreciate some input from families! Please join us! Cookies and tea are always available.

News & Views Continues to Reach Out



We asked for submissions in last month's News & Views, with a prize drawing as enticement. Unfortunately, we got no response. But we live in hope. Here are some suggestions of what you could contribute: a recipe, an opinion, a question, a drawing, an inquiry, a story, a poem, a viewpoint, a piece of advice. The email is fcnews@uvic.ca, or you can drop your submission off in the envelope on the board outside the Family Centre. We look forward to hearing from you!

Farewell to Kumiko and Ayaka! They are two wonderful and dedicated volunteers who returned to Japan in February. Many families greatly appreciated their energy and care here at the Family Centre.

Food Matters

Gardening Workshops Scheduled

by Sonya Chandler

March 1st 5:30-6:30, SUB B110b, VIPRG is hosting a **Worm Composting** workshop. This is an alternative for people when traditional composting is not an option. Composting is also an awesome way to teach your kids about plant life and the life cycle! Location to be announced. Please call the Family Centre for more info.

March 6th from 4-5pm Geoff Johnson from the Compost Education Centre will be coming to the Family Centre to hold our first **Gardening in Small Spaces** workshop! This is perfect for those of you that want to grow your own food, but don't feel you have the space. The workshop will cover:

- design ideas for maximizing growing space
- compost and growing mediums
- choosing containers
- top edible container candidates
- matching plants to existing conditions

There is no charge for these workshops but donations are welcome and preregistration is recommended. Call 472-4062.

Italian Easter Bread

3 cups all-purpose flour

1/4 cup sugar

1 pkg. active dry yeast

1 tsp. salt

2/3 cup warm milk (120-130°F)

2 tbsp. butter, softened

7 eggs

1/2 cup mixed candied fruit, chopped

1/4 cup blanched almonds, chopped

1/2 tsp. anise seed

Vegetable oil

In a mixing bowl, combine 1 cup flour, sugar, yeast and salt. Add milk and butter; beat 2 minutes on medium. Add 2 eggs and 1/2 cup flour; beat 2 minutes on high. Stir in fruit, nuts and anise seed; mix well. Stir in enough remaining flour to form a soft dough. Turn onto a lightly floured board; knead until smooth, 6-8 minutes. Place in a greased bowl; turn once. Cover and let rise in a warm place until doubled; about 1 hour. If desired, dye remaining eggs (Leave them uncooked); lightly rub with oil. Punch dough down. Divide in half; roll each piece into 24 ropes. Loosely twist ropes together; place on a greased baking sheet and form into a ring. Pinch ends together. Gently split ropes and tuck eggs into openings. Cover and let rise until doubled, about 30 minutes. Bake at 350°F for 30-35 minutes or until golden brown. Remove from pan; cool on a wire rack.

March Potluck

Friday March 19, 5 - 7pm

-This month's potluck will be

held at Childcare Complex B. Come and join friends and neighbours and enjoy a feast! Please bring a dinner item to share.



Children's Corner

UPCOMING TALENT SHOW All you talented young people (ages 5 – 12 years old) who would like to come to the Family Centre on Homework Club Thursday,

March 10 to show your talent – music, acting, story-telling, juggling – whatever. Just let Rosie know what you would like to do and the amount of time in which to do it. You can leave a message at 472-4062 or email me at rodulfresne@yahoo.ca. Thanks, Areg, for this great idea!



Dye Easter Eggs -- the Natural Way!



This Easter, why not color your eggs using nature's very own dyes? It's possible to come up with a great number of colors using natural ingredients that can easily be found in almost any kitchen.

* Pale Red: Fresh beets or cranberries, frozen raspberries

* Orange: Yellow onion skins

* Light yellow: Orange or lemon peels, carrot tops, celery seed or ground cumin

* Yellow: Ground turmeric

* Pale green: Spinach leaves

* Green-gold: Yellow Delicious apple peels

* Blue: Canned blueberries or red cabbage leaves

* Beige to brown: Strong brewed coffee

To dye the perfect Easter eggs the natural way, here's what to do:

1. Put eggs in a single layer in a pan. Pour water in pan until the eggs are covered.
2. Add about a teaspoon of vinegar.
3. Add the natural dye appropriate to the color you want your eggs to be. (The more eggs you are dying at a time, the more dye you will need to use.)
4. Bring water to a boil, then reduce heat and simmer for 15 minutes.
5. Remove the substance you used to color the eggs. Put eggs in a bowl.

If you want your eggs to be a darker shade, cover them with the dye and let them stand overnight in the refrigerator.

Parenting Workshops

Empowering Our Children with Tools for Life

Saturday, Mar 5, 10 - 12:30 pm

A Workshop for Parents & Kids ages 6-11

Using mind/body/spirit tools children can learn how to stay confident and remain in their own power.

Is Stress Controlling Your Life?

Saturday, March 5, 1:30 – 4:30 pm

Dramatically reduce the impact of stress in your life with a variety of mind/body/spirit tools including the powerful emotional acupressure - TAT (Tapas Acupressure Technique)! Relieve the Stress and Bring PEACE Back Into Your Life!

Both these workshops take place at Queen Alexandra Centre for Children's Health, 2400 Arbutus Rd. Cost \$50 (sliding scale as needed)

For more information please contact Maggie Reidy, Med Sheila Sakiyama, BA, EFT CC 360-8718 or pathtopeace@hotmail.com

Parenting on the Edge

A Presentation Offered to Students and Professionals Working with Parents and Caregivers

March 7th, 2 pm to 4pm, Cornett B108

Parenting on the edge speaks to those moments when our reactions to our children have the potential to cause emotional harm to the child, to our relationship, and to our self. We invite you to experience an emotional based and gently experiential presentation with a parent and professional who has been living and researching this issue for over three years. We will look at the impact that storytelling has had on this process and invite you to experience our healing model. For more information about our project you can locate us at www.parentingontheedge.ca. Facilitated by Cindy Clark, M.Ed., Founder and Coordinator for Parenting on the Edge Project. Cost is \$10 per student \$25 per professional. Some subsidized seats available upon request. To register or for more information contact info@parentingontheedge.ca or call 526 537 8828. Please register by March 3rd, 2004.



New ESL Club

The Family Centre is pleased to announce the formation of our new adult English as a Second Language Club, Tuesdays from 2:30 to 3:30, beginning March 1. We have a volunteer ESL teacher and two assistant volunteers. This informal setting should provide good conversation and a chance for newcomers to meet new friends. Nutritional snacks will be provided by the International Exchange Office.

FC Library Update by Andrea Cormier

Some of you may have noticed a few changes to the Family Centre's toy library recently. The baby and toddler library toys are now all located in the playroom - just sign it out on the sheet as usual! As the volunteer toy librarian, I've been on the lookout for more recent children's videos so keep checking back for new titles! This month, new additions include "The Fox and the Hound" and "Fly Away Home."

The teen book and video library is still in the volunteer office (please ask someone to show you if you need help), as well as older children's toys including marble works, castle playsets, and Sega. And don't forget about our parenting resource library which has tons of books and videos for parents with children of all ages.

Also, just a reminder to take a look at home and check if you have any overdue items. Please try to bring them back on time so that other families can enjoy them as well! Loan periods are one week for videos & sega and one month for toys & books.

New additions to the bookshelf:

- *LaLeche League: The Womanly Art of Breastfeeding*
- *Raising Your Spirited Child: A Guide for Parents who's Child Is More Intense, Sensitive, Perceptive, Persistent, Energetic* (Book and Workbook on order)
- *Raising Boys: Why Boys Are Different-And How to Help Them Become Happy and Well-Balanced Men* (on order)

Big Thanks!

Thank you to **Campus Security** for their ongoing support of the Family Centre! Fiona

Puszkas and Ken Marrison have been so helpful in so many ways including lost & found delivery and a donation of UVic Book Store Gift Certificates! The Family Centre is in the process of adding some very important books to the Library, and we have also purchased a multicultural cookbook for our Community Kitchen!

Thank you to the **UVic Bookstore**! Sarah Harvey has worked with the various publishers and book distributors connected with the UVic Bookstore to help us acquire many new books. We will have many new kids' books, adult fiction, novels, and teen books.



Another thank you to **Pepper's Foods**! Our local grocery store in Cadboro Bay Village who continues to support us with low-priced foods for our breakfast club and community kitchen! Remember Pepper's when you are doing your shopping! They have free delivery and a student discount! 477-6513

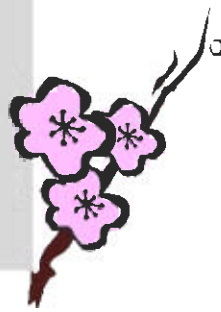
Family Centre Hours for March:

Tuesday 9am - 7pm

Wednesday 7am - 3pm

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

Family Centre 472-4062



Family Centre Events

Community Kitchen

Tuesdays 5:30 to 7pm

Community Kitchen is a group that gathers to cook together to make food for their families and learn new recipes! This group is growing but we still have room for you! Please drop in or call the Family Centre and let us know!

Playgroup

Tuesdays & Wednesdays. A time for parents and children to visit and play with friends and neighbours.

Storytime

Tuesdays, 10 to 11am. Volunteer mom Christine makes storytime fun with crafts, activities, and of course, stories!

ESL Club

Tuesdays, 2:30 to 3:30pm. This new club is being generously supported by the International and Exchange Student Services.

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. Join Kaitlin, Young, Billy and Anna for games, crafts and lots of laughs!

March 24 - Cool Science III with Whitney and Ingrid. Cool Science continues to be a great success so we are planning a third event.

March 10 - Talent Show! See the Childrens Corner for more information and how to sign up!

Knitting Night

Fridays, March 11 & 25, 7 to 9pm. Calling all knitters and handworkers! Come and chat and work on projects in a fun and relaxed atmosphere.

Noontime Concerts

March 4, 11, 18, 12 :30 to 1:30. School of Music students in programs for various instruments. This month's concerts include guitar and woodwind. Phillip T. Young Recital Hall in the MacLaurin Building. Free and open to the public.

Community Events

Swan Lake Programs

For times, costs, or more information, contact Ann Scarfe at 479-0211

Friday, March 18, and Wed, March 23. Night Eyes for Night Skies: Learn how our nocturnal animals are adapted for night life. Suitable for ages 6 and up.

Monday, March 21. Swan Lake Trails: Play bingo as you walk around the lake trail... prizes and surprises at every turn.

Tuesday, March 22. Bizarre Bubbles: What is that scuba diver in the lake? What lives in bubbles?

Wednesday, March 23. Picnic With Garry: Count the stone steps to the top of Christmas Hill, where you'll be in the midst of a Garry Oak Meadow.

Thursday, March 24. Crow Cousin Capers: Presenting the amazing Corvid Family on stage. Play Crow Games, and learn some crow family tricks.

Monday, March 28. Beaver Tales: Presenting the special adaptations of Canada's national animal.

Tuesday, March 29. Buzzy Bees: What do bees do all day? Why is there only one queen bee?

Toonie Tuesdays

An ongoing supper happening during the Lent season. Food served from 5:30pm, but it's held over for later arrivals til 6:20pm. There is always a vegetarian option to the meals, and families are warmly welcomed. You can make it a quick-supper-stop OR stop-for-supper-and-conversation! Please join us
St. Aidan's United Church, 3703 St. Aidan's Street (corner of Richmond and Cedar Hill XRoad)
"Saucy Spaghetti" on March 1
"Spring Soups" on March 8
"Supper Surprise" on March 15

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 to 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 ifg@uvss.uvic.ca .

News Alert! Bike Thefts in Family Housing!!

Just yesterday a bike was taken from outside a townhouse at noon while the owner was stopping home for lunch. Please keep an eye out and report any suspicious behaviour to Campus Security and LOCK YOUR BIKES!!




March 2005

see reverse for event details



Mon **Tue** **Wed** **Thur** **Fri** **Sat** **Sun**

	1	2	3	4	5	6
	10-11: Storytime 11-12: Playgroup 2:30-3:30: ESL class 4:30: Community Kitchen	7-8:30: Breakfast Club 10-12: Playgroup at Complex B (Health Nurse visit)	7-8:30: Breakfast Club 1-3: Drop-in 4-6: Homework Club	12:30-1:30: Free noontime concert	10-12: ESL Group Parenting Workshops	4-6: Gardening workshops
7	8	9 	10	11	12	13
3-4: Family Centre Advisory Committee Mtg. Parenting on the Edge workshop	10-11: Storytime 11-12: Playgroup 2:30-3:30: ESL class 4:30: Community Kitchen	7-8:30: Breakfast Club 10-12: Playgroup at Complex B	7-8:30: Breakfast Club 1-3: Drop-in 4-6: Homework Club -- Talent Show	12:30-1:30: Free noontime concert 7:00: Knitting Night	10-12: ESL Group	
14	15	16	17 	18	19	20
	10-11: Storytime 11-12: Playgroup 2:30-3:30: ESL class 4:30: Community Kitchen	7-8:30: Breakfast Club 10-12: Playgroup at Complex B	7-8:30: Breakfast Club 1-3: Drop-in 4-6: Homework Club St. Patrick's Day	12:30-1:30: Free noontime concert Swan Lake Event	10-12: ESL Group 5:00 Family Potluck	Spring Equinox
21	22	23	24	25	26	27
Swan Lake Event	10-11: Storytime 11-12: Playgroup 2:30-3:30: ESL class 4:30: Community Kitchen Swan Lake Event	7-8:30: Breakfast Club 10-12: Playgroup at Complex B Swan Lake Event	7-8:30: Breakfast Club 1-3: Drop-in 4-6: Homework Club -- Cool Science III Purim	12:30-1:30: Free noontime concert UVIC CLOSED Good Friday	10-12: ESL Group	Swan Lake Event Easter
28	29	30	31	April 1	<div>  Deadline for ordering Good Food Box </div> <div>  Pick up Good Food Box at Family Centre </div>	
Swan Lake Event UVIC CLOSED	Swan Lake Event			No Foolin' Event 