



News & Views

SEPTEMBER 2006
ISSUE 111

A Newsletter for Families at the University of Victoria

UVic Family Centre
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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 Okado

Faculty Coordinator:
Laurene Shields

Family Centre hours for SEPTEMBER:

Tuesdays
9am-6pm
Playgroup
10:30am-12pm
Culture Club 4-6pm

Wednesdays
9am-2pm
Playgroup 10-11:30am

Thursdays
12-6pm
After-School Club 4-5pm



Welcome Back to School!



Student Family Orientation 2006

Tuesday, September 26

Partners and/or children of UVic students, staff and faculty are warmly welcomed to campus at UVic's Family Orientation. The day begins with a workshop entitled "The Confident Conversationalist" which will provide participants with an opportunity to learn and practice conversational openers and closers. Making connections is part of all orientation events, and Family Orientation is no exception. Connections continue in the form of meeting new people and learning about campus and community resources through an information fair, games for children and an informal reception, where participants can once again practice

conversation openers before a family video night. You will meet new and returning students, staff and faculty with their families. We hope you and your children will have FUN!

PROGRAM OF EVENTS

- 1:40 to 2:30 The Confident Conversationalist, Clearihue D125
- 3:00 to 5:00 pm Information Fair, Michele Pujol Room, SUB
 - Bouncy House
 - Family Raffle
 - Kids' Games Area
 - Thunder
 - Vikes Basketball
- 5:00 to 6:00 pm Family Reception, Graduate Lounge, Halpern Graduate Centre

A Welcome from the Family Centre

By Elizabeth Quong

We would like to welcome you to the University Community and let you know a little about the UVic Family Centre. The Family Centre serves UVic student families living both on and off campus. We help coordinate family activities such as community potluck suppers, breakfast clubs, as well as playgroups, storytime, culture club, and after-school drop-ins. We also have a toy, book and video lending library and parenting/family support resources. We try to keep our programs relevant to the families that we serve, so if you have any ideas for programming, please come and see

us or give us a call!

Many of our programs are supported by volunteers and practicum students from UVic, although whenever the Centre is open, you will also find a staff member on location to answer questions and provide information about other community resources.

We are located at 39208-2375 Lam Circle (on the corner of Lam Circle and Finnerty Road) in the Family Housing Complex. We look forward to your visit! You can also call us at 472-4062 or email familyc@uvic.ca.

Pool Happenings at UVic

Do you know that UVic has the only outdoor pool in Victoria? The Ian Stewart Complex on Gordon Head Road is part of the UVic Recreation Department. If you have never seen our fabulous pool, you must come for a dip before the outdoor pool closes for winter on October 9.

As well, the McKinnon Pool on campus offers all levels of the Red Cross Swim Kids program. Class sizes will be a maximum of 5 for lower levels and 6 for upper levels. All lessons will be on Saturday mornings and taught by one of our fantastic instructors. Registration starts Sept 6 at 8:30am.

We also offer programs for adults including three levels of learn to swim lessons and a Master's Swim program for people wanting organized workouts in the pool. Hurry as this program fills up every year!

Please pick up a Fall Aquatics Brochure as well as the Fall RecPlus Guide for more information on course dates/times and registration.



Job-seeking Workshops

Career Services is sponsoring a large number of workshops this fall to help students develop their employability skills. These workshops are **free** for UVic students and alumni. Topics include: resume & cover letter writing, interviewing, and job searching. For more information contact Career Services at 721-8421 or see their website at <http://careerservices.uvic.ca/> and click on "Workshop Schedule."



The Nitty Gritty

Facts and Questions
about Family Housing

Parking Permit Reminder!

Parking in assigned spots in Family Housing is no longer free – as of last year, residents must purchase a one-year parking permit for their vehicle. Parking permits can be purchased at Campus Security (near the Bus Depot) for \$160.59 for the year. For those moving out during the year, a refund is prorated. For more information about parking regulations on campus, please contact Campus Security at 721-6683.

Go By Bus with your Children!

Your UPass Victoria transit bus pass, included with your student fees, also entitles you to travel on Victoria buses with up to four children for free. Save gas, save the planet: use public transportation!

IESS Workshops

International & Exchange Student Services (IESS) is putting on several workshops this fall for international students. On Sept 19th from 3:30-4:30 pm they will present **"Working in Canada: How to get an Off-Campus Work Permit."** (Clearihue A127) Registration is not required, but if you would like to speak to someone from IESS, please visit their office on the second floor of the University Centre, email them at ieess@uvic.ca, or visit their website at <http://ieess.uvic.ca>

Also: **Free Double Decker bus tour** for new international students. Please call IESS for more information at 721-6361. Register online or at the IESS Office. September 8th, 2:00pm & 4:00pm. Meet at the IESS Office.

Girl Guides: More Than Just Cookies!

Girl Guides are the largest Canadian organization for girls. Led by women who are young at heart, Girl Guides are a community where over 160,000 girls and women come for fun, new friends and amazing adventures. For girls 5 -17, the program includes sports, outdoor activities, science, technology, games, community-based projects, and so much more. If you are interested in learning more or forming a Girl Guide group in Family Housing, please talk to Elizabeth in the Family Centre. You can also check out www.girlguides.ca for other languages, including Mandarin, Cantonese, French, Hindi and Spanish.



هل تبحث ابنتك عن المرح، الصداقة و المغامرة ؟

ان منظمة Girl guides of canada

يمكن أن تكون هي المكان المناسب لها.

نحن نتيح الفرصة للفتيات و النساء كي يعشن مغامرات جديدة من خلال النشاطات المتجددة و ليكن في علم الاباء أن كل الأنشطة تقدم تحت اشراف البالغين من الكبار لكل الفتيات من كل الأعمار لتشجيعهن على صنع القرارات.

هذه البرامج مرنة و متجددة تسمح للفتاة ان تختار ما يلائمها من النشاطات كما يمكن للاباء حضور الاجتماعات و مناقشة مضمون البرامج مع المسؤولات .

هدفنا مساعدة الفتيات و النساء أن يصبحن مواطنات مسؤولات و قادرات على قيادة و خدمة مجتمعهن.

Food Matters

GOOD FOOD BOX

New changes to Program

The Family Centre's Good Food Box program will be changing slightly in the fall of 2006. We will not be able to purchase boxes for September, but the program will resume in October.

Families can purchase regular boxes of fruits and vegetables for 5, 10, or 15 dollars each. Organic boxes are also available for \$15. **Money is now due by the 1st Thursday of each month** (next due date is OCTOBER 5th!). The boxes will be available for pickup at the Family Centre on the 3rd Thursday of the month (October 19th).

SEND US YOUR LUNCH IDEAS!

In October, Food Matters will have lunch suggestions from around the Circle, and around the world! Everyone's daily lunch-packing routine needs a little diversity – please tell us what you send in your children's school lunch bags! Email to fcnews@uvic.ca.

Our Family Suggests...

Cue Cards for Kids

Now that school is about to start, do you quiver at the thought of repeating instructions to your children morning after morning? *Brush your teeth, wash your face, pack your backpack, etc.* A friend of mine tried something different with her family -- she designed six morning routine cue cards for her children that she placed beside their plate at the breakfast table. Each card had a simple instruction with a colorful picture illustrating the task. She no longer nags them to brush their teeth or get dressed. With these cards, children can develop a sense of autonomy as they self initiate and complete their morning routine. When she sent her suggestion to Island Parent magazine, they published it, and she received a prize!

Brush your teeth!



SPOKES Bicycle Bursary Program

Riding a bike is a great way to get around town! The SPOKES program supplies free bicycles, locks, and bike maintenance classes to a small number of students at the beginning of each semester. To apply please see the GSS

website at <http://gss.uvic.ca/> and click on "[Bicycle Bursary Application Form](#)" for further information or to print off the application. Form must be dropped off at UVSS (SUB B103) by **September 25th, 2006**.

Children's Corner



SPECIAL CHILDREN'S READING!

10:30-12:00

Wednesday Sept 13

At the UVic Family Centre

On Wednesday, September 13th, the Greater Victoria Public Library's Outreach Librarian Joy Huebert will be attending our playgroup program. She will read stories, sing songs, and talk about reading.

Each child will also receive a free reading package that includes a sturdy bag, board book, finger puppet, and information about the library.

This is a free event for parents and children! Come by and hear some great stories and meet other families from the community.

Back to School



We asked some children around Family Housing what they think of when they hear the words "Back to School".

"Seeing all my friends again."

"Recess!"

"Summer's over??"

"Mom spending more time studying."

"Itchy sweaters!"

"New School, new friends!"



How do bees get to school?
By school buzz!

What does a snake learn in school?
Hiss tory.

Family Centre Programs & Resources

A great way to get connected!

PROGRAMS

Playgroups: On Tuesday and Wednesday mornings the Family Centre hosts fun and energetic playgroups. Tuesday mornings from 10:30-12 feature a popular music and movement program. There's guaranteed to be lots of signing, rattling, and playing! Wednesday mornings from 10-11:30 are a bit more relaxed with toys, games, and friends for the kids to play with.

After-School Club: Thursday afternoons from 4-5pm school-aged kids are welcome to come and hang out, do some homework, play games, have a snack, and join our variety of activities.

Culture Club: Join Tomoko and our awesome group of volunteers Tuesdays from 4-6pm to help make some delicious international foods while meeting other parents and children from all over the world!

RESOURCES

Food Share: We receive non-perishable food donations from UVic departments and community members throughout the year. If your family is in need of food to hold you over between student

loans, come and check out our food share shelf. It is self-serve and anonymous – no questions asked. Food donations also welcome!

Lending Library: We have a large collection of children's toys, books, videos, and parenting resource material available at the Family Centre for borrowing. We also have a large selection of adult and teen fiction. Using our free library is easy – simply sign out the materials you would like to borrow and remember to bring them back by the due date (videos: one week; Books: one month). All student families are welcome to use this popular service. Please contact Andrea at the Family Centre for more details.

Secondhand Clothes: Every month, the Family Centre receives a large donation of used clothing and other items (such as coffee mugs and water bottles) from Campus Security. Come check out our ever-changing collection of gently used FREE clothing!

Recreation Passes:

Pat at Campus Security has been collecting last month's used bus passes from UVic employees and donating them to the Family Centre. Why would we need last month's passes? Because each pass is good

for one free recreation drop-in at any of the CRD's recreation centres! (Oak Bay, Saanich, Victoria, Esquimalt). Stop by the Family Centre to pick up your passes. (Because quantities are limited, we can only give out one pass per family member per month. We also have a complete list of centres and programs where you can use the passes.)

Send in Your Classifieds!

The Family Centre has great notice boards, inside and outside, where you can find out about things for sale, available babysitters, upcoming events and more! But to reach a wider audience, submit your classified ad to News & Views! If you are looking to sell, buy, trade or borrow, or if you are in need of a service or have one to offer, send us your item by the 20th of the month! Submit to fcnews@uvic.ca or put it in the envelope outside the Family Centre.

Community Events

Classic Boat Festival (Sept 1-3)

Victoria's Inner Harbour is the place to be this Labour Day weekend when up to 100 classic and power boats from throughout the Pacific Coast and beyond visit our city!

Saanich Fall Fair (Sept 2-4)

The Saanich Fair on the Peninsula has something for everyone. The atmosphere of a traditional country fair with its agricultural displays and prize winning livestock, arts & crafts, fairgrounds & entertainment, offers families a rare opportunity to be a little bit country. Saanich Fair Grounds, 1528 Stellys Cross Rd.

James Bay ArtWalk (Sept 23-24)

The James Bay ArtWalk is a walking studio tour of historic James Bay, including Emily Carr's home. Visit from 11:00 am to 4:00 pm September 23rd and 24th. Maps will be available in James Bay and on Menzies Street.