



News & Views

AUGUST 2006
ISSUE 110

A Newsletter for Families at the University of Victoria

Director:

Elizabeth Quong

Staff:

Andrea Cormier
Tomoko Okado

Faculty Coordinator:

Laurene Sheilds

**Family Centre
hours for
AUGUST:**

Please Note:

***The Family Centre
will be closed for
the week of Aug 7-
11. We will reopen
with regular hours
and programming on
Tuesday, August 15***

Tuesdays
9am-6pm

Wednesdays
9am-2pm

Thursdays
2-6pm

My Experience at the UVic Community Garden

By Umi Kalsom Miswan

Neither my husband nor I ever gardened before. Gardening is like going back to our childhood, when life was simpler and our parents used to grow veggies and food. Then, I didn't have to go to market to buy fresh produce. We just looked around the bush in our back yard and voila! We had everything freshly dug or picked.

Gardening here is becoming a very popular hobby as people are more conscious about healthy eating. Spaces are also abundant here. In Malaysia (where we're from), as more people settle in urban areas, there are fewer spaces for them to pursue this hobby. Unless for those who live in 'kampung' or villages.

We just started gardening about four months ago. Since this is our 'experimental stage', we planted plants that grow easily such as tomatoes, beans, corn, lettuce, onions, carrots and cucumbers. We also planted some herbs: basil, coriander Chinese celery and lemongrass. The most difficult part is to start. Our plot hadn't been tilled for some time. The soil was dry and not well aerated. My best advice for soon-to-be gardeners is expect hard work and don't

hesitate to ask. Other gardeners are very helpful and share a lot of valuable advice and gardening tips.

Community gardening is about working together and sharing. Everybody has different tasks to do. For example, mowing the grass, maintaining tools and the shed, composting and watering, and ultimately, sharing the abundant produce at the end of growing season.

Gardening definitely gives my family a very positive experience. It seems magical to watch tiny seeds grow to sturdy plants. My two children enjoy the dirt and space where they can make mud holes and water the plants. The best thing is the quality time we spend together as a family in the garden.

"He who plants a garden plants happiness."

--Chinese proverb



Composting Comes to Family Housing

Beginning September 1st 2006, family student housing tenants will be able to compost their food wastes!

As a part of the University's goal to reduce waste and greenhouse gas emissions, Facilities Management will be installing two green totes into each waste and recycling enclosure this fall.

This program accepts many more items than traditional composting:

- **Coffee grounds and filters**
- **Egg shells**
- **Tea bags**
- **Paper napkins, paper plates, & paper cups**
- **Fruit & vegetable peels and pits**
- **Leftover meals -- including those with meat or dairy**

- **Wooden stir sticks or chopsticks**
- **Household plants, soil, or cut flowers**

Essentially the only things that cannot go into the compost bins are tin foil, glass, plastics, milk or cream cartons and tetra packs! Signs will be posted in each enclosure to remind users of acceptable items.

In preparation, you might consider getting yourself a reusable container (such as an ice cream pail with lid) to transport your "compostables" to and from the enclosures. Tenants are encouraged to participate in this program and your cooperation in keeping the area clean is appreciated.

If you have any questions, please contact Facilities Management at 721-7591.

Happy composting!

Perseid Meteor Shower Gives Spectacular Sky Show

Look to the Skies on August 12th for the best annual meteor shower of them all!! The Perseids shower produces an average of 60 shooting stars per hour. Although the nearly full moon on August 12 will hide some of the meteors, they will still be visible.

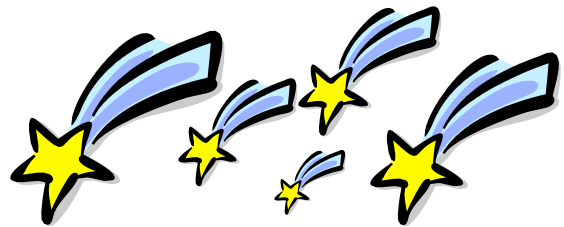
Best viewing window: Saturday evening, August 12, from the end of evening twilight through Sunday morning, August 13.

Recommended for: Anyone interested in meteors; just remember that the Moon will detract from the show.

The Perseids are probably the most-watched annual meteor shower. The shower has a very long duration, from about July 15 through August 25. The shower is most interesting around its peak on August 12 or 13. This year, the waning gibbous Moon will be a big nuisance, riding high in the sky during the morning hours when the Perseid radiant is high. In addition, the shower's normal peak will occur during daylight for North American observers. The radiant is above the horizon the entire night for observers north of latitude 32N, but it is fairly low at the end of evening twilight. Evening Perseid rates are low, then, but there are usually enough meteors to be interesting. The Moon is also low in the evening this year, and hopefully rates will not have fallen too far from their peak. East Coast observers will be favored this year. Serious observers will watch all night long, and deal with the Moon as best they can. Face the darkest part of your local sky, and if the Moon is in your field of view try to block it with some sort of obstruction.

Rates for most observers will probably top out at around 15-30 Perseids per hour, with a few sporadic and minor

shower meteors added to the mix. Perseids are fast meteors and tend to be fairly bright on average. An occasional fireball is seen, but these seem to depend on the luck of the draw.



BIG THANKS!

The staff & families of the Family Centre would like to give Huge THANK YOUs to both our long-time volunteers **Jen Lockhart** and **Morag Cunningham** for their dedication and enthusiasm! Our Playgroups and After School Club just won't be the same without either of these two awesome gals! THANK YOU for all of your hard work -- we will all miss you!

Thanks to our July Newsletter Delivery Girls, **Shuhrat & Jessica!!**

Youth Strides Seeks Participants

Student Training for Refugee and Immigrants to Develop Educational Seminars

Youth STRIDES is a new project of Victoria Immigrant and Refugee Centre Society (VIRCS) youth program, Project ENABLE.

The purpose of Youth STRIDES is to give opportunity to young newcomers (immigrants and refugees) in Canada. The youth will research and create workshops which will be focused on issues that young immigrants and refugees encounter as they settle into Canadian Society.

The training and immersion camp will take place over one week. Youth will train in a camp-like setting on Thetis Island from August 18th – 25th, 2006. There they will have the opportunity to enjoy many recreational activities, including land and water activities.

A minimum of ten youth participants will be selected. The project will seek applicants under 25 years of age that are currently or have had immigrant or refugee status. They will be currently taking English classes or tutoring to improve their literacy skills in English. They will have an interest in social justice issues particularly those pertaining to children and youth refugee and immigrants. They must also be open to sharing their experiences and ideas throughout the training process. They must be able to commit to 7 days (August 18th-25th, 2006), 2 of these days will include travel and 5 will focus on training. The interested youth will apply with a letter of interest outlining:

1. A brief biography of themselves
2. Why they are interested
3. What they hope to gain from this experience
4. What they can bring to this project

They must include two references with their letter of intent and send to:

Meghan Mergaert
Project ENABLE Coordinator
303-531 Yates St.
Victoria BC V8W 1K7
Or e-mail Meghan at
enable@vircs.bc.ca

Children's Corner

We talked to two children about their craft experience at the Family Centre.

picture and see how pretty!

By Orjwan, age 12

I learned origami when I was about eight years old at school, when the teacher was teaching us about Japan. I would mostly want to thank Takako and Tamoko at the Family Centre for helping me do all kinds of shapes – heart pockets, dogs, cats and lots more. I like origami because it keeps our Earth healthy by decorating the house and we can reuse the origami paper many times. Also I like the beautiful shapes. Look at the



I did a flower, a bench and five stars. Takako and Tricha made the flower and Jessica made the bench and I helped a little. Origami is cool because I can design anything, like a necklace or hair band. I like using up scrap paper too! I would like to learn more about it. It's a very pretty art. When I was in kindergarten I was taught to make a bird by a person from Japan. Now that I've practiced, I'm a very good folder. You can even do it with newspaper.

By Rafal, age 9

Come by the Family Centre to learn from the experts!

UVic Family Centre
P.O. Box 1700
STN CSC
Victoria, BC V8W 2Y2

Phone: 472-4062
Fax: 472-4669
E-Mail: familyc@uvic.ca

We're on the Web! Check out our complete listing of programs at:

[HTTP://WEB.UVIC.CA/
FAMILY-
CENTRE/INDEX.HTM](http://web.uvic.ca/family-centre/index.htm)

Family Centre Events

Summer Youth Program

Youth aged 7 and up are invited to the Family Centre on Thursday afternoons in the second half of August from 3:30-5 pm for a variety of activities.

August 17th - *Outdoor Sports* (Soccer, Croquet, Skipping ropes, Bubbles, Catch, etc.

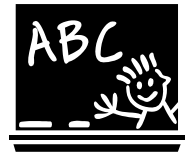
August 24th - *Family Centre Youth Scrapbook*. We will be beginning a book about the kids who come to the Family Centre or who live in Family Housing. Come and make a page about you, your family, or your friends. What do you love most about living here? This one-of-a-kind book is all about the kids that live here and make our community so unique!

August 31st - Mini Olympic Games & Medal Ceremony

NOTE: This program is cancelled for August 3rd & 10th

Back-to-School Party

Frank Hobbs Elementary School students and their families are invited to a Back to School Welcome Party at the Family Centre on the evening of **Thursday, August 31st**. Come by and meet your neighbours as well as Diane Marshall, the Principal of Frank Hobbs School. Please call the Family Centre at 472-4062 for exact time & further details.



Community Events

Swan Lake Events

For more information, contact Julie or Elizabeth, 479-0211

Snake Day with CRD Parks

Thursday August 3rd, 11:00 – 3:00

Come get snaky with Swan Lake and CRD Parks! Join us at Beaver Lake Park to visit with the snakes, talk to experts and check out the show. Face painting, crafts, games and fun for all. PLACE: Elk/Beaver Lake Regional Park

Damsels and Dragons

Thursday August 10th, 1 – 3pm

What's the difference between damselflies and dragonflies? What makes these insects such amazing hunters? Who's been around longer – dinosaurs or dragonflies? Come and check out these fascinating insects at this family-oriented drop-in event. Crafts and games, face-painting and more.

PLACE: Swan Lake Christmas Hill Nature Sanctuary, 3873 Swan Lake Road
\$2/child for crafts

Creatures of the Night

Friday, August 11, 8 – 9pm

Check out the nightlife at Swan Lake! Join us for a night of owl prowling, bat detecting and beaver spying. Recommended for families and children 7 yrs and up. Pre-registration is required. PLACE: Swan Lake Christmas Hill Nature Sanctuary, 3873 Swan Lake Road
\$3/person

VIFVF Free Films

Once again, the Victoria Independent Film & Video Festival is presenting the Free-B film series! Every Saturday in August, free B-films will be playing in the Cameron Bandshell in Beacon Hill Park. All shows start at 9pm. see <http://www.vifvf.com> for listings.

Dragon Boat Festival

August 18th-20th is the 12th annual Victoria Dragon Boat Festival! From 9:00am until 6:00pm, 90 dragon boat teams will race in Victoria's

stunning Inner Harbour. There are also plenty of festive cultural activities taking place. See <http://www.victoriadragonboat.com> for more info.

Discovery Camps

Free Discovery Camps for Kids: Saturdays in Centennial Square (Downtown) as part of the Inter-cultural Association's Open-Air Festival. August 12: Learn to Gumboot Dance! On August 19th, learn the fine art of Juggling! August 26 is all about making marimba music! See <http://www.openairvictoria.com>



Be Sun Smart!

SEEK out shade!

SLIP on a shirt!

SLAP on a hat!

SLOP on sunscreen!

SIP plenty of water!

