



# News & Views

JANUARY 2007  
ISSUE 115

*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 January:**

**Tuesdays**

**9am-6pm**

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

**Wednesdays**

**7:45am-2pm**

Breakfast Club  
7:45-8:45am  
Playgroup 10-11:30am

**Thursdays**

**12-5pm**

After-School Club  
3:30-5pm



## New Year's Celebrations around the world - Traditional New Year Foods -

*by Eugene Jung*



Do you have a food you simply have to eat as part of a New Year's tradition - something that will bring your family luck, happiness, and prosperity for the coming year? Almost every country has at least one special food that is eaten on New Year's Eve or in the first days of the New Year. Our neighbors share their special cuisines and traditions for New Year's Day.

Many cultures believe that anything in the shape of a ring is good luck, because it symbolizes "coming full circle", completing a year's cycle. For that reason, the Dutch believe that eating donuts on New Year's Day will bring food fortune. Black-eyed peas and other legumes have been considered good luck in many cultures. In parts of the United States people celebrate the new year by consuming the peas. Either hog jowls or ham typically accompanies these legumes. The hog, and thus its meat, is considered lucky because it symbolizes prosperity. Cabbage is another "good luck" vegetable that is consumed on New Year's Day by many different cultures including Chinese and Irish. Cabbage leaves can be considered a sign of prosperity, being representative of paper currency.

A Hispanic tradition is to eat twelve grapes at midnight, one for each month of the year, as good luck.

The Chinese New Year falls on the 18 of February. It is a tradition for families to come together on New Year's Eve and make jiaozi (Chinese dumplings) for the next day's feast. The dumplings are said to resemble old Chinese money and are served to bring wealth and good luck in the New Year. The Jewish New Year is the 13 of September. "The sweeter the better" that's the best rule for cooks when it comes to creating a feast for New Year, a time when sugar and spice combine to produce a spread as symbolic as it is sumptuous. It is customary to dip apples in honey, representing joy and blessing and say: "May it be Your will Ha Sham that You renew for us a good and sweet year." The Islamic New Year falls on the 20 of January this year. One tradition is to grow sprouts to symbolize a birth of the New Year and pass out colored eggs, sugared almonds, nuts, and candy to friends and family.

No matter what tradition you follow, or even if you create your own family tradition, New Year's is a fun time to reflect on the past year as well as look forward to the New Year and there is no better way to do that than with family, good friends, and good food!

<http://wilstar.com/holidays/newyear.htm>



## Big Thanks!

Thanks to the wonderful support of the UVic Community, the Family Centre's **Food Share shelf is full of non-perishable food for families in need. Please visit** the Family Centre to find out more about this confidential, free, community-run program.

# THANKS SO MUCH!

## A BIG FAREWELL AND THANK YOU

to our lovely and talented **News & Views editors, Lisa Hitch & Karen Lee Pickett.** For the past few years, they have been passionate about bringing our community an informative, useful, creative, and fun newsletter! We will miss their enthusiasm and support of student families & wish them & their family all the best in the future!



The Family Centre relies on the support of its community to assist families at UVic year-round – We would like to extend our warmest thanks to all of **the departments and staff at the university** who have graciously and energetically supported the student families this holiday season!

### THANK YOU TO:



- ♡ Campus Security
- ♡ School of Nursing
- ♡ Career Services
- ♡ Department of Sociology
- ♡ UVic Development Office
- ♡ Counselling Services
- ♡ Fine Arts Department
- ♡ The UVSS Food Bank
- ♡ Psi Chi Society (Psychology)
- ♡ Athletics & Recreation
- ♡ UVic Vikes



## Zine Workshop

Andrea and Janna are interested in doing a zine workshop at the Family Centre for teens during the After School Club – A Zine is a small book that can be about anything we want it to be! One part do-it-yourself publication and one part art project! Andrea has got some samples if you would like to come and take a look. If you want to know more about this, please come down and talk to us!

**SPECIAL ‘THANK YOU’ to Dorothy** from the Gorge and Tillicum Community Association for leading the **Mother Goose singing** in our previous program.

## Dental Screening for Pre-school Aged Children

*by Tomoko Okada*

In spite of the aftermath of the recent horrific storm and power failure, the Family Centre received overwhelming numbers of children for our first dental screening which was held in the morning of December 15. A big thank you go to the parents who came with their children and special thanks go to Holly and Susan from the VIHA Saanich Public Health Unit for risking their lives and driving through disabled traffic lights and spending hours with us at the Family Centre.

## Nobody's Perfect Program

The UVic Family Centre is happy to present the second parenting support program, “Nobody's Perfect” for the parents with 0-5 years old children. This is held with the cooperation of the Greater Victoria Intercultural Association and the VIHA Public Health Unit. The group will meet **every Friday afternoon from 1:30-3:30 PM** for seven weeks. This program is designed to help parents from diverse cultural backgrounds to share their own unique experiences in parenting, to learn children's growth and to explore the many alternative methods for raising children. Healthful snacks, childminding, and Nobody's Perfect booklets and handouts will be provided during the sessions. The Program will **start on January 12<sup>th</sup>, 2007**. Please contact Tomoko to register.

## Food Matters



### GOLDEN HARVEST SOUP

*by Heidi Fink (Local Chef)*

2 tbs. of butter, 1 med. yellow onion, 1 med. size sweet squash or yam(chopped & peeled), 1 tsp of grated ginger, 1 pinch of cinnamon, 2 bay leaves, 4 large pears peeled & chopped, 1 tsp salt, or more to taste, 6 cup of water or stock, 1 cup cream (optional)

Heat pot over medium heat. Melt butter & sauté onion. Stir onion frequently for several minutes. Add ginger, cinnamon, bay leaves & sauté for a few seconds. Combine water, salt & squash(chopped & peeled). Bring to boil, simmer for several minutes. Add pear & bring to a boil again, reduce heat to low. Cook for 15-20 minutes until tender. Remove bay leaves & puree with blender. Stir the cream in & serve.

## People — Culture Club with Sun-young Kim



Culture Club is a group organized by Tomoko that meets once a week at the Family Centre(4-6pm) to exchange recipes, cook a meal together and share life experiences. This month we sat down with one the most active members Sun-young Kim to discuss the group and her life as a new Canadian.

Sun-young moved to Canada from Seoul, Korea four years ago. After residing in Saskatoon and Edmonton her and her family drove out west to settle in Victoria and attend school. She has lived in family housing for the last year and currently spends her time taking English classes and being a mom to her three year old son.

The culture club has been a means for her to stay connected with other mothers and an important time to discuss issues ranging from parenting in a new country to the stress of school. Many of the participants have spouses that are full time students and it helps to have a space to connect with other people in similar situations.

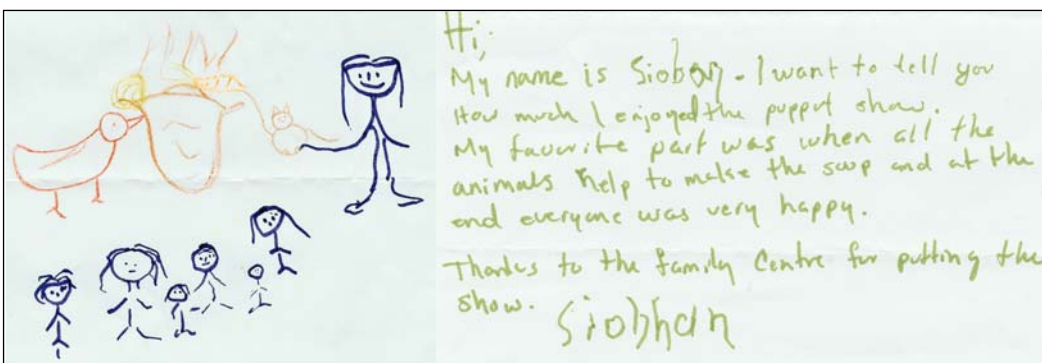
*by Pamela Tudge*

When asked about the other people in the group, she says Tomoko "feels like a mom to us". She also describes how over the last year the small group has become very close and able to feel comfortable talking about many subjects


One of the most common topics of discussion is parenting. Sun-young points to some of the challenges international students face at UVic. One of the major obstacles is not having extended family. In Korea and many other countries, grandparents are important for supporting new parents. For example after birth the mother of the new mom cooks and helps out with the baby. For families living abroad this time can often be a source of hardship with less help around for the new mom. A chance to discuss and share solutions to these challenges often helps to relieve them and the cultural club has been a great space to do this. Sun-young invites people from all backgrounds to the group and hopes to see many new faces in the coming year.

## Children's Corner After Puppet Show

*The 'Puppet Show' was presented at Uvic Childcare Complex B on December 20<sup>th</sup>. Several children and their families took part. Here we introduce one of the most lively audience members, **Siobhan***



## Family Center Programs & Resources

\* See reverse of calendar  
for more programs and details 

### The Family Mother Goose Program

Please join us with your children (suggested age 0-3years olds) and enjoy an hour of interactive rhymes, songs, and stories from around the world. The UVic Family Centre Mother Goose Program is designed to be a unique group experience for parents, babies, and young children to learn new ways to cope with children at home and to meet other parents. This program is held every Wednesday morning. Please register at the Family Centre.

**Starting:** January 17<sup>th</sup>, 2007 for 7 weeks held every Wednesday morning 10:30-11:30AM  
**Place:** UVic Child Care Complex B on Finnerty Road.



### Parents Support Group

Come join us for a parent support group, sponsored by the UVic Family Centre & UVic Counseling Services.

Wendy Lum, a counselor from Counseling Services, will be leading this monthly parenting support group. Share your insights & experiences, and learn some new ideas! Childcare will be provided, please phone to let us know if you will be needing it.

**When:** First Friday of each month (December 1st), 3:30–5:00 PM

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

### The Family Centre Lending Library

Now that it's the beginning of a new calendar year & semester, it's a great time to check around your home to see if you have any overdue library items from the Family Centre.

The Family Centre lending library is a well-used resource for students at UVic with families. We have a large collection of children's books, toys, videos, young adult fiction, adult fiction, and parenting/lifestyle resource books available for use. Student families are welcomed to come and check out this free service. Please call Andrea at the Family Centre for more information.

#### REMINDER

**Loan periods are:**  
**Videos - one week**  
**Books and toys – one week**

#### Parent Support Group Topics

##### **January- Planning Your Year**

Wendy will lead you with goal setting for your upcoming year. Exploring hopes, wishes, and possibilities personally and professionally.

##### **February- Relationships with your Partner and Children**

Wendy will show what happens in relationships when you are under stress. She will also share the ways that we can better connect with our partners and children.

##### **March- Self-Care**

Wendy will share a mandala wellness wheel, to look at eight areas that we can do with self care.

##### **April- Personal Growth**

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

### IESS Workshop

#### January 24, 2007

- Understanding Canadians - How to Make Sense of a New Culture
  - 3:30pm - 4:30pm
  - Clearihue Building, Room A207
- Join us for a workshop where we will discuss Canadian behavior and explain some Canadian cultural values.

#### January 30, 2007

- Considering Working in Canada After Graduation?
- 4:30pm - 6:00pm
- David Strong Building, Room C118

An IESS Student Advisor will discuss the application process for a Post-Graduation Work Permit.

#### January 31, 2007

- Working in Canada - How to Get an Off-Campus Work Permit and Find a Job
- 3:30pm - 4:30pm
- Clearihue Building, Room A207



**Don't Forget!**  
*to keep checking*

at the Family Centre for new donations to our clothing exchange! Campus Security makes monthly donations of used clothing, water bottles, travel mugs, etc.