



# News & Views

*A Newsletter for Families at the University of Victoria*

*April 2007*

**Issue 118**

**UVic Family Centre**  
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Check out our complete  
listing of programs at:

<http://web.uvic.ca/family-centre/index.htm>

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## **Family Centre hours for APRIL**

**Tuesdays  
9am-6pm**  
Music & Movement  
Playgroup  
10:30am-12pm  
Culture Club 4-6pm

**Wednesdays  
9am-2pm**  
Breakfast Club  
On hold until further notice  
7:45-8:45am  
Playgroup 10-11:30am

**Thursdays  
12noon-5pm**  
After-School Club  
3:30-5pm

## No Foolin' 2007



By **Pamela Tudge**

April Fools day came early this year for those that attended the 4<sup>th</sup> annual No Foolin' Event. Bright and early as always, the neighborhood rose to the sound of Mike Hodges, bagpipes to ensure we were all awake for the famous breakfast of pizza, hotdogs, ice cream with fruit on the side. The event brought together the Family Centre's volunteers, staff, advisory committee members, community supporters, UVic administration, and of course UVic's student families.

Food is the highlight of the event and this year was no exception. Martin from Martin's Restaurant in Cadboro Bay Village baked all the pizza. He began at 4am that morning with no staff at his side, as he commented, "I couldn't ask my staff to come in that early". The pizzas were wonderful but you had to be at the right place at the right time, as no sooner did they appear did they get eaten up. The hot dogs and veggie dogs were barbequing throughout the event, and if you arrived a bit late you could ensure Nestle's ice cream was still left.

Well, with all the food talk, what do the

## Thanks to



We would also like to thank our sponsors, without whom we would not be able to do this great family event!

**The Merchants of Cadboro Bay Village:**  
Pepper's Foods, Martin's Place Restaurant, People's Pharmacy, Starbucks, Olive Olio's, For Good Measure, & The Cadboro Bay Bookstore

**Community Supporters:** Nestle, Dairyland, Clean Conscious, Ryder's Cycle, La Dolce Vita, Cobs Bread, Daidoco, Sakura, Sen Zushi, Royal BC Wax Museum, Sakara, Ric's Grill, Gordon Head Recreation, Butchart Gardens, & Silk Road.

kids think? I asked Huda, from family housing what was here favorite thing about the event, "I like pizza, hotdogs, ice cream and the Henna thing" What about the parents? Fayrouz says "I like to bring my daughter for the singing with Kathleen, the Vikes mascot and the treats for breakfast".

So it's not just the food. This year we had UVic's Gum Boot Dancers lead the kids in a lively dance and Kathleen our own Family Centre volunteer did a "Sing Along" and parade with the preschoolers. I also noticed many kids boogying to the Esquimalt High Jazz group, who woke the crowd up with their great tunes. Saanich's big red fire engine joined us again this year accompanied by some very friendly local fire fighters. We also can't forget the henna, face painting and balloon volunteers, making treats for kids that are less sugary but just as sweet.

Well, what a great morning all before 9 am. Thank you to all the volunteers and staff for organizing such an awesome event and we will be listening for those bagpipes till the next time.



**UVic Supporters:** UVic Athletics & Recreation, UVic Bookstore, Cinecenta, Campus Security, Graduate Students' Society, UVic Gumbboot Club, Theatre Department, UVic Development Office, and the Office of the Dean of Human & Social Development.

**THANKS ALSO to all of our amazing volunteers!** From face painters and crossing guards to people to prepare food and stack chairs, we would be lost without you! THANK YOU ALL!!

## Notice to Tenants



Please tenants/students update addresses with Student Records and all departments/faculties on campus. The University had a large amount of mail returned to them as undeliverable. It is important for University to have proper mailing addresses on file with all departments including Accounting.



## Delivering Newspapers

Times Colonist Newspaper is looking for early risers. It is a great way to get your 30 min of daily exercise, loose weight, stay healthy, and get paid for doing it. If you would like more information, please do not hesitate to contact Tanya Clark (District Manager). 380-5388 or [tclark@tc.canwest.com](mailto:tclark@tc.canwest.com)

## Free Parent Workshops

Health professionals from the Vancouver Island Health Authority will be offering workshops on children's nutrition, dental health, and growing up. Advance registration required. Call 744-5100 to reserve your seat.

**Feeding Your Baby (Birth-18 Months):** Esquimalt Recreation Centre, Wednesday, April 18, 10-11:45am  
**Raising Healthy Eaters-Secrets to Survival(2-5 Years):** Nellie McClung Library, Thursday, April 26, 7-8:45pm  
**Helping Without Harming-Putting Weight in Perspective (Youth):** Victoria Health Unit, Tuesday, April 17, 7-8:45pm  
**Talking with your Child about Growing Up (8-11 Years):** Victoria Health Unit, Tuesday, April 10, 7-9pm  
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## Tomoko Okada - Social Work Award



**Congratulation!!** Tomoko Okada has been nominated for the inaugural Uvic School of Social Work Alayne Hamilton Community Social Work Award for 2007. It is something to celebrate. The School of Social Work in partnership with the community and the Hamilton family, has begun this prestigious award to honor Alayne Hamilton. Alayne was a respected Victoria social worker and instructor at Uvic.

Bard Whittington (Chair of the Alayne Hamilton Community Social Work Award Committee) explained that Tomoko's lifelong love of learning and her seemingly tireless contributions to the community are just some of the reasons why she has been nominated. In Tomoko's own words, "Supporting newcomers has taught me to respond both to a changing society and to respect the call for justice and to promote human rights." In doing this she has influenced many UVic students to practice in the same respectful way.

You can meet Tomoko at the Family Centre anytime. Please come to Family Centre and feel her passion, energy, leadership, and warm heart.

## Food Matters



By Pamela Tudge

### Dan's Farm Tour - Growing Food on the Island Locally Grown Foods



Over 30 parents and kids came out for the Family Centre's Saanich farm tour to learn about food production of Southern Vancouver Island. Upon arrival we were greeted by Sheila the farm manager and her goats. The kids were delighted to feed the goats, chickens, pigs, and play with the baby ducks. After visiting with the animals, Dan took us on a tour of his fields and greenhouses.

Dan has 45 acres under cultivation and grows a large array of produce and nursery stock. His market is one of the few that stays open all year with certain crops like apples, pears, kiwi's, leeks, cauliflower and cabbage being available throughout the winter. In the summer you can buy and pick a large selection of his berries, melons and a range of summer produce. Towards the end of the tour we sampled some of his fresh apple juice and his Fuji apples.

I asked a few questions about his farming practices. Dan practices

Integrated Pest Management, which means he is not certified organic but uses a range of methods to grow his produce. One example is using ladybugs to control insects. Dan has many tips for growing veggies such as starting seedlings indoors. He no longer directs sows any of his seed, which increases the vitality of the plant. Right now he recommends starting spinach but it is still too cold at night for many of the spring/summer veggies.

Thank you Tomoko for making the farm tour happen and organizing the working group. Thanks to Shiela and Dan for the great tour and to our lovely bus driver. Lastly a big thank you to the project sponsor Vancouver Island Health Authority for providing the opportunity to connect and learn about local food security issues.

For more information on Dan's Farm visit [www.dansfarm.ca](http://www.dansfarm.ca) or to find out about other local farms visit <http://www.islandfarmfresh.com/>.



## Profile Mom Student - Mary Shi



Many moms in family housing are in a unique position of balancing kids, home and school. Well, we thought it was about time we wrote about it! This month we interviewed Mary Shi, mother and graduate student.

Mary left her teaching position and moved with her son Sam and husband from China in the summer of 2005. She at once began her master's program in education but with limited childcare Mary brought Sam to many of her classes and meetings. Mary says, "I am very grateful that every instructor said yes". As a result, her graduate school experience has been really positive. She has found her teachers and colleagues very supportive, encouraging Sam with his English lessons and always giving Mary good feedback. She mentions how her classmates would often bring Sam food or toys and always addressed him directly. Her colleagues would help Sam with his English and share tips with Mary on various ways to help Sam adapt to his new home.

Mary found her challenges revolved around the balance between work and school. She often did research assistant work along side her studies and is the former Director of Services for the Graduate Student Society. Without



### MARY'S DAILY SCHEDULE

6:40	preparing breakfast
8:30	Sam going to school and coming back home
9:00	staying at university or library
2:00	picking up Sam and helping him to do homework
4:00	taking class or going to work (sometimes with Sam) or playing with Sam
7:30	having dinner and taking rest
9:30	going to bed

family to help or extra babysitting this was very difficult. In China childcare is set up very differently. Mary explains that children can eat three meals a day, come in on weekends and even sleep at the facility if needed. Childcare here she notes is far more expensive and out of reach for many international students. However, in China she can't imagine bringing her son to classes or work, it simply is not done.

Mary says things have changed this year, with Sam older and her husband working fulltime. Mary can now focus more on her studies and it is good timing as she begins writing her thesis. Good luck Mary on the rest of your graduate degree and to Sam, one of the youngest graduate students in the Faculty of Education.



## Culture Club Schedule for April

The Culture Club which meets on Tuesday afternoons (4:00–6:00pm) is for international student families. The objectives for this program are making new friends, practicing English in safe and friendly atmosphere, and learning new things about Canadian Society. In April, we will focus the topics on health and well-being. We welcome new members. Please contact with Tomoko for more information.

**April 3** – The 2<sup>nd</sup> workshop on Problem Solving. As a group, we will work on critical issues facing our daily lives.

**April 10** – "Looking at the new Canada Food Guide": We will have Jenelle, the VIHA Public Health Nutritionist to discuss the current nutrition issues. Please come at 4:00pm sharp. Jenelle will also respond to any questions concerning diet.

**April 17** – "Basic First Aid": A speaker from the Campus Security will share her knowledge focusing on treatment of minor cuts and burns.

**April 24** – "A Walk in Finnerty Garden": This will be an hour stroll in the beautiful campus garden to identify the spring flowers and plants. We welcome the participants with baby strollers.



**BREAKFAST CLUB**  
(Wednesday 7:45-8:45am) On hold until further notice. Looking for volunteer for Breakfast Club. Contact to the Family Centre.

**THANK YOU SO MUCH**  
to all the student volunteers, work study students and practicum students that are finishing this month. It was huge help to us.

**REMINDER FOR FOOD SHARE PROGRAM**  
we have free food available just come by the Family Centre.



## Family Center Programs Community Events

### After School Club

On April 5<sup>th</sup>, After School Club resumes its normal schedule! We will begin this month with IMPROV! For those of you that missed it in February, come and learn some creative and interactive games.

Check at the Family Centre for a complete list of April & May's activities, COMING SOON! As the weather improves, we will try to do outdoor games more often, too!

### Parents Support Group

#### Personal Growth

Date: Apr. 19<sup>th</sup>

Time: 10:45am -12:00pm

Place: UVic Family Center

Wendy will explore self growth, sharing a concept for the inner experience of a person and others.



**Don't forget the Culture Club! (Schedule on Page 3)**

### Community Program

**Parent/Caregiver & Tot Drop-In** at the Community Resource Centre in Cadboro Bay. 9:30-11am. Free. Mondays at Cadboro Bay United Church, 2625 Arbutus Rd; 477-2715. Thursdays at St. George's Anglican Church, 3909 St. George's Lane; 472-2090.

**Spring Reading Buddies** at Emily Carr, Central Saanich, Esquimalt, Juan de Fuca, Nellie McClung and Oak Bay Branch Libraries. One hour per week of one-on-one reading and writing practice with a volunteer teen Big Buddy; fun activities; increased confidence and motivation. For children grades 2-4. March 27-May 19. Call your branch to register.

Tuesdays after school at Emily Carr, 475-6100; Saturdays at Central Saanich Branch, 652-2013; Esquimalt Branch, 414-7198; Juan de Fuca Branch, 391-0653; Oak Bay Branch, 592-2489.

#### Sun 8

**Where's the Elk? Where's the Beaver?** at Elk/Beaver Lake Regional Park. Meet in the info kiosk in the main Beaver Lake parking lot at 1pm. 12 years and older. BC Transit #70 or #75. 478-3344.



#### Fri 13

**Vancouver Island Multiple Birth Association Playgroup** at Fairfield Community Centre. Come and meet other parents of multiples while your children enjoy a wonderful and safe play space. 10am-noon. 1330 Fairfield Rd. 479-9114.

#### SUN 15

**Hilltop Wildflowers** at Lone Tree Hill Regional Park. Meet in the parking lot off Millstream Rd at 1pm. 8 years and older. 478-3344.

#### THURS 19

**Get Ready To Read!** at Emily Carr Branch Library. Stories, songs and language play for preschoolers. Ages 3 1/2-5 yrs. Registration begins April 3. Thursdays 10-10:30am, April 19-May24. 475-6100.

#### FRI 20

**Pro-D Day Short Film Showcase for Kids** at Central Branch, Emily Carr Branch and Nellie McClung Branch Libraries. Join us for popcorn and a selection of classic animated short films. For school children aged 5-10. Please call to register. Central Branch 2:30-3:30pm, 413-0365; Emily Carr Branch 10:30-11:30am, 475-6100; Nellie McClung Branch 10:30-11:30am, 477-7111.

#### SAT 21

**Astronomy Day** at Royal BC Museum. This is your chance to walk among the planets, quiz a professional astronomer, gaze through a telescope, and participate in astro activities for young astronomers. All activities take place at the Royal BC Museum. All ages. 10am-4pm drop-in. 478-3344.

#### SUN 22

**What Has the Tide Brought In?** at Albert Head Lagoon Regional Park. Discover the treasures of the sea on this guided exploration. Meet at the parking lot at the end of Delgada Dr, off Park Dr at 1pm. All ages. BC Transit #54 or #55. 478-3344.



#### Sat and Sun 21 and 22

**Gardening for Wildlife** A Native Plant Gardening Sale and Demonstration. Workshops, presentations, demonstrations and displays on gardening with native plants and developing wildlife habitat in urban settings are included in the admission price. Workshop schedule and plant list available at [www.swanlake.bc.ca](http://www.swanlake.bc.ca).

PLACE: Swan Lake Christmas Hill Nature Sanctuary, 3873 Swan Lake Road  
TIME: 10:00 a.m. to 3:00 p.m.

COST: \$3/day, \$5/weekend pass (price includes admission to all workshops and presentations)

Free to Friends of the Sanctuary. Ann Scarfe(479-0211)

#### FRI 27

**Vancouver Island Multiple Birth Association Playgroup** at Fairfield Community Centre. See FRI 13 for details. 10am-noon. 1330 Fairfield Rd. [dlthorpe@shaw.ca](mailto:dlthorpe@shaw.ca) or 479-9114.

**Fourth Friday Book Club** at Central Branch Library. Join Jennifer to discuss great books, make new friends, and enjoy snacks. For 9-12 year olds. Please call to register. 3:30-4:30pm. 413-0365.



**Free Parent Workshops (on page 2)**

#### SAT 28

**11th Annual Celebration of the Arts** at Cedar Hill Recreation Centre. Stretch your artistic skills. Experience hands-on activities for all ages. Pottery, arts and crafts, activities, entertainment, exhibitors and much more. Free. 11am-3pm. 3220 Cedar Hill Rd. 475-7124.

**Calling All Young Writers** at Central Saanich Branch Library. A repeat of our popular fall 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 register as space is limited. Registration begins April 7. 1-3pm. 652-2013.

**Flower Prowl** at Thetis Regional Park. Blooms, blossoms and bliss: our forests and fields are beginning to burst with colourful life. Meet at the information kiosk above the main parking lot at 1pm. 8 years and older. BC Transit #50. 478-3344.

# April



Mon	Tues	Wed	Thur	Fri	Sat	Sun
2	3	4	5 3:30-5pm After-School Club	6	7	8 1pm Where's the Elk and Beaver? At Elk/Beaver Lake Regional Park
9	10 -10:30-12pm Music&Movement Playgroup -4-6pm Culture Club -7-9pm Parent Work Shop at Victoria Health Unit	11 10-11:30am Play Group	12 3:30-5pm After-School Club	13 10-noon Playgroup at Fairfield Community Centre	14	15 1pm Hilltop Wildflowers at Lone Tree Hill Regional Park
16	17 -10:30-12pm Music&Movement Playgroup -4-6pm Culture Club -7-8:45pm Parent Work Shop at Victoria Health Unit	18 -10-11:30am Play Group  -10-11:45am Parent Work Shop at Esquimalt Recreation Centre	19 -10:45-12pm Parent Support Group at the Family Centre -10-10:30am Get Ready To Read! at Emily Carr Branch Library -3:30-5pm After-School Club	20 -10:30-11:30am Pro-D Day Short Film Showcase for Kids at Nellie McClung Branch Libraries	21 -10-4pm Astronomy Day at Royal BC Museum  -10-3pm Gardening for Wildlife at Swan Lake Christmas Hill Nature Sanctuary	22 1pm What Has the Tide Brought In? at Albert Head Lagoon Regional Park -10-3pm Gardening for Wildlife at Swan Lake
23/30	24 -10:30-12pm Music&Movement Playgroup -4-6pm Culture Club -10-11am / 7-9pm Parent Work Shop at Victoria Health Unit	25 10-11:30am Play Group	26 -3:30-5pm After-School Club  -7-8:45pm Parent Work Shop at Nellie McClung Library	27 -10-noon Playgroup at Fairfield Community Centre -3:30-4:30pm Fourth Friday Book Club at Central Branch Library	28 -11am-3pm Celebration of the Arts at Cedar Hill Recreation Centre -1-3pm Calling All Young Writers at Saanich Branch Library -1pm Flower Prowl at Thetis Regional Park	29

# Programs and Events



April 2007

Exciting programs and events  
in the community

## COMMUNITY PROGRAMS

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