NEWS & VIEWS

University of Victoria Student Family Housing Newsletter

SEPTEMBER 2005 ISSUE 99

UVic FAMILY CENTRE

Director: Sonya Chandler
Faculty Coordinator:
Barb Whittington
39208-2375 Lam Circle
PO Box 1700 STN CSC
Victoria, BC V8W 2Y2
Tel: 472-4062 fax: 472-4669
Email: familyc@uvic.ca
Web: web.uvic.ca/family-centre

Family Centre Hours for September:

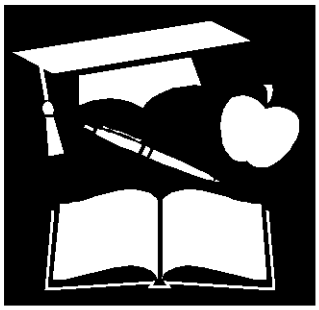
Tuesday 9am - 1pm , 5 - 7pm
Wednesday 7:30am - 3pm
Thursday 12pm - 5pm
Friday 7:30 - 9am

Bienvenue ◻ Bienvenido
Bem Vindos ◻ Witamy
Maligayang Pagdating

مرحباً

Welcome to all Families at the University of Victoria

by Sonya Chandler



University of Victoria | British Columbia Canada

We at the Family Centre want to take this chance to welcome each and every family to campus this September. We are excited that another busy year is starting and are ready and waiting to help you have a positive experience as a student with a family! We invite you to stop by the Centre and see what resources we have to offer as well as meet some other people who are in similar situations. Currently we have a toy library as well as book lending libraries for children and youth. We have resource books and a fiction section for adults too! You can stop by with any questions related to school life, parenting, housing on and off campus, health and wellness, transportation options, community garden info, food bank info, childcare options... you name it! One of us or another family member at the Family Centre should be able to help you find some answers and/or support.

There is a special insert to the newsletter this month detailing the upcoming UVic orientation activities for students with families. Please contact the Family Centre if you need additional copies. We have many exciting new programs starting this month, including a weekly Yoga class, a Saturday kids' hour, and a bi-monthly cooking cooperative. See the *News & Views* insert for details and times of these and all our ongoing programs. We look forward to seeing you at the Family Centre at one of our programs or any time we are open!

New Parking Rules Take Effect September 1st

For everyone with a car in Family Housing, please remember that the University's new parking rules take effect September 1st. Families living in Family Housing are no longer able to park their cars in the areas near their townhouses or apartments without purchasing the new "FH" parking permit. This permit is valid only in the assigned Family Housing stall bearing the permit number and in General parking at the Ian Stewart Complex. It is not valid anywhere else on campus. The FH permit is available from the Campus Security office for $132.50, which is, they remind us, 50% of the cost for a General pass. If you have a second vehicle, you will also need to purchase a regular General pass at the regular price and park in General parking. Also, visitors to residents of Family Housing will have to purchase General permits from the dispensers. Visitor permits will be required from 7am to 6pm Monday to Friday.

Parking assignments have also been revised along with the introduction of pay parking. This may mean a change from the stall you are currently assigned. Campus Security advises that these new assignments are final and no request for personal preference will be considered.

Please contact the Parking Office at 721-6683 if you have questions about any of the new parking regulations. The Office is open from 8am to 4:30pm Monday to Friday.

Native Students Union Welcoming Feast

The UVic Native Students Union is hosting a Welcoming Feast which will be held in the Student Union Building in Vertigos from **5-9pm on September 14th**. The event will feature Traditional Aboriginal performers and it is meant to offer an opportunity for the Native Student Union and UVic's faculty and our Aboriginal community members and elders to reach out to incoming First Nations/Metis/Inuit students, as well as a chance to reconnect with returning students.

Holy Days at UVic

The University of Victoria recognizes its legal obligation to take reasonable measures to accommodate employees and students who request time off for religious observances not covered by statute. For accommodation on days of religious observance, please refer to these policies:

#1110 The Policy Statement on Employment Accommodation
web.uvic.ca/uvic-policies/pol-1000/1110EA.html

#2350 Accommodation for Students on Days of Religious Observance
web.uvic.ca/uvic-policies/pol-2000/2350SRO.html

Some ways of knowing when & what Holy Days are:
A continuously-updated list of high holy days (no work, no exams/classes) for many Victoria faith groups can be found on the Equity web-site: **www.uvic.ca/eqhr**

Our Family Suggests...

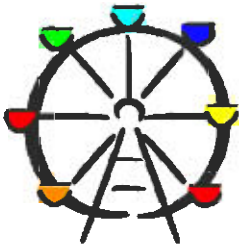
In this recurring column, we will hear about activities and events suggested by residents of Family Housing. Is there something that your family likes to do? Send us your recommendations!

This month, Andrea gives some good tips on enjoying the local fall fairs.

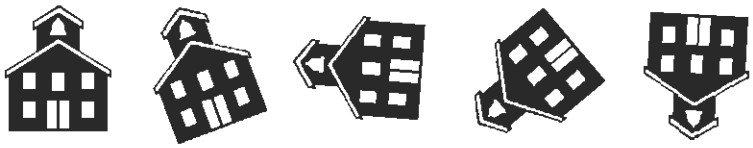
There is nothing quite like a good old country fair, complete with dogs herding ducks, the freshest milkshakes around, corn on the cob, live music and dancing, blue ribbons for the best peach preserves, and 4-H clubs from all over Vancouver Island showing animals of all shapes and sizes. Of course, there is a midway as well, but we suggest eating lunch *after* the rides!

SAANICH FAIR: **September 3rd - 5th.** Celebrating its 138th anniversary! 1528 Stelly's Cross Rd, Brentwood Bay. Lots of free parking, or take public transit Bus #75. Adults $8, Youth $5, under 6 Free! Check www.saanichfair.ca for more information.

SOOKE FAIR: Sept 10th & 11th, in Sooke, turn right at Otter Point Rd or Eustace Rd. Lots of entertainment, animals, a pet parade, and local art! See www.sooke.org/fallfair for more information.



Children's Corner



We asked Khalid and Areg, two busy workers helping to reorganize the newly renovated Family Centre, "What are you looking forward to most in the new school year?"

KHALID, age 9: "When I get back to school I will see my friends and my teachers. The best thing to do is play baseball with my friends!"

AREG, age 11: "When I go back, I will see my teachers and my friends and my principal. I am going to another school -- I will be visiting both, and making new friends. But there isn't any playground to play in, so I will just play and hang out. And I will be meeting other teachers, too -- I hope they are nice!"

Lunch Munch

Try celery boats, filled with:

- Peanut butter
- Cream cheese
- Hummous
- Ricotta cheese
- Almond butter
- Raisins

What is it?

It is in the rock, but not in the the stone;
It is in the marrow, but not in the bone;
It is in the bolster, but not in the bed;
It is not in the living, nor yet in the dead.

Benefits of Yoga

This month, a weekly yoga class begins at Family Housing. Please look for the details in the News & Views insert!

So why practice yoga? How would a student and/or parent benefit from it? A short answer is: yoga makes you feel better! Yoga involves diet, exercise, meditation, and compassion; all of which makes you healthier mentally, spiritually, and physically. A good yoga session brings a calm and peace from within that mere exercise can't accomplish, and a physical sense of well-being that mediation alone lacks. It's a time for you to chill out, relax, and take a well-deserved break from the books and/or kids! Not only will you shape up and feel better about your body, but your mind will feel clearer and more focused when it comes to studying and test-taking.

Other benefits include :

- Improved muscle tone, flexibility, strength and stamina
- Reduces stress and tension
- Boosts self esteem
- Improves concentration and creativity
- Reduces fat
- Weight loss
- Improves circulation
- Stimulates the immune system
- Creates a sense of well being and calm

Classifieds

Here is your chance to... Find a free used washer, or trade a bike, or give away Aunt Betty's trunk that no longer fits in your new home. These are your classifieds, and you can use them to sell, buy, trade, share or borrow!

WAN~~TED: coffee tables and en~~d tables, diapers of all sizes, area rug, small kids table and chairs, shoe rack. Please contact the Family Centre!

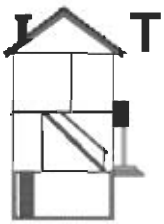
CAR POOLING. Looking for families going to downtown Victoria for school drop off and pick up. Contact Lisa at 381-6680.

Parent-Child Mother Goose Program -- Free!

Delight in a 10 week program of oral story, song & rhyme! For parents and babies (0-12 months) to enjoy together. Experience the pleasure and power of words in a relaxed and fun atmosphere. Gain skills and confidence that will enable positive family patterns. It is a simple social program that has far reaching positive effects on family and community life. Runs **September 21 through November 23**, Wednesday mornings 10 – 11:30am at St. Aidan's United Church, 3703 St. Aidan's Street (Cedar Hill Cross Rd. and Richmond). For registration & information contact Rose Christensen (ECE cert./P-CMGP cert.) 598-9693, or E-mail: rfrosaline@yahoo.ca.

The Nitty Gritty

Facts and questions about Family Housing



In this monthly column, we address questions about living in UVic Family Housing, as well as supply information, ideas and tips about regulations, personnel, and the general "nuts & bolts" of life on Lam Circle. Please send us your questions or ideas!

UVSS Extended Health and Dental Plans for Families

You can enrol your spouse and dependents in the UVSS extended health and dental plans for an additional cost. Same-sex couples are included in the definition of spouse. To opt in your family, visit the Info Booth in the SUB. **The deadline to add family members is September 30 for the fall term and January 31 for the spring term**. The additional costs to opt in your family are below. The extra coverage is quite substantial, and offers coverage for things like prescriptions, emergency transportation, physiotherapy, chiropractic care, naturopathy, massage therapy, speech therapy, clinical psychology, and travel benefits.

Extended Health

September to August $122.30

January to August $84.80

Extended Dental

September to August $125.50

January to August $87.00

For more information, ask at the UVSS Info Booth in the SUB, or go to http://www.uvss.uvic.ca/servrecs/healthdental.html

Food Matters

Fall Farmers' Market at UVic

When: Tuesday, Sept 20, 11am to 4pm
Where: Outside the Student Union Building
Why: To provide students with access to affordable, fresh, local food
Who: Farmers, vendors, musicians, students...

This is a not-for-profit market organized by students for students. Student vendors can book space for a reduced fee. To register, call 472-4472, or email agriculture@vipirg.ca.

The Good Food Box

Why Buy Produce This Way? Because...

- Collectively, our money pooled together gets us more quality produce for less money
- As a volunteer run collective, our money goes directly to purchasing produce
- It increases our access to fresh fruit and vegetables: local and/or organic when available and affordable.

How Do I Get My Box?

- On the **second Wednesday** of each month, drop your money off at the Family Centre
- On the **third Thursday** of each month, you can pick up your box at the corresponding community center in the late afternoon
- In Victoria, there are currently four different boxes. There is a Fruit and Veggie Box for either $5, $10, or $15 and there is also an All Fruit Box for $12. A $5 box is good for about one person.
- Typical box items include the basic staples such as potatoes, carrots, onions, garlic, apples, oranges, bananas, and are accented with other seasonal items.

PAYMENT DUE DATE	PICK UP DATE
September 14	September 22
October 12	October 20
November 9	November 17

For more information, email Jennifer at: goodfoodbox@tsoukenation.com

A message from Campus Security Services

Welcome back! Campus Security is open 24hrs a day, seven days a week. Security Officers patrol the campus on foot, bicycle and vehicle. Our Safewalk Service is available 24hrs a day and is free of charge. If you would like an escort within the campus boundaries, please call. For more information on personal safety and our services and programs, please contact the Personal Safety Coordinator at 721-8981; or visit our website at www.uvic.ca/security.

Campus Security Services Emergency
721-7599
Non Emergency
721-6683
Safewalk Service
721-7599

Stay tuned for upcoming information about our annual Halloween bonfire and hotdog roast on October 31st, 2005!

Art Gallery Class Bursuries Offered

Registration for our forthcoming fall studio at the Art Gallery of Greater Victoria begins on Saturday September 10 (in person only from 10am - 12pm). From Baby Picasso to Teach me Technique, we have a range of innovative classes for children ages 2 - 12. Our dedicated instructors guide students through materials and techniques as well as offering exhibition tours to deepen young artists connection to the art world. Call the Gallery for more information at 384.4171 ext. 0 or visit aggv.bc.ca.

Take note: applications are now being accepted for student bursary nominations. See our web site for application forms and further details: aggv.bc.ca. Deadline for applications is September 1st. Many thanks to the Victoria Foundation for making these bursaries possible.

ATTENTION FATHERS! Ever wonder how to make a documentary film? What equipment to use? How to get the interviews? How to piece the footage together? A student from the UVic Graduate School of Social Work is conducting a research project that involves providing fathers of young children with the opportunity to make their own documentary film. Dads will get the opportunity to make their own 10-15 minute documentary film that addresses their combined experiences of fathering a small child and being enrolled as a post-secondary student. This will be a fun and hands-on project that is scheduled to start in September. The project's time constraint will be flexible and accommodate each participant's busy schedule. For more information please phone Roderick Taylor (360-2913) or the UVic Family Centre (472-4062).

Family Centre Grand Opening and Community Welcome

Friday, September 16th, 2005, 5:00pm to 7:00pm

Come join us at the Family Centre in welcoming both old and new families to the community after a beautiful summer season! Drop by to enjoy a treat and a chat with your neighbours. The Family Centre makeover is complete and this will be a great chance to stop in and admire the new look! See you there...

Big Thanks!

HUGE THANK YOU to Housing, Food and Conference Services for the new paint and flooring at the Family Centre! And an EXTRA big thanks to the Paint Shop and all the staff there for their hard work! The Family Centre has had a beautiful facelift - - the new paint and flooring looks great, and we invite you to come in and check us out!

Advisory Committee Meeting

The next Advisory Committee Meeting will be held at the Family Centre on **September 28, 2005 at 12 pm** (noon). Any interested community members are welcome to attend. This is a great opportunity to have your voice heard. If you have any ideas, comments, suggestions etc. you feel could benefit our community, please bring them to share!

REMINDER: Family Centre Guidelines

by Sonya Chandler, Director.

The Family Centre is a place for EVERYONE! We have an open door policy, meaning that any time we are open you are welcome to come in and access our resources. No matter what program is running or what is happening at the Family Centre, you are always invited to come and get something from the library, pick up a copy of the newsletter, ask a question, use the phone....But we do ask that....

- When there are programs running (like Cooperative Cooking) that you only stay at the Family Centre if you are there to participate in the program that is running, allowing those people that want to participate the full space and attention of the program leader.
- Also, some programs are for specific ages, (like Cool Science) so we ask that children that are too young or are for whatever reason unable to participate in the program do not attend for long periods and while they are at the Family Centre are closely monitored by parents.
- Lastly, when volunteers/staff are at the Family Centre to help with children we all must remember that these people are not there to care for children or babysit, they are simply there to help entertain the children and support parents. Parents are responsible for monitoring their own children in regards to safety and behaviour while inside or outside of the Family Centre.

Thank you for your understanding. We hope that these guidelines will make everyone's time at the Family Centre enjoyable, comfortable and safe.

Friends of the Family Centre

Watch this new column to find out more about people who you may see next time you stop by the Centre -- volunteers, staff, or sponsors and even those people who you never see but who are a HUGE support to the Centre! This month:

Sonya Chandler

- Family Centre Director and Registered Nurse at the Victoria Youth Clinic
- Hours: Tuesdays and Wednesdays
- Just celebrated her one-year anniversary at the Family Centre! Loves biking, gardening, dog walking and her husband Roy...and her job at the Family Centre!

Barb Whittington

- Family Centre Faculty Coordinator and Professor in the School of Social Work
- Hours: lots of them! But mostly "behind the scenes"
- Major Family Centre advocate and one of the reasons we even HAVE a Family Centre! Loves her sons, her doggy and a good laugh!

Andrea Cormier

- Office Assistant, Cool Science leader, long time volunteer toy librarian
- Hours: Thursday
- Our very own fun, crafty East-Coaster! Loves her bunny, her hamster, her cat and Geoff! Oh, and ***loves*** being crafty!

Next month....watch for more familiar names and one of our BIGGEST sponsors!

Family Centre Programs

*Check out our many new programs for the fall! (marked with) We're busy bringing activities and events to the Centre, but it can't happen without **you**!*

Family Centre Cooking Co-operative

Every other Monday beginning Sept 12th (Sept 12 & 26), 7pm

Join a group of adults to share the cost and effort of making healthy, freezable meals for their families. We will work toward completing at least four meals per participant during each co-operative meeting. Some menu ideas are canning (fruits, jams, jellies, vegetables), vegetarian or meat burritos, lasagna, curries. Other ideas and suggestions are welcome!

It will be about a 3 hour time commitment, and cost between $12-20 per meeting (depends on the cost of menu items). You will be taking home at least four freezable meals that will feed a family of 4-6 people. Pre-registration for this program is necessary to ensure adequate supplies. Email or phone the Family Centre to register and indicate your menu preference. If you are interested in participating, but cost is an issue, please contact Sonya at the Family Centre.

Storytime & Playgroup

Tuesdays, 10am to 12pm.

International Community Kitchen

Tuesdays 4 to 6pm. Tuesday evenings in September at the Family Centre is a time for international students and their families to gather and spend time cooking and eating together. Every week it is a new recipe from a different country which means we all get to learn about each others cultures and flavours! Please stop in and join us or if you would like, phone ahead to the Family Centre with your recipe ideas.

Playgroup

Wednesdays, 10am to 12pm. A time for parents and children to visit and play with friends and neighbours.

Breakfast Club

Wednesdays & Fridays, 7:30 to 9am. Stop in on your way to school or work for a warm breakfast and lively conversation.

Cool Science

Every Second Thursdays, 4 to 5pm. (Sept 15th and 29th, Oct 13th and 27th) We are doing COOL SCIENCE again for September and October at the Family Centre! We will having fun with experiments and other cool science stuff! Come out and join the fun! Hey...you might even learn something new! This program will be for children that are old enough to come to the Family Centre without their parents.

Adult Yoga Series

Thursday evenings beginning September 15 until October 20 from 6 to 7 pm at Childcare Complex B.

Yoga originated in India about 5,000 years ago. It is a tradition of exercise, breathing, and meditation with the goal of achieving harmony between mind, body, and environment. The most common form of Yoga in North America is known as Hatha Yoga, which focuses primarily on the postures and breathing exercises many people associate with yoga.

Certified yoga instructor Adele Worobey will be joining us this fall to offer adult yoga classes! Adele's style of Hatha/Flow yoga is suitable for all levels and no previous experience is required. Please wear comfortable clothing and bring some water and a mat (if you have one).

Pre-registration is preferred, although drop-in space is available. Pre-registration cost is $10 for the 6-week session. Drop-in cost will be $3 per class. Contact the Family Centre for more information or to register. Please phone the Family Centre if you need help arranging childcare.

Knitting Night

Second & Fourth Friday, 7 to 9pm. (Contact Family Centre for September dates.) Calling all knitters and handworkers! Come and chat and work on projects in a fun and relaxed atmosphere. Also open to people with little or no knitting experience. This group will show you all you need to know to get started on a project! Just come on by the Family Centre.

Super Saturday Mornings

Saturdays (beginning Oct 1), 9:30 to 11am. Calling all school-aged kids! We are lucky to have Lisa Kishkan join us on Saturday mornings to offer a weekend activities program for school-age children. Lisa is a fantastic mother, an enthusiastic Family Centre volunteer and an elementary school teacher-in-training. She will be presenting a fun, educational activity each week exploring a variety of topics. Everything from arts and crafts to science and nature will be experimented with!

Parents please note: This program is designed for school-aged children ONLY! It is NOT a parent participation program - children are asked to attend on their own. Parents please use discretion as to your child's readiness to attend this type of program. If you have any questions please contact the Family Centre.

News & Views Meeds Your Contributions!

We welcome submissions of all kinds -- send us your thoughts, opinions, suggestions, stories, poems, recipes, tips or ideas! 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 OCTOBER NEWSLETTER: Sept 20