



# News & Views

NOVEMBER 2006  
ISSUE 113

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)

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Elizabeth Quong

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Laurene Shields

## Family Centre hours for NOVEMBER:

### 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

12-6pm

After-School Club  
3:30-5pm

## Farewell to Family Housing

by Lisa Hitch



There comes a time when  
good things come to an end  
and new adventures await.

My family moved to Victoria and into  
Family Housing in September 2003. We  
felt welcomed almost immediately, as  
we met our neighbours, attended  
breakfasts and playgroups at the Family  
Centre, and saw how easy it was for our  
children to play freely outdoors with  
friends from many corners of the world.

Family Housing also  
allowed the children to  
see what University life  
was all about as we'd  
walk about the campus,  
feed bunnies, or go to  
movies at the Grad  
Centre. For three years,  
it was such a valuable,  
unforgettable and  
unique living experience  
for us. On top of



*Make new friends and  
keep the old,  
one is silver and the  
other gold.*

*The circle is round, it  
never ends --*

*That's how long I want  
to be your friend.*



everything, for the past two and a half  
years I had the opportunity to edit the  
newsletter with my partner Karen Lee.  
This allowed us a real insiders' view of  
the workings of Family Housing, and  
over this time we got a special  
perspective on the strong and vital  
community we were living in.

At the end of October we moved out of  
our Lam Circle townhouse and into a

lovely home in Fernwood. We're  
experiencing a whole new environment and  
the boys are finding the adjustment  
challenging as they can't just walk out the  
front door and have a whole group of  
friends to play with. We wanted to leave  
our townhouse cleaner than we found it  
(not too difficult), and also had a vested  
interest in getting our security deposit back.  
So we did our best and were advised by  
friends that we should not forget the top of  
the cupboards, the oven, behind the fridge,

and most especially the  
lampshade in the kitchen  
(*hint hint*)! We were  
fortunate to meet the new  
tenant and she was even  
interested in keeping some  
of the furniture that we could  
not take with us!

So the cycle continues and  
another new family will take  
over our living quarters,

grace the playgroup with laughter and  
hopefully get to know some of the families  
who we came to love and trust and find  
friendship with. Leaving is hard and so is  
change. We'll come back to play with old  
friends, and Karen is still at UVic. If you  
have our phone number please call, it  
hasn't changed. And if you'd like a very  
interesting and rewarding job, please call  
Elizabeth about editing the newsletter!

## Big Thanks!

Thank you to Jessica and Areg for delivering posters and newsletters around the  
community for the Family Centre! You gals are great!

We would like to thank all UVic employees who continue to donate their expired bus  
passes to the Family Centre (via Campus Security) for families to use for Recreation  
drop-ins. Many UVic families use these passes on a regular basis to access local athletic  
& recreational programs!

For more information on **donating** last month's bus pass to UVic Families, please  
contact Pat Shade at Campus Security at 721-6556.

For more information on **receiving** expired bus passes for recreation drop-in  
opportunities, please call or visit the Family Centre (472-4062)

# Food Matters



## Local Food Security Project

The first Community Food Security meeting was held at the Family Centre on October 21 with nine active participants from many culturally diverse backgrounds. Childminding was provided for ten children. This group discussed the importance of local food security and the awareness of nutritional choices. For the next meeting, we will have a nutritionist as a speaker

to answer your questions about healthful nutritional food choices and to bring together culturally supportive nutritional information. If you are interested in the next meeting please get in touch with the Family Centre.

**When: Thursday, November 23, 10:00AM – 11:30AM**

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

## UVSP Pocket Market

Co-sponsored by Share Organics and UVic Sustainability Project  
**every Thursday 2:30 to 5:30 outside the SUB**

Save the Planet with your Knife and Fork –  
Buy locally grown organic produce!  
Make the Pocket Market part of your week.

## Meet the New Practicum Student

Hello! My name is Janna. I am a student at UVic. I am in my third year bachelor program of Child and Youth Care, and am doing my practicum at the Family Centre.

I have lived in many places in Western Canada (from Saskatchewan, Alberta and BC). I have lived in Victoria for only one year and so far it is one of my favorite places. I have also traveled a bit in South East Asia and lived in Taiwan for one year.

I love being outside, in rain or shine. My favorite outside activity is mountain biking. I also enjoy running, hiking, walking along the beach and swimming.

If you have not met me yet, you will see me at the Family Centre three days a week. I am around for Culture Club, Breakfast Club, Playgroup, and After School Club. I really enjoy meeting new people, learning their stories and hearing their experiences. So please come to the Family Centre and say hi!

## Parent-Child Mother Goose Program

**What would you like to do with your children on a rainy day?**

UVic Family Centre Mother Goose Program will be a new and unique group experience for parents and their babies and young children focusing on the enjoyment of using rhymes, songs and stories. 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 starting on November 22. Please register at the Family Centre. Suggested age of children: 0-1 and 3-4 year olds.

When: Wednesday, **November 22** 10:30–11:30AM

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

## Classifieds

**FREE:** The Family Centre has 2 plastic lawn chairs, a plastic baby booster seat, and a used easy-bake oven available for free. Please come by to pick them up or call us at 472-4062. First Come, First Served.

**FREE:** Each month, we receive a large donation of used clothing and other items (including water bottles, travel mugs, and many other items) from Campus Security's Lost & Found. These items are available for free in the Family Centre.

**FREE:** The Family Centre has a free wooden dollhouse available. As Is.

**LIBRARY AVAILABLE:** We have a large collection of local parenting and family resource information available at the Family Centre. Stop by to pick up brochures for local services or the latest copy of Island Parent magazine. And don't forget about our large resource library – full of books on topics such as pregnancy & birth, health, parenting teens, relationships, and great craft ideas for kids.

**FOR SALE:** Assorted toys, baby carriage, small tables and chairs, water sprinkler. Call Franceene - 721-1120.

**Newsletter Editor Wanted:** Do you have editing and computer skills, investment in our Family Housing community and 15 free hours a month? Please apply to Elizabeth at the Family Centre. This is a paid position.

**WANTED:** Submissions to the classified section of News & Views! Do you have something to sell or trade? Do you offer a service? Does that old sofa need a new home? Send submissions to fcnews@uvic.ca.

## Campus Waste Management & Recycling

UVic has an excellent waste management system, whether you live, work, or study on campus. This fall, composting is becoming more popular at UVic, and there is a plan to add compost bins to Family Housing's waste disposal centres. These are in addition to the large bins already located around campus where you can compost food and yard wastes. These bins complement the existing recycling program on campus, including in Family Housing. Be sure to separate your recyclable wastes and put them in the proper containers. Corrugated cardboard boxes should be flattened and placed in a separate container from regular cardboard and paper. Paper products should NOT be placed in plastic bags – simply put loose paper into the receptacle. Clean cans, glass & plastic bottles, and any plastics #1-7 should be placed in the appropriate containers. At this time, soft plastics such as sandwich bags, grocery bags, or saran wrap cannot be recycled on campus. If you would like to recycle these plastics or styrofoam, contact the Oaklands (370-9101) or Fairfield (382-4604) community centres, as they have monthly drop-offs for these recyclables. Please call UVic's Sustainability Co-ordinator at 472-5011 or Andrea at the Family Centre for more information. <http://web.uvic.ca/recycle/>

## University 101

For many adults in Victoria, university is a dream for another life in which classes are free, as are day care and transportation to and from the class; in which there is a solid meal each night to make learning possible; in which real life experience is a valued asset in classroom discussions.

This is where University 101 comes in. It is a project of the University of Victoria, started by a group of professors and community activists who asked why, in a country like Canada, should anyone be excluded from the benefits of a post-secondary education?

Uni 101 offers free first year level university classes on topics such as critical thinking, history and literature. Students and teachers share a meal before each class, and those who need them are offered bus tickets and childcare subsidies.

It is now in its second term, but students from the first term are coming back—to help in the classroom, to design this year's course, to encourage this year's students. Why? Because Uni 101 gave them confidence in themselves. It showed them they could face a university level class and succeed.

To find out more about University 101 check out [www.uvic.ca/uni101](http://www.uvic.ca/uni101) or look in the current Continuing Studies Calendar.



## Children's Corner

### Runny Babbit

Way down in the green woods  
Where the animals all play,  
They do things and they say things  
In a different sort of way –  
Instead of sayin' "purple hat,"  
They all say "hurple pat."  
Instead of saying' "feed the cat,"  
They just say "ceed the fat."  
So if you say, "Let's bead a rook  
That's billy as can se,"  
You're talkin' Runny Babbit talk,  
Just like mim and he.

by Shel Silverstein

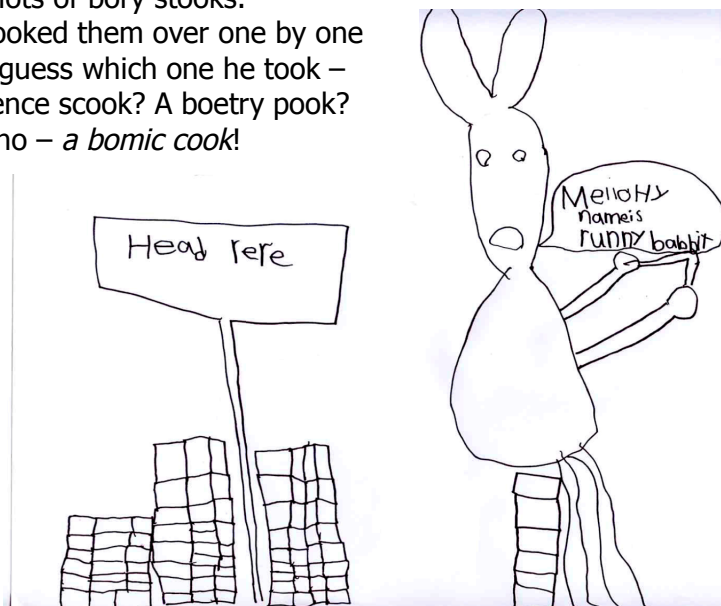
For more punny foetry by Shel Silverstein, check out these titles at the library:

*Where the Sidewalk Ends*  
*A Light in the Attic*  
*The Giving Tree*

## Runny's Heading Rabits

Runny lent to the wibrary  
And there were bundreds of hooks –  
Bistory hooks, biography gooks,  
And lots of bory stooks.  
He looked them over one by one  
And guess which one he took –  
A bience scook? A boetry pook?  
Oh, no – a bomic cook!

picture by Keiran, age 7



## Family Centre Programs

### After School Club:

Thursday afternoons from 3:30-5pm  
Healthy Snacks will be provided, and  
there will also be a quiet spot to do  
homework if you want.

**November 2<sup>nd</sup>** – Cool Science

**November 9<sup>th</sup>** – Language Day –  
bring something that represents your  
heritage and come ready to learn and  
teach words in lots of different  
languages!

**November 16<sup>th</sup>** – Autumn collage  
project

**November 23<sup>rd</sup>** – Get ready for next  
week's big performance: make  
posters, decorate, and DRESS  
REHEARSAL!

**November 30<sup>th</sup>** – Family Centre  
Talent Show! Please come and tell us  
if you would like to participate!

## Community Programs

### Programs at the Greater Victoria Public Library:

TUES, NOV 21

Lemony Snicket at Esquimalt Branch  
Library. The thirteenth and final book  
in this horrible series will be released  
this fall. If you want to have a  
wretched time, come join this  
miserable library program. For ages 8-  
12. 3:30-4:30pm. Registration begins  
November 1. 414-7198.

Theft of the Winter Stargem at Juan  
de Fuca Branch Library. Solve the

mystery of the missing Winter  
Stargem using clues you'll find in  
the library. For ages 9-13.  
Registration begins November 7. 7-  
8:30pm. 391-0653.

SAT, NOV 25

Calling All Young Writers! at Bruce  
Hutchison Branch Library. A repeat  
of our popular summer workshop by  
Abebooks Customer Support staff.  
Write and illustrate a story, then  
make your own book to take home.  
All paper and art supplies provided.  
For ages 8-12. No charge, but  
please pre-register as space is  
limited. 1:30-3:30pm. Registration  
begins November 4. 727-0104.

### Programs at Goldstream Provincial Park (call 478-9414 for more information):

SAT, NOV 11

Meet the Scavengers at Goldstream  
Nature House. Ever gone on a  
scavenger hunt that actually taught  
you something about scavengers?  
Now's your chance! 12:30pm. Free,  
but donations are appreciated and  
encouraged.

Salmon Jeopardy at Goldstream  
Nature House. Test your salmon  
knowledge and find out some new  
stuff in this fun game. 2pm. Free,  
but donations are appreciated and  
encouraged.

SUN, NOV 12

Salmon—The Inside Story at  
Goldstream Nature House. Find  
out more than you ever wanted to  
know about how a salmon's body  
works as we dissect a dead  
salmon. 11am. Free, but  
donations are appreciated and  
encouraged.

Up The River at Goldstream  
Nature House. Follow your nose—  
and a naturalist—up the river to  
observe spawning activity.  
12:30pm. Free, but donations are  
appreciated and encouraged.

All About Salmon in 45 minutes at  
Goldstream Nature House. A  
slideshow introduction to the  
lifecycle of the Pacific Salmon plus  
a chance to ask a naturalist all  
your questions! 2pm. Free, but  
donations are appreciated and  
encouraged.



## Community Events

### Family Sunday at the Art Gallery of Greater Victoria.

On Sunday  
November 19, Families are invited to  
explore the themes of Nature and First  
Nations in the work of Emily Carr. This  
program is free with regular Gallery  
admission (adult \$8, Students \$6,  
Children (6-17) \$2, and children under 5  
free). Call 384-4171 or visit  
<http://aggv.bc.ca> for more info.

**Twins Mega Sale** at Pearkes Arena.  
Gently used baby, children's clothing,  
toys, equipment and maternity. Sat, Nov  
25, 9:30am-12:30pm. 642-4735.

**School Christmas Fair** at Sunrise  
Waldorf. Artisans, delicious food,  
children's activities, music,  
performances and more. Wheelchair  
accessible. Free. Sat, Nov 25, 10am-  
3pm. Just off Lakeside Rd, Duncan.  
[www.sunrisewaldorfschool.org](http://www.sunrisewaldorfschool.org). 743-  
7243.

**Humour in Choral and Orchestral  
Music** at First Metropolitan United  
Church. With Prima Youth Choir, Bruce  
More, Conductor & Victoria Chamber  
Orchestra, Yariv Aloni, Conductor. A  
hilarious evening of comedy, including  
bizarre and outrageous send-ups of

some of our most sacred musical "cows",  
with contributions from Haydn, Mozart,  
Barber, PDQ Bach, Python and more. \$12.  
Sat, Nov 25, 8pm. 721-7907.

**6th Annual Victorian Christmas** in Oak  
Bay. On Sunday, Nov 26, Oak Bay Village  
lights up with thousands of Christmas  
lights on buildings, trees and lampposts.  
Santa Claus will arrive by fire truck to help  
turn the lights on at 5pm. Musical  
entertainment, festive food, fun for the  
whole family.