



News & Views

A Newsletter for Families at the University of Victoria

December 2007

Issue 126

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 DECEMBER

Tuesdays

9am-6pm

Playgroup

10:30am-12pm

Culture Club

4-6pm

Wednesdays

7:30am-2pm

Breakfast Club

7:30-9:00am

Playgroup

10:30-12pm

Thursdays

12noon-5pm

After-School Club

3:30-5pm



Happy Holidays!

By Pamela Tudge

December, where the year comes to close and time to rest with family begins- for at least a little while. Christmas is coming, Hanukkah is almost here and parties are beginning. This month in the newsletter we have seasonal recipes, free Christmas events around town and highlights from the Family Centre. To start the season-off with a bang, try the mulled cider recipe below and the muffin recipes from the breakfast club. We hope everyone has a great holiday this year and we wish to hear from you for the NEW YEAR 2008.

Mulled Apple Cider - Let the Parties Begin



1 litre of apple cider/apple juice, 1 tablespoon honey

1/2 cup water, 4 or 5 cinnamon sticks

10 - 15 cloves, 1teaspoon of allspice, 1 lemon cut in thin slices

1/2 orange, cut in thin slices

Tie small spices in a small cheesecloth and drop into the cider; allow cinnamon to just go on its own. Heat mixture on the stove and simmer for at least 30 minutes before serving, stirring occasionally to agitate the spices. Float orange slices on top of the cider. Pour into mugs and serve, with a cinnamon stick, if desired.



Holiday Assistance



For those Families who might benefit from a helping hand at this time of year the Christmas Bureau of Greater Victoria has application forms available at many local agencies and on the UVic Campus at the Family Centre, Counselling Office, Student Transition Centre and the Women's Centre. Pick one up and mail it in or drop it off.

Family Housing-Discussion Corner

Is there something you would like to discuss? Here is your chance to bring forward a topic or question that you are concerned about or want to bring forward that relates to UVic Family Housing. Contact us and let us know what you would like to discuss at fcnews@uvic.ca. If you have a question, chances are your neighbor's have the same question. We will find the answer or publish it in this section for others to send in their answers.

UVic Family Centre Winter Break

The UVic Family Centre will be closed from **December 25th - January 1st**. We will look forward to seeing everyone on New Year.

The National Day of Remembrance



Tuesday, December 4
11:30am - 12:30pm

Location: The pyramid in front of the MacLaurin Building

Every year since December 6, 1989, members of the University Community have gathered to honour the memory of 14 women massacred at l'École Polytechnique in Montreal and recognize the continual violence against women still present in Canada today. The gathering music for the event will begin at 11:30 am. In accordance with a Senate motion, classes will be cancelled at the university between 11:30 am – 12:20 pm to enable members of the University Community to attend this event. **Contact:** [Uvic Equity and Human Rights Office](mailto:Uvic_Equity_and_Human_Rights_Office), 721-8488 adujay@gmail.com. web.uvic.ca/eqhr



Who turned off the lights?

By Family Housing Office

With the windy/stormy season approaching the possibility of a power outage in Family Housing is inevitable. Some of you may recall that there were areas last year that didn't have power for several days! So what can you do to be ready for such an event this year?

❄️ Have a plan - Talk to everyone in your house so they know what to do and what to expect in an emergency. Practicing scenarios through role playing and being calm with children will help them on how to behave in a power outage or emergency.

❄️ Prepare or purchase an emergency kit. You can make your own (see www.getprepared.ca for assistance) or for a limited time (Oct 07-Feb 08) BC Hydro has reduced the prices for their Emergency Ready Kit and Ready Meal Kits. For prices and locations visit the BC Hydro website www.bchydro.com/safety.

If the power does go out you should contact BC Hydro directly at 1 888 POWERON (1 888 769-3766) to report it.



Returning this January - Parent Wellness Group

Come join us for a parent support group, sponsored by the UVic Family Centre & UVic Counseling Services. Tricia Best, a counselor from Counseling Services, will be leading this monthly parenting support group for the Family Centre at the University of Victoria. She will facilitate the group through social educational teaching, exploration, and discussion. The group could be structured or open, depending on the group members' needs and concerns. Child minding will be provided.

❄️ **When:** Third Friday of each month (starting January 18)
3:15-4:30 PM

Where: Family Centre (472-4062 for more info)

Break Your Own Barriers



Youth BYOB "Break Your Own Barriers" Seminar Series
Thursday, December 6, 2007,
5:30-8:30pm

Contact: Meghan at 361-9433 x.203 or email enable@vircs.bc.ca

Location: UVic, Vertigo, Student Union Building

Website:

www.vircs.bc.ca/multicultural.php

Religion - Spirituality: "How can they believe in something like that?"
Receive a certificate for attending more than six Youth BYOB seminars. Visit the Victoria Immigrant & Refugee Centre Society (VIRCS) website for a full list of events. Free pizza and other snacks will be provided.

The Annual Big Family Celebration "No Foolin"

The Family Centre has traditionally held a Celebration of UVic Families on or close to April 1st. We would like to ask if there are any event organizers or just interested, enthusiastic people who would have time to spend working with a staff supported committee to once again create a fun and enjoyable time for children of all ages! And Adults too! Please call - 472-4062, or email- familyc@uvic.ca if you have some time and interest in helping out.

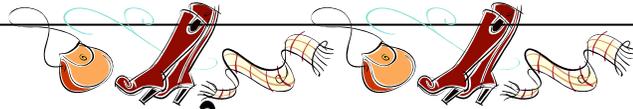


Child Safety Seats Save Lives



A correctly installed and used child safety seat can reduce the risk of injury and death by up to 85%. Starting July 1, 2008, new regulations will take effect. All drivers will be responsible for transporting all children in an age-and weight-appropriate child seat until their 9th birthday unless they have reached the height of 145cm (4'9") tall. For more information visit the Traffic Safety Foundation www.tsfbcaa.com/Content/CustomPages/Home.aspx

Profile



SHALL WE CHEAT HER SENSE OF FASHION AND PASSION?

By Eugene Jung

LATICIA WALKER



If you meet Laticia Walker, you realize that she has unique fashion sense. It's hard to see at first glance, because her usual dress is extremely normal like T-shirts and jeans. She said that she just copies her younger sister, and borrows lots of stuff modestly. Let's meet one of the most refined play group volunteer, Laticia. Her passion for life is contagious, watch out.

What drives you to do volunteer work for the Family Centre play group?

I have been with play group for almost one and half years. I still remember when I began this work, our play group met at outside on a beautiful day. I had mostly worked with kids that were over 6 years old, so I didn't have much experience with little kids. My undergraduate major is linguistics and I'm especially interested in speech pathology for younger people. I believed my work experience here would be really helpful.



Food Matters



Every Wednesday morning from 7:30 to 9:00am the Family Center offers a free and nutritious breakfast for student families. The menu changes every week and ranges from pancakes to scrambled eggs and toast. Muffins are a regular menu item and the following recipe was a favorite at a recent breakfast.

PUMPKIN OAT MUFFINS

from the Moosewood Restaurant Low Fat Favorites

INGREDIENTS

1 1/4 cups unbleached white flour, 1 tablespoon baking powder, 1/2 teaspoon salt
1/4 teaspoon ground cinnamon
1 cup rolled oats, 1 egg
1 egg white, 3/4 cup pumpkin, winter squash, or sweet potato puree*, 3/4 cup evaporated skim milk, 1/2 cup unsweetened pineapple juice, 2 tablespoons canola or other vegetable oil
1/4 cup packed brown sugar
4 to 5 tablespoons apricot preserves



INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Prepare a standard muffin tin with paper liners or cooking spray. In a large bowl, sift together the flour, baking powder, salt, and cinnamon. Whirl the oats in a blender until they reach the consistency of cornmeal and add them to the dry ingredients. In another bowl, lightly beat the whole egg with the egg white. Stir in the pumpkin puree, milk, juice, oil and brown sugar. Fold the wet ingredients into the dry ingredients just until combined.
3. Spoon batter into the prepared tin and dot the center of each muffin with a scant teaspoon of apricot preserves. Bake for 20 to 25 minutes, or until toothpick inserted in center comes out clean and dry. Cool in tin for 5 minutes then move onto rack to cool completely.

* Small jars of pure squash or sweet potato puree can often be found in the baby food section of the super market.

What would the year 2008 be to you?

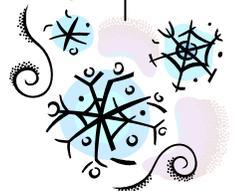
I'm going to starting my master's degree from coming September in Alberta, and the area would be speech pathology. This field covers both younger people who have speech problems and older people who suffer from strokes, brain damage, or mouth injures. I'm mostly interested in kids' problems. After finishing my master's degree, I would like to work in a clinic, hospital, or for a school district to help kids.

During my masters program, I might have no vacation at all. So I'm planning to travel to New Zealand with my sister or to France to meet cousins and godmother before starting the semester.

How do you feel about the play group participants?

I was borne in Prince George, BC, and have lived in the lower mainland. Five years ago, I came to Victoria for my studies by myself. I love to work here. Especially with the little babies who I met first, they are grown up now, walking and talking. Watching them is an amazing experience for me. I am going to miss all of it. Happy holidays everyone!

By Dana Sibley



Programs and Events

A great way to get connected!



Family Centre Programs

Playgroups:



Tuesday's Music and Movement Group with Kathleen Will be cancelled on December 18th and 25th and January 1st. We will all be back singing on Tuesday, January 8th 2008!!!

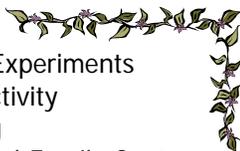
Breakfast Club: Join Dana at the Family Centre every Wednesday morning from 7:30am to 9:00am for a FREE, healthy and nutritious breakfast before school or work.

The Family Center breakfast will be closed December 26th and January 2nd.

Culture Club: The Culture Club, organized for international students and families for networking, learning new things, and for the opportunity for some members to practice their English. Join Tomoko Tuesday from 4-6pm.

After-School Club: Thursday afternoon from 3:30-5pm school aged kids are welcome to come and hang out, do some homework, play games, have a snack, and join our variety of activities with Janna.

December 6: Science Experiments
 December 13: Craft Activity
 December 20: Cooking
 December 27: Cancelled-Family Centre Closed
 January 3: Cancelled



English Conversation Club

The UVic Family Centre with the collaboration of the Inter-cultural Association of Greater Victoria (ICA), is organizing an English Conversation Club for adult participants who are members of International Student families. The objectives of the Club will be to improve understanding of Canadian culture, to develop English conversation skills, to learn values of diverse cultures and to make new friends. The Club will be led by experienced ESL instructors, who are also trained to lead groups with multi-skilled levels. The atmosphere will be informal.

There will be 7 weekly sessions starting **Thursday January 17 at 7:00pm until 8:30pm**. Pre-registration is required with free of charge. The location will be the Family Centre. In order that "lessons" can progress effectively, we ask the participants to arrange their own child-minding at home. Contact Tomoko at the Family Centre. Tel: 472-4062, E-Mail: familyc@uvic.ca

Community Events

Bald Eagles at Goldstream Park

Dec. 3th 2007 – Feb. 26th 2008

This winter, from early December until the end of February, Goldstream Provincial Park's Visitor Centre will be celebrating the return of the Bald Eagles with special programs and exhibits focusing on birds of prey. Entrance by donation.

18th Annual Lighted Ships Parade

Dec. 8th

Kick off the Holiday Season with a dazzling show of floating lights! Parade starts at 7:30pm at Ships Point Pier in the Inner Harbour. Holiday Market (5-9 pm), free hot chocolate, seasonal entertainment, raffle, and great prizes for participating vessels.



Moss St Holiday Fair

Dec. 8th and 9th

Fairfield Community Place at 1330 Fairfield Rd. Market will include a winter harvest of certified organic vegetables, seeds and plants. Baking and preserves. Soaps and botanicals. Original clothes, sewing and knits. Jewelry, pottery and other unique handmade crafts. Hot lunch and Salt Spring Island Coffee will be available from the International Catering Co-op Cafe. Admission to the Holiday Fair is free and there is lots of parking off Thurlow St. We are wheelchair accessible. Bring a mug for the free hot apple cider!

Christmas in the Cadborobay Village

Dec. 9th

6-8 pm, in front of the Pepper's Food
 Caroling, hot drinks, roasted chestnuts, and more!

Cocoa With Claus

Dec. 15th

Join us as we celebrate the season with some warm beverages, seasonal crafts and games and a visit with Mr. Claus! Free Event. Come out with your little ones or join in the fun as a volunteer. Contact Ro for more details 382-4604. 10am - 12pm, Garry Oak Room, 1335 Thurlow Road.

