



# News & Views

DECEMBER 2006  
ISSUE 114

A Newsletter for Families at the University of Victoria

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Check out our complete  
listing of programs at:  
[http://web.uvic.ca/  
family-  
centre/index.htm](http://web.uvic.ca/family-centre/index.htm)

*Director:*  
Elizabeth Quong

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Laurene Sheilds

## Family Centre hours for December:

### Tuesdays

9am-6pm

Playgroup & Storytime  
10:30am-12pm  
Culture Club 4-6pm

### Wednesdays

7:45am-2pm

Breakfast Club  
7:45-8:45am  
Playgroup 10-11:30am

### Thursdays

12-5pm

After-School Club  
3:30-5pm

## Welcome to our New Editors!



It's that time of year again, holidays quick approaching with the year coming to a close and the semester soon behind us. Pamela and Eugene would like to send holiday greetings and share a few words as the new editors of your monthly newsletter.

Pamela and Eugene are both moms living in family housing. Eugene moved to family housing six months ago from Seoul, Korea. In Korea she had worked as a researcher in the transportation field and is now enjoying her time learning about her new home. Pamela has lived in Victoria for four years and in family housing for just over two years. She recently completed her bachelor's degree in Geography and Environmental Studies at UVic and is now spending her time with her young daughter and continuing her research into local food systems.



This month we have some great information on events around town. If you have teenagers take some time to read the article "Connecting with Your Teen". In the coming months we hope to feature more articles on parenting so

by Pamela Tudge and Eugene Jung

if you have some wise words you would like to share please send them along.

For January we would like to encourage international students to submit stories of their experiences in Victoria. We also would like to highlight international food recipes that can be made with local ingredients. Send us stories, recipes, crafts and anything else you wish around the theme of being an international student. If you are from Canada share your own experience of living in our multicultural neighborhood.

We want to extend our thanks to Lisa and Karen for all their work over the last couple years on the newsletter and sharing their experience with us over the last week. We hope they enjoy their new home in Fernwood and hopefully they will visit us sometime soon.

In the coming months we are really interested to hear from our neighbors about what they would like to see in the newsletter and look forward to receiving your submissions. To all UVic families have a wonderful holiday and a Merry Christmas.



## Family Centre Holiday Schedule

The Family Centre will be closed for the holidays from Friday, December 22nd through Monday January 1st, inclusive. We will re-open with regular programming on **TUESDAY, JANUARY 2nd, 2007**. Happy Holidays, everyone!

## UVic Holiday Schedule



The University of Victoria, including the Housing Office, will be closed over the from December 23rd through January 1st inclusive. Campus Security Services will still be available during the closure, for any emergency that may arise. The Housing Office will reopen on January 2nd at 8:30am. **Rental payments** can be through internet banking, or simply drop off a post-dated cheque **before December 23rd**.

### Support the UVic Vikes!

They will be selling Christmas trees at Centennial Stadium, starting December 2, from noon-7pm weekdays, and 10am-7pm weekends, until they run out.

## Holiday Assistance

The Christmas Bureau of Victoria gathers the names of people who are in need of assistance during the holiday season & passes these names on to organizations and individuals offering help. Member agencies include the Mustard Seed Food Bank, St. Vincent de Paul, and various other local food banks and charities. Please call the bureau at 388-4384 or enquire at the Family Centre. **Application forms MUST be received no later than DECEMBER 8th (we have forms at the Centre).**

There are also a variety of other options available to those in need during the holidays. The Family Centre receives both a small number of holiday hampers from community supporters, as well as donations for our food share program. If you or someone you know is in need of assistance, please come and talk to us about your different options. All inquiries are kept strictly confidential.

The University of Victoria Students' Society also has a food bank (721-8369 or <http://www.uvss.uvic.ca/servrecs/foodbank.html>) for students in need.



## Reminders about the Holiday Season

by Lindsey Froland (Family Housing Assignment Clerk)

It's time for the holidays again, and everything that comes along with it (and I don't mean the in-laws!).

Live Christmas trees are allowed in Family Housing, however, Facilities will not remove them, so please do not leave trees outside your unit or near the garbage bins. If you do get a live tree, the Vikes will hold a tree recycling program at Centennial Stadium, January 6 and 7th, from 10-5pm.

Outdoor Christmas lights are not allowed on the exterior of Family Housing units, due to safety and structural concerns.

If you have any questions or concerns, feel free to contact me at 472-4504, or at [froland@uvic.ca](mailto:froland@uvic.ca). Best holiday wishes to all Family Housing tenants, and a Happy New Year!

## Christmas Tree

### Safety Precautions



Trees should be green (not dry). Cut off about two inches of the trunk and put the tree in a sturdy, water-holding stand. Keep the stand filled with water so the tree does not dry out quickly. A dry tree burns easily, so keep it watered!



Stand your tree away from baseboard heaters and other heat sources. Make sure the tree does not block foot traffic or doorways.



Only use indoor lights on your tree. Check lights for broken or cracked sockets, frayed or bare wires, or loose connections. Replace or repair any damaged light sets. Never place lighted candles on a tree or near any flammable materials. Do not leave lit trees unattended- turn off all lights when you go to bed or leave the house.



Use no more than three light sets on any one extension cord. Extension cords should be placed against the wall to avoid tripping hazards, but do not run cords under rugs.

# Children's Corner

## Connecting With Your Teen



by Wendy Lum (Clinical counselor)

Connection is a universal human longing. This sense of connection is especially important for teens. Adolescence can be a challenging developmental period for both teens and their parents. As many adults can attest, it can often be difficult to understand or relate to your teenager. Sometimes parents will have strong negative reactions to the behaviors they cannot comprehend. This inevitably leads to conflict. It is crucial for adults to understand that all behavior is an external response to an internal process. It is helpful for parents to suspend judgment and regard disturbing behavior with a degree of curiosity. Instead of saying "What the @#%\*&^ is that stupid kid doing?", try something like "I wonder what he was feeling before he did that and how does it make sense for him to behave that way?" Behavior is the manifestation of an internal experience. Being connected on an emotional level with your teen enables you to understand those mystifying, irritating behaviors.

It is important to remember that your child is not their behavior. Disturbing behavior is something he or she does that is strictly external. They have an essence that is uniquely their own and may not be reflective of the behavior we see. For example, try not to label a teen as an angry person. The anger is a feeling that they have but it is not their complete self even if they view themselves as an angry person. Adolescence is a time where one experiments with new ways of being in order to find out who they are and what they stand for. I have had families come to see me for counselling because of their son or daughter's destructive behaviors such as bullying, lying, stealing and substance use. What I know is that the behavior is communicating various feelings such as frustration, anger, or resentment.

The inner world of an adolescent is a complex world, and it is helpful to have a map that can guide you to understand your teen's behavior. The inner world consists of behaviors, ways of coping, feelings, beliefs, expectations, yearnings and Self. As a parent, you may wish to reflect upon your own inner experience of adolescence. Although the external world has changed through the years, the internal world is fairly constant. Your teenager is probably experiencing the same confusing jumble of emotions you did at their age. How did you behave? When we allow ourselves to look at our teenager without making assumptions about who they are we can be more open to knowing who they really are. Connection takes understanding, trust, respect, validation and kindness. Connection is the bridge into your adolescent son or daughter's internal world. Remember it can be a scary, fragile bridge at times, but it's strength is dependent on a solid foundation at both ends. Knowing how to connect with your teen is vital to fostering a relationship.

Wendy Lum MA, RCC is a Registered Clinical Counsellor who works at UVIC Counselling Services and has a private practice in Victoria, B.C. She has worked for over 25 years with children & adolescents, individually and with their families. She is facilitating a once a month Parent Support Group at the UVIC Family Centre.

## Food Matters



**The Moss Street Holiday Craft Fair** is taking place  
**December 9 and 10<sup>th</sup>**  
at the **Fairfield Community Place.**



Check out the local organic winter veggies and preserves. How about an organic garlic ring for a Christmas gift? There is no admission, free parking and if you bring a mug there is a bonus of free apple cider. This craft fair is a favorite since it highlights local farmers and artists. Food, food and more food! Check out [www.mossstreetmarket.com](http://www.mossstreetmarket.com) for more info.



### Dental Screening for Pre-school Children (Age: 0 to 4)

When: 11:00AM,  
December 15 (Friday), 2006  
Where: UVIC Family Centre



To prevent early dental decay is very important for children's health. With the cooperation of VIHA Saanich Public Health Unit, the UVIC Family Centre is happy to offer the first dental screening for pre-school children. Also, there will be a story-time for preschool children regarding the importance of dental care. Please let us know if you are interested in participating in this important opportunity for all families with pre-school children.

## Family Centre Programs

### Mother Goose Program

The UVic Family Centre Mother Goose Program is a unique group experience for parents, babies and young children. Please join us with your children and enjoy an hour of interactive rhymes, songs, and stories from around the world as well as learn new ways to cope with children at home during the weather, and meeting other parents every Wednesday morning. Please register at the Family Centre. Suggested age of children: 0-1 and 3-4 year olds.

When: Wednesdays, 10:30–11:30AM

Where: **UVic Childcare Complex B** on Finnerty Road



### Parent Support Group

Come join us for a parent support group, sponsored by the UVic Family Centre & UVic Counseling Services.

Wendy Lum, a counselor from Counseling Services, will be leading this monthly parenting support group for the Family Centre at the University of Victoria. She will facilitate the group through psycho-social educational teaching, exploration, and discussion. The group could be structured or open, depending on the group members' needs and concerns.

Wendy has 25 years of experience in working with children, youth, and their families. She focuses on relationships, family of origin issues, and inner change. She sees individual students for career & personal counseling. She also offers couples counseling when one partner is a student.

Wendy also counsels individual parents on self care, boundaries, and parenting issues.

Share your insights & experiences, and learn some new ideas! Childcare will be provided, please phone to let us know if you will be needing it.

When: First Friday of each month (December 1st), 3:30–5:00 PM

Where: Family Centre (472-4062 for more info)



One THURSDAY per month

### Food Security Program

(Please Call to Register)

10 – 11:30 am

First FRIDAY of each Month:

### Parent Support Group

3:30 – 5:00 pm

## Community Programs

### Free Parents & Tots drop-in

- Monday mornings, 9:30–11:00 at the Gordon Head United Church (4201 Tyndall Avenue). Free tea & coffee. All are welcome (Maisie, 477-0388)

## Community Events

### Breakfast with Santa

*Saturday, Dec 9, 9:30-11 am* : You better watch out, not cry, not pout I'm telling you why, Santa Claus is coming to Saanich! Join us for a delicious breakfast of pancakes & refreshments. Enjoy carols, crafts, and a visit with Santa. \$6 , 18 months+. Gordon Head Recreation Centre (475-7100)



### Skate with Santa

*Sunday, Dec 10, 12-4:30* : Kids 5 + under are free, regular admission applies (plus skate rental). Oak Bay Recreation (595-7946)

### Papermaking for the Holidays

*Tuesday, Jan 2, 10:00–3:00* : Come and explore our holiday blend of new ideas and recycled materials. Drop in program for ages 4 and up. Donations appreciated. Swan Lake Christmas Hill Nature Sanctuary, 3873 Swan Lake Road (Ann Scarfe, 479-0211)

### Around and/or Up

*Wednesday, Jan 3, 10:00 am (lake walk), 1 p.m. (hill walk)* : Join Sanctuary staff for a 2.5 km walk. Stroll around Swan Lake in the morning, or up Christmas Hill in the afternoon. Each walk will take about 2 hours, and will finish up at the Nature House with a warming drink and popcorn. Swan Lake Christmas Hill Nature Sanctuary, (479-0211)

### Stories, Stories And More Stories

*Thursday, Jan 4, 1-3 pm* : Join storytellers Jennifer Ferris, (Peg Hasted and Phyllis Pacheco) from the Victoria Storytellers Guild. Suitable for all ages. Craft fee, \$1.00 per child, Swan Lake Christmas Hill Nature Sanctuary (479-0211)

### Who's That Hooting?

*Friday, Jan 5, 11 am or 1:30 pm* : A dress-up stage presentation reveals the adaptations of these nocturnal raptors. Watch slides, listen to owl calls and pick a pellet to pieces. Limited spaces, pre-registration required. Suitable for ages 6 to 100. \$7 a family (maximum 4) Extra pellets \$5. Swan Lake Christmas Hill Nature Sanctuary(479-0211)