



News & Views

A Newsletter for Families at the University of Victoria

June 2007
Issue 120

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

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

Director

Elizabeth Quong

Staff

Tomoko Okada
Takako Otake

Faculty Coordinator

Laurene Shields

Family Centre Hours:

Tuesdays

9am-6pm

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

Wednesdays

9am-2pm

Playgroup
10-11:30am

Thursdays

12noon-5pm

After-School Club
3:30-5pm

Celebrate Father's Day



Father's Day is a time to celebrate the fathers and father figures in your life. For Canadians and Americans, the annual event is on the third Sunday of June (this year June 17th) and is celebrated with food, cards and special gifts or treats for dad.

Father's day originated in the United States, after first being suggested by Sonora Dodd of Spokane Washington in 1909. She got the idea after listening to a Mother's day sermon at her church and feeling compelled to honor her father, who was single and had raised six children. His wife, Sonora's mother, had died during childbirth. Sonora expressed that her father has selflessly devoted his life to taking care of his children. June 19, 1910 was Spokane first father's day. In 1972 it became officially declared in the United States.

This Father's Day, take some time to check out some local events around town. Beacon Hill Park as part of the 125th birthday celebrations is having a father's day Celtic music extravaganza featuring Daniel Lapp and some great Irish Dancers. Contact 361-0358 for more information.

Increase Health and Participate In Research

Are you interested in being part of an important study regarding family health and wellness?

We are looking for married or common law parents with at least one child, who are interested in increasing their family's physical activity by participating in a quick and easy study regarding physical activity in families with young children.

The study involves filling out two short surveys and self-monitoring physical activity over a period of time using a provided pedometer. We also provide you with information, tools and ideas for family activities.

If you are interested in participating or have more questions, contact Thalia at the UVic Behavioral Medicine Lab at 472-5488 or bml@uvic.ca.

News & Views Needs Your Contributions!

We welcome items for the newsletter that relate to issues of interest to UVic Student Families. Items need to be less than 200 words. Please email to fcnews@uvic.ca and include your name and contact information along with your submission.

Plastics Recycling

Recycle Styrofoam, soft plastics, milk cartons, and tetra packs (including soy milk containers).

Join the Gordon Head Soccer Association every 4th Saturday of the month, from 9am-1pm, at Lambrick Park access off of Tyndall Road.

For local drop off schedules, check www.pacificmobiledepots.com.

Community Garden

Stay up-to-date by joining the garden listserve at:
<<https://lists.uvic.ca/mailman/listinfo/campus-community-garden>>.

We are looking for someone to help create a website. Please email us at the above address if interested in volunteering.

Have any questions, want to get involved or want to suggest anything let us know by email at ccgarden@uvic.ca.

Mark Your Calendars

The UVic Family Centre is pleased to present: *Family Story-Time* with the Victoria Public Library.

On Wednesday, September 13th 10:30-12:00pm, the Library's Outreach Librarian, Joy Huebert, will be attending our playgroup program to do a *special children's reading*. She will read stories, sing songs, and talk about reading.

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

After School Club

Hello, my name is Takako and I am going to take over Andrea's job at the Family Centre. I have worked at the centre as a volunteer and practicum student. You may have worked with me. I would like to do my best and make the centre lots of fun. I am looking forward to seeing you soon!

After-school Club Schedule:

- June 7: Making plans for father's day
- June 14: Activity for girls (sorry boys)
- June 21: Making crafts
- June 28: Learning about cultures

Culture Club Schedule

The Culture Club meets every Tuesday afternoon from 4:00-6:00pm, and its purpose is to support international and new Canadian student families.

In May, we organized 3 sewing classes. The participants were very proud of their products. Thanks goes to Zohra for her friendly and patient sewing instruction.

Also, thank you goes to Don Chow from UVic Recreation and Sports for providing detailed information regarding the services and schedule.

We have the brochures about this summer schedule at the office, including:

- June 3: Fourth Problem Solving Workshop
- June 10, 17, 24, 31: Sewing Workshops

Light Cheese Cake

This cheesecake was a big hit among the Culture Club participants.

- 1) Begin with the base by combining 1 cup of graham crumbs and 1/3 cup of melted butter. Press onto sides and bottom of 9" pan. Pour
 - 2) Combine in separate bowl 4 egg yolks, 1/2 cup sugar, 3/4 cup flour, 1/3 of cup milk, 250 grams of soft cream cheese, 125 grams of sour cream, rind from half a lemon, and juice from half a lemon.
 - 3) Beat until stiff 4 egg whites and 1/4 cup of sugar
 - 4) Fold flour mixture into egg whites. Do not stir. Pour the mixture on the top of the base in the pan.
- Bake in a double boiler pan with 1 inch high water pan in 350°F for 1 hour.

Student Dads at UVic

At the Family Centre we more often get a chance to hear from moms in the community. In celebration of Father's Day, we felt it was the perfect time to bring forth the voices of dads in family housing. Peter, Jakub, and Magnus sat down with me this month to share their thoughts on being a student dad.

These Dads made a documentary film together about being student dads, called *Bachelor of Fatherhood*. This was part of a Masters student's project. This film is available to view at the Family Centre.

Peter is a graduate of UVic's Law Program. Jakub is a PhD candidate in Chemistry. Magnus is completing a Bachelor of Science in Biology and Environmental Studies.

As student fathers, Magnus and Peter found the financial and time constraints challenging. Peter and Magnus were in undergraduate programs, which had limited funding options. The financial burden often put stress on the student family experience.

Peter would sometimes bring his daughters to class and noticed several other parents doing the same thing. Magnus brings his daughter to class once a week when he has no childcare.

The dad's discussed that they would like to get to know more neighbors. They would like to engage other dads in family housing by starting a father's group. The group could meet once a month for social activities or outings with the kids.

If you are a dad that is interested in joining the father's group email fcnews@uvic.ca to get in touch with these great dads. Happy Fathers Day!



Problem Solving Workshop

by Umi Kalsom Miswan

On March 13, Zainum, an Action Learning Practitioner, facilitated a workshop series at the UVic Family Center as a part of Culture Club.

The first session brainstormed ideas about current situations in family housing. The group of mainly moms, discussed the lack of programs for kids and moms, the need for upgrading playground equipment and safety issues.

With summer holiday coming, some moms voiced their concern that their kids will be bored. Since not all parents can afford summer programs offered by recreation centres, a supervised program for school aged kids is needed. Other suggestions included: an English as a Second Language class for parents; sewing and other craft clubs; and, longer opening days for the Family Centre.

In the second session the group met again to discuss the matter of importance from the long list of suggestions. They decided that the upgrading of the playground and kids programs were the most important. At this session Chardelle from UVic Food, Housing and Conference Services joined the group to give some insights on the matters. The involvement and cooperation from different parties is needed to materialize the suggestions.

The third session was on May 1. The group concluded that the most important situations were the playground upgrades and the kids programs. There was discussion on ways to solve the situations.

Next workshop is June 4th at the Family Centre from 4-6pm.



Mon

Tues

Wed

Thur

Fri

Sat

Sun

4	5 10:30-12pm Music & Movement Playgroup at Family Centre 4-6pm Culture Club at Family Centre	6 10:30-11:30am Playgroup at Family Centre	7 3:30-5pm After school club	8 Buccaneer Days in Esquimalt (All Weekend festival to Sunday)	9 10am-3pm 11 th Annual Brentwood Bay Festival at Pioneer Park Buccaneer Days in Esquimalt	10 Buccaneer Days in Esquimalt
11	12 10:30-12pm Music & Movement Playgroup at Family Centre 4-6pm Culture Club at Family Centre	13 10:30-11:30am Playgroup at Family Centre	14 10:45-12pm Parent Support Group at the Family Centre 3:30-5pm After-School Club	15 10:45-12pm Parent Support Group at Family Center	16 1:30pm Beacon Hill Park 125 th Anniversary Celebrations	17 Father's Day 1:30pm Celtic Celebration Beacon Hill Park, Cameron Band-shell 2pm Family Sunday at the Art Gallery of Greater Victoria
18	19 10:30-12pm Music & Movement Playgroup at Family Centre 4-6pm Culture Club at Family Centre	20 10:30-11:30am Playgroup at Family Centre	21 3:30-5pm After-School Club	22	23	24
25	26 10:30-12pm Music & Movement Playgroup at Family Centre 4-6pm Culture Club at Family Centre	27 10:30-11:30am Playgroup at Family Centre	28 3:30-5pm After-School Club	29	30	