



News & Views

A Newsletter for Families at the University of Victoria

August 2007

Issue 122

UVic Family Centre
P.O. Box 1700 STN CSC
Victoria, BC V8W 2Y2

Phone: 472-4062

Fax: 472-4669

E-Mail: familyc@uvic.ca

Check out our complete
listing of programs at:

<http://web.uvic.ca/family-centre/INDEX.HTM>

DIRECTOR
ELIZABETH QUONG

STAFF
TOMOKO OKADA
JANNA MACKENZIE

**FACULTY
COORDINATOR**
LAURENE SHEILDS

Family Centre hours for AUGUST

**Tuesdays
9am-6pm**

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

**Wednesdays
10am-2pm**

Playgroup
10:30-12pm

**Thursdays
10am-2pm**

After-School Club
10am-12pm



A Good Place to Visit around the World for a Vacation Malaysia - Truly Asia

By Umi Kalsom Miswan

Malaysia is blessed with sunny weather all year round with occasional rainy seasons, so you can come to visit anytime of the year and forget your winter clothes. If you're into city life and excitement Kuala Lumpur, the capital city will provide you with places of interest, bargain shopping and superb food.

If you are a nature lover, Peninsular Malaysia has two main national parks; Taman Negara in the northeast and Taman Negara Endau-Rompin in the southern state of Johore with diverse flora and faunas, spectacular waterfalls, rapids and challenging trails.

If you are a beach nut, Penang, Pangkor Island and Langkawi Island in the north are for you. The East Coast of the Peninsular Malaysia also offers gorgeous beaches; beautiful islands and more laid back life style compared to the west coast dwellers. If you're into cultural/ethnic/nature experiences, East Malaysia's states of Sarawak and Sabah are for you. With various indigenous ethnic groups you'll experience ways of life no longer found in any places in Malaysia. If you don't have enough time for that just visit Sarawak Cultural Village to experience the living of the natives. Explore Mulu and Bako National Parks and spectacular Niah Cave.

In Sabah, climb Mount Kinabalu, among the highest peaks in South East Asia. Sepilok Rehabilitation Center is also worth a visit to observe the endangered orphan orangutans rehabilitated before released back to their wild habitats. Scuba dive or snorkel in Sipadan Island off Semporna. It is considered among the best diving site in the world. Anywhere in Malaysia enjoy the visit and the warmth welcomes from the people. Welcome to Malaysia, truly Asia.



A Big Thank You to Mahmood

By Elizabeth Quong, Director

The Family Centre would like to acknowledge the great volunteer job that has been done for the past several years by Mahmood Tara in looking after the Family Centre Website.

Mahmood and his family have been at the University of Victoria for the past 5 years - and now Mahmood is just completing his PhD in Health and Information Sciences. Mahmood was a Medical Doctor in Iran before he came to Victoria. He will have tremendous expertise and knowledge to take with him as he and his family return to Iran in the fall.

The Family Centre will miss his wife Vida, a nurse, and daughters Hoda and Haya who have all been an active part of programs here.

A big "Thank You" to Mahmood and wishing you all the best!

UVic Family Centre Summer Break

The UVic Family Centre will be closed from **August 6th-17th**.
We will look forward to seeing everyone on Tuesday August 21st.

Food Share and Thrift Cupboard

Please remember that the Family Centre has a food shelf of many kinds of dry and canned food stuffs that are available to anyone who needs them. Just come and ask and help yourself. We also have many donations from Campus Security from the Lost and Found - jackets, sweaters, hoodies, pants, sometimes small household items, water bottles, scarves and so much more. Come and take a look!

Volunteer Needed

We require a volunteer who has an interest and skill in maintaining the Family Centre Website. We will be looking at doing some updates to the website in the fall and this will be an interesting opportunity for the right person! Please e-mail familyc@uvic.ca (attention: Elizabeth)

Pot Luck Supper

Thursday, August 30th, 5:00 pm

Come and Meet the Principal and Vice Principal of Frank Hobbs School - connect with families old and new who will have children attending that school. Please bring a dish to share. For further information call the Family Centre (472-4062).



Culture Club Schedule

By Tomoko Okada, Staff

The Culture Club, organized for international students and families, meets weekly at 4:00pm on Tuesdays for networking, learning new things, making friends, and for the opportunity for some members to practice their English. In July, the group focused on sewing with the great support of the volunteer instructor, Zohra, and will continue to make sewing products in August. Please drop by to meet the members and see their art work.

In September, Zohra would like to start a knitting group, and we would like to invite new members to join us. This will be a good opportunity for beginners to learn how to knit. We are planning to organize the schedule to accommodate new members. Please let me know if you are interested in join this group. I would appreciate it if you can email me at familyc@uvic.ca or leave your name and phone number at 472-4062 by the end of August.

Special Thank You

Zohra for teaching sewing and **Jennifer** for conducting Tuesday morning play group.




Thank You and Good Luck to Takako Otake

Takako has been involved with the Family Centre for 3 years as a Volunteer, Practicum Student, and most recently as our Office Assistant. She has in so many ways enriched all of us and supported Children's Programs, the Culture Club, the After School Group, the No Foolin' Event. Her gentle, thoughtful, caring and knowledge based approach to all she did was greatly appreciated. Takako is stating a new job supporting an exchange program between Victoria and Japan and we wish her well in this full time adventure! We know that we will see you again, Takako!

"Breakthrough for Africa" Workshop

**Thursday, August 23, 10am-12pm,
at the Family Centre, FREE**

The Youth Club will be hosting Emma Pang in an engaging workshop for youth ages 8 to 15. The workshop is part of project called, "Breakthrough for Africa".

-  Zambia, an African country
 -  Life in Zambia for girls and boys; how they live, learn and play
 -  How those of us who live in Canada can learn, understand and contribute to a global community
- Please contact Janna at the Family Centre in order to register. (472-4062)



PARENT'S CORNER Food trouble with a toddler



By Michael Wang

Emily will be three years old soon. The most wonderful thing we have ever done in the last three years is to watch her grow. Most of the time, Emily is a sweetie and we spend quite a lot of great time with her in all kinds of games, song-singing, and role-playing. Yet there is one persistent trouble that has been making our heads ache. Dear Emily does not like the idea of sitting down to enjoy the delicious food in front of her like us at mealtimes. We tried many ways to make her eat, coaxing or threatening, but most of them proved fruitless. Sometimes she would show some interest in eating however she would insist that we feed her spoon by spoon so she could either play with a toy in her hand or just relax in her high chair. (continue to the next page)



(From the page 2)

Shortly after we moved to family housing, I took Emily to the Family Centre for the toddler's time and group play. There I met Tomoko, who works at the Family Centre. In our chat I told Tomoko about Emily's eating problem that has been irking me for a while. She understood it very well since she has two daughters, now grownup, herself. She was a little regretful that I had missed a workshop for child nutrition just days ago. Like a magician, she unfolded a piece of paper which she said might help me. I got home in doubt. If two intelligent grownups could not solve such a thorny issue, how could a piece of paper be of help? But my wife, who is a bigger fan of expert opinions than me, read it very carefully and informed me that every child has the inborn sense not to starve themselves, and they would eat when they are truly hungry. So we don't need to beg our daughter to eat. She would come to us, when she was hungry. We put the advice into practice that noon. Amazingly, it did work somewhat. We stopped feeding Emily and she held her yellow spoon and fork elegantly to make her little stomach full.

However, it is not an easy battle. After a few days of enjoying the fantasy of raising her spoon and fork pretending she was a hauler, Emily thought it better to sit down and open her mouth for ready food so that she could save her precious energy for playing with a beautiful marble. We gave up in a sad hope that she would be more willing to eat when she grew up a little bit. Or we could use more reading on the subject of the toddler eating problem.

Two weeks later, I took Emily to the Family Center again after a week-long journey along the trans-Canada highway. Emily missed the Family Centre quite a bit. She said "Wo Xiang Qu (Chinese for I want to go to) Family Centre". The Family Center is one of the few English phrases she has mastered. She was eager to sing and dance and play with her friends and toys. I was also somewhat surprised when Tomoko beckoned me to her office and handed me more papers. She had been thinking about the trouble of mine while we have been on our vacation trip. Thank you, Tomoko.



A Colouring Contest with an Important Message



By Petra Drncova

Do you enjoy river activities such as swimming, kayaking, canoeing, rafting, fishing, and camping? The rivers of BC are the heart of many communities, supporting year-round recreational and economic activities. But our rivers are at risk! Currently, the government is in the process of awarding water licenses to private companies for over 500 BC Rivers. This could mean the building of hundreds of new power plants in watersheds throughout the province, without an adequate review of the environmental or community impacts. It will result in incalculable damage to wild and scenic rivers – through road building, habitat destruction, water-diversion and new transmission lines. This is not micro-hydro development; it is a province-wide mega-project.

One of the proposed power projects is for 8 tributaries of the Upper Pitt River, which is part of the provincial Pinecone-Burke Park.

We want to encourage young people to enter our colouring contest, which will also serve as a petition (see insert). The drawing shows what Pinecone Burke Park would look like if the power project was built.

This colouring contest is **open until August 20** for children of ages 4 to 12 - please write your name, address and age in the box. Color in the drawing provided and on the backside draw or paint a picture showing why we need to protect rivers in BC. Please place the drawing in the envelope attached to the bulletin board just outside the Family Centre. The best pictures will be **awarded prizes from MEC and Ocean River**. The drawings will be then sent to the Western Canada Wilderness Committee who will forward them with comments about how we need to protect our rivers to BC Parks Minister Penner. More drawings can be printed off at <http://www.wildernesscommittee.org/> Adults can also access the following websites for more information <http://bc-creeks.org> and <http://publicpowerbc.ca/rivers-for-generations/> Any other questions regarding the contest or power projects can be sent to my email address: petra_venc@hotmail.com

* Petra is a mom living in family housing and is founder along with her husband Jacub of the BC Creek Protection Society.



Programs and Events

August Exciting programs and events in the community



On-going

Moss Street Community Market at Moss St and Fairfield Rd. Organic farmers, crafts and food vendors and more. Saturdays 10am-2pm until October. 361-1747.

Sidney Summer Market located downtown Sidney, experience Vancouver Island's best outdoor market every Thursday night from 5:30-8:30pm, ends August 30th. Over 150 vendors sell gifts, fresh produce, hand-made crafts, great food and so much more! Wonderful entertainment on every block!



SAT 4

Who Goes There? at Elk/Beaver Lake Regional Park. Ever notice on a forest walk that you don't see many animals? Join us as we sneak along the forest trails in search of tracks and signs left behind by wild creatures. Find out "who went there." Meet at the Nature Centre at Beaver Beach at 1pm. 6 years and older. BC Transit #70 or #75. 478-3344.

SUN 5

18th Annual Bayview Residences Victoria

Symphony Splash at Victoria Inner Harbour.

Approximately 40,000 people crowd the Inner Harbour during the August long weekend to hear a mixture of pop and classics played by the Victoria Symphony. 4pm. Free.

WED 8

Victoria Music Corner Ensemble - The Little Prince at Nellie McClung Branch Library. Join musicians Rebecca, Marcus, Christopher and Masako for storytelling, music, games and creative drama. Children will be introduced to various musical instruments and participate in the unfolding of a traditional story. Suitable for ages 4-6 and caregiver. 10:30-11:15am. Register at 477-7111.

THUR 9

Pebbles Rock (1 p.m. to 3 p.m.)

Every pebble and rock tells a story of how the earth formed, shaped and changed over time. Bring your rocks for identification by our visiting expert. Play rocking games, watch a puppet show, and learn how we use rock products everyday. Family drop-in program, suitable for all ages. Donations appreciated. Swan Lake Nature Sanctuary, 3873 Swan Lake Rd, 479-0211



FRI 10

Creatures of the Night (8:00 p.m. to 9:30 p.m.)

Check out the nightlife at Swan Lake! Join us for a night of owl prowling, bat detecting and beaver spying. Recommended for families and children 7 years and up. Pre-registration required. Cost: \$3/person Swan Lake Nature Sanctuary, 3873 Swan Lake Rd, call 479-0211 to register.

SUN 12

The ABC's of Animal Motion (1 p.m. to 3 p.m.)

Have fun as you are entertained by guest presenters Spilt Milk Improv Group with their presentations on animals ambling, ballooning, creeping, dancing and erratically moving along. Crafts and activities to follow. Presentations at 1:30 and 2:30. Suitable for all ages. Suggested donation \$2.00 per child. Swan Lake Nature Sanctuary, 3873 Swan Lake Rd, 479-0211

SUN 12

Family Housing Garage Sale

10a.m. to 2p.m., In front of Family Centre

Anyone interested in buying or selling items, please come.

Contact: Nadine Cruickshanks (383-8502)

FRI 17-SUN 19

13th Annual Victoria Dragon Boat Festival in the Inner Harbour. Dragon boat races, Lights of Courage lantern display, Asian bazaar, kids' tent, Asian crafts tent, entertainment, martial arts, movies and food fair. Free, but donations appreciated. Fri 11am-10pm, Sat 9am-10pm, Sun 8am-6pm.

www.victoriadragonboat.com or 704-2500 ext.0.

SAT 25

16th Annual Fringe kids Fest in Market Square courtyard. A family-friendly part of the Victoria Fringe Festival. Featuring live entertainment, hands-on crafts, activities, face-painting, and the ever-popular Cardboard Castle (a walk-in blank canvas for young artists). Fringe kids is 100% free. 383-2663. www.intrepidtheatre.com.

SEPT 1-3

Sannich Fall Fair. All weekend long, an old fashion fun family fair with something for everybody. call 652-3314 for info. Located at Saanich Fair Grounds 1528 Stelly's Cross Rd.