



News & Views

OCTOBER 2006
ISSUE 112

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

Staff:
Andrea Cormier
Tomoko Okada

Faculty Coordinator:
Laurene Sheilds

Family Centre hours for OCTOBER:

Tuesdays

9am-6pm

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

Wednesdays

9am-2pm

Playgroup 10-11:30am

Thursdays

12-6pm

After-School Club
4-5:30pm

October Festivals

Diwali, or the 'Festival of Lights', is one of the most significant and most celebrated Hindu Festivals in India. On Diwali Day people light up diyas and candles all around their house and in the streets. This illumination signifies the end of darkness which stands for ignorance and beginning of knowledge. People celebrate Diwali with loved ones by exchanging Diwali greetings and gifts like sweets and dry fruits.

It is difficult to know when the festival of Dipavali began to be celebrated in its present form. In India, the economy is based on agriculture, and this festival was believed to have started as the celebration of 'rituparva' thousands of years ago. In the autumn, the harvest of crops was complete, and the people did not need to worry about food for the rest of year. Their joy was reflected in the illumination of countless lamps.

With the evolution of lifestyle, there has been certain change in the way people celebrate Diwali, as more and more technology has been included, but the zeal and the spirit of celebration remains the same. People wake up at the crack of dawn to conduct the customary pujas. Dressed in brilliant silks and glittering gold jewelry, families gather and light crackers to usher in the great evening. Diwali is a wonderful festival, a time of giving and sharing with loved ones, and a time to catch up with the little joys that we overlook the rest of the year.

Canadian Thanksgiving is celebrated on the second Monday of October. This year Thanksgiving will fall on Monday, October 9, 2006.



European farmers held celebrations at harvest time to give thanks for their good harvest and abundance of food. They would often fill a curved goat's horn with fruits and grains. This was known as a cornucopia or horn of good plenty. Around 1578 English navigator Martin Frobisher held a ceremony in what is now the province of Newfoundland to give thanks for surviving his journey there. Other settlers later arrived and continued these "thankful" ceremonies. Another influence happened in 1621 in what was to become the United States when Pilgrims celebrated their first harvest in the "New World". Around 1750 this celebration of harvest was brought to Nova Scotia by American settlers from the south.

In 1879 Canadian Parliament declared November 6th a day of Thanksgiving and a national holiday. Over the years the date of Thanksgiving changed several times until on January 31st, 1957, Parliament proclaimed that Thanksgiving should be the second Monday in October.

Ramadan is the ninth month of the Muslim calendar. This month is when it is believed the Holy Quran "was sent down from heaven, a guidance unto men, a declaration of direction, and a means of Salvation". It is during this month that Muslims fast. It is a time of worship and contemplation.

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Food Matters

The Culture Club presents this recipe for a delicious dish from Libya. With a couple of zucchinis or green/red/yellow peppers and onions, it is a colourful dish for Thanksgiving dinner.

Fairouz's Stuffed Zucchini

100 g of chopped chicken or beef
1 bunch of parsley (chopped)
1 bunch of coriander leaves
A half onion (chopped)
2-3 mint leaves
1 garlic clove (chopped finely)
½ Cup rice

Salt and pepper
½ teaspoon of turmeric
½ teaspoon of 6-spice powder
a half can of tomato paste
2-3 medium size zucchinis
(or green/yellow/red peppers and onions)

Mix parsley, coriander, mint, garlic, onion, and chicken in a food processor (or chop all ingredients finely). Add rice, salt, and spices to the mixture. Cut a slice from the other end of each zucchini, and hollow out the centres with a spoon or small knife, leaving 1 cm wall. Spoon the mixture into the zucchinis, pressing it down firmly. Steam them or boil them with covering water with a tablespoon of vegetable oil and dash of salt.

Local Food Security Project

To celebrate harvesting foods in the month of October, the Family Centre is pleased to announce a new project, "Improving Local Food Security: Developing a Community Capacity Plan". The concept of Community Food Security is a situation in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice (Hamm & Bellows 2003). Through this project, the participants will attend six workshops over a six-month period, focusing on raising awareness of local food security

and healthy nutritional choices within a safe, culturally supportive environment.

As a group, it is important to create a learning environment that enhances a sense of community and we hope to increase collaboration and knowledge about community food security, and to understand and work with local organizations and resources. The group participants meet monthly for two-hour meetings and workshops from the middle of October until the end of March.

Childminding will be set up for the monthly meetings. If you are interested in this project, please contact Tomoko Okada at the Family Centre. The date for the first session will be announced soon.

GOOD FOOD BOX

The Good Food Box is starting up again for October. Families can purchase a box of fresh (mostly local) fruits & vegetables for \$5, \$10, or \$15. An organic box is also available for \$15. **Money is due at the Family Centre by the 1st Thursday of each month (OCTOBER 5).** Boxes are available for pickup at the Family Centre on the third Thursday of the month (October 19). This program is organized by the Fernwood Neighbourhood Resource Group. See <http://www.fernwoodneighbourhood.ca/goodfoodbox.html> for more information or contact the Family Centre at 472-4062.



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.

October Festivals cont'd



During the Fast of Ramadan strict restraints are placed on the daily lives of Muslims. They are not allowed to eat or drink during the daylight hours. At the end of the day the fast is broken with prayer and a meal called the iftar, after which it is customary for Muslims to go out visiting family and friends. The fast is resumed the next morning.

When the fast ends (the first day of the month of Shawwal) it is celebrated for three days in a holiday called Id-al-Fitr (the Feast of Fast Breaking). Gifts are exchanged, and friends and family gather to pray in congregation and for large meals.

Upcoming IESS Workshops

International & Exchange Student Services (IESS) is hosting the following programs for October. Contact IESS at 721-6361 for more information.

October 10: *Understanding Canadians - How to Make Sense of a New Culture.* 3:30 - 4:30pm; Clearihue Rm A127A. Registration is not required.

October 25: *Global Village.* 10:00am - 3:00pm; Student Union Building, Michele Pujol Room. Global Village is an interactive showcase of exhibitions, artwork, traditional dance, music, food and games designed to raise awareness of diverse cultures and countries. The entire UVic community is invited to attend this multicultural festival!

October 25: *International Opportunities Fair.* 10:00am - 3:00pm; University Centre Lobby. This information fair promotes international opportunities such as student exchange programs, study abroad, field schools, co-operative education programs, practicum and internship placements, working holidays, teaching English overseas, volunteering positions and post-graduation employment for UVic students.

Family Housing Community Comes Through in a Crunch



What a wonderful community we live in! This was proven to our family beyond a doubt the evening of Wednesday, September 27th, when our 10-year old son Jake, running at top speed, collided with a pole. It was a nasty crash, but

neighbours saw an emergency and jumped into action. His dad and I were not home at the time, which made compassionate neighbourly attention even more valuable. To begin with, Jake's friend Elijah notified his older sisters, who were inside when it happened. One neighbour called an ambulance, others provided ice packs, cold cloths, first aid, and comfort. Children and adults alike showed their concern by offering help and support any way they could--actions that were truly appreciated by Jake and our entire family.

We would like, as a family, to express our sincere appreciation to all who offered Jake help and support that day, including a young lifeguard named Sarah who happened to be riding her bike past the scene, and who was a fantastic support. (Unfortunately, we don't have any more information about Sarah, and so cannot thank her personally. Let's hope she sees this!). Again, many thanks to all involved. UVic Family Housing really is a caring community!

*Jennifer, Brian, Jake, Sarah, & Cherie,
aka The Cadour/Williams Family*

Children's Corner



Come to the annual Campus Security Services Halloween party!

Tuesday, October 31st from 5pm until 8pm.

Enjoy a bonfire, hot dog roast and treats for the kids!
Near parking lot #7 near McKenzie and Gabriola Roads.



For more info, contact Allison Eddy, Personal Safety Coordinator, 721-8981

Being a student family is a fantastic experience, but it often means that families move on when studies are finished. Childhood friendships can last a lifetime, but staying in touch takes little effort. It's well worth it to stay connected with friends!

Some tips on staying in touch when a friend moves away:

- Get their new address, phone number & email
- If they're far away, become penpals
- If they're closer, plan for playdates
- Make pictures of their old neighbourhood to send or give them
- If you're the one who's moving, invite your friends to your new neighbourhood



Our Family Suggests...

Teach your child a new skill that will make everyone feel happier! The teaching process requires a bit of patience (something usually in short supply in busy families), but, even for young children, being able to do tasks by themselves will create confidence.

- Wash laundry
- Make school lunches
- Make beds
- Fold clothes
- Put away groceries
- Put away clean dishes

Family Centre Programs

After School Club: School Aged Kids (aged 8 and up) are invited to the After School Club at the Family Centre on Thursdays from 4 - 5:30 pm. We will be doing a variety of activities with a different one each week. These might include outdoor games like soccer, tag, and croquet, as well as puzzles, projects, board games, talent shows, crafts, and all kinds of other fun stuff. Kids are also welcome to do their homework in our quiet homework spot. There will be snacks provided, so come down and hang out with Andrea, Janna, and everyone at the Family Centre.

Breakfast Club: Starting Wednesday the 4th of October, Tomoko, Janna and the Family Centre would like to invite you early birds to join us from 7:30-9:00 am for Breakfast Club. This will include healthy, nutritious food to start your morning off right. Tea and coffee will also be available as well as a variety of drinks for children. If you have any suggestions for quick, easy, and nutritious breakfast ideas, bring them along to share with everyone. We hope to see you there!

Classifieds

Wanted: Double or Queen Size Bed, and 2 dressers for December 1st Family Housing Move In.
Contact: cbreen@uvic.ca

Student Services

Health Services: Services provided include birth control advice, physical exams, counseling, pap tests, emergency First Aid, wart treatments, allergy injections, cold and flu viruses. Would you like to see more child-friendly services? University Health Services invites suggestions for change, growth or improvement from all students. Contact 721-8492. Hours are Monday-Friday: 8:30 am to 4:30 pm, except Tuesday: 9:30 am to 4:30 pm.

Counseling Services: Professional Counselors and Registered Psychologists provide a confidential atmosphere in which students can explore any topic or situation and discuss any concerns they may have. Our services include dealing with: assertion, decision making, depression, disabilities, body image, family issues, housing, career counseling, loneliness, loss & grief, relationship problems, self-esteem, sexual questions, stress & anxiety, and dealing with traumatic events. You can make an appointment with a counselor by calling 721-8341, or drop by our office and talk to our receptionist. Hours: Mon-Fri: 8:30 am - 4:30 pm; Closed Saturdays, Sundays, and Public Holidays, as well as Dec 25 - Jan 2.

Career Services: Our mission is to engage our students and alumni in developing skills essential for a

lifetime of effective career management. We do this by providing career education services, programs and resources and by facilitating connections among students, alumni, faculty, employers and other community members. Check out our website (www.careerservices.uvic.ca) for upcoming workshops, job fairs and job postings, or come visit us at the Campus Services Building #110, Tel: 721-8421.

*Did you know about the **UVic Casual Work Registry**? It's a great place to hook up with students who are available for babysitting! GO TO: <http://www.careerservices.uvic.ca/casualwork/>*

Newsletter Editor Wanted

After two and a half years as the editors of *News & Views*, Lisa and Karen are leaving Family Housing. 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.

Community Events

Pumpkin Art at Government House.

Oct 23 - 31 - Government House grounds are alive with pumpkins for the 4th Annual Pumpkin Art display! Over 500 glowing pumpkins are lit each evening from 6 to 9pm. 1401 Rockland Avenue. Accessible by #11 & 14 buses.

Goldstream Provincial Park Salmon Run.

From late October through December, some 20,000 salmon make the journey from the Pacific Ocean up Finlayson Arm to spawn in the river they were born in three to four years earlier. Park naturalists offer hourly programs during the weekend at the park's Nature Centre describing the life cycle of chum salmon and their spawning activity with a special noon program

at the picnic site. For more info on the salmon run scheduled programs at Goldstream Park, call 478-9414.

LIFE SWIMS – Free for everyone

October 13: 7-9pm Gordon Head Pool

October 16: 6:30-8:30pm Oak Bay Rec Centre

December 6: 7-9pm Crystal Pool

December 15: 7-9pm Gordon Head Pool

February 7: 7-9pm Crystal Pool

March 28: 7-9pm Crystal Pool