



News & Views

A Newsletter for Families at the University of Victoria

March 2007
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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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COORDINATOR**
LAURENE SHEILDS

**Family Centre
hours for
MARCH**

**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



No Foolin'- It's Back



By **Andrea Cormier**

It's that time of year again!! The Family Centre is getting ready for its 4th annual No Foolin' event, which takes place on the morning of **Friday March 30th**.

Some of you might remember this event from previous years – it is a time for student families and community supporters to come out and celebrate the wonderful energy and diversity that families and children bring to campus life here at UVic. This annual event is meant to celebrate our vibrant, diverse, and unique community, as well as raise awareness about the challenges and barriers that some student families face. We will also be raising money for our Emergency Family Fund, which assists student families with such basic needs

such as food, clothing, and childcare.

We have lots of entertainment (music, balloon animals, face painting, henna, dancing...) and special guests, as well as lots of free food donated by local merchants and businesses. Come down to the UVic Family Centre for free pizza, popcorn, hot dogs, ice cream, fruit, bagels, coffee, and more for breakfast on your way to work or school. There will also be chances to win lots of great prizes!

Everyone is welcome to attend this free community event! It takes place from 7:30 – 9:00 AM in front of the Family Centre at 2375 Lam Circle in UVic Family Housing. Please call us at 472-4062 if you would like more information.

Family Centre Quality Assessment Questionnaire

Did you know that the Family Centre was opened in 1994 by the School of Nursing within the Faculty of Human and Social Development in response to the need for services for UVic students families living on and off campus?

Currently, within the University, attention is being focused on how best to meet students' needs through integration of the academic experience with other student services. Given this new university-wide focus on enhancing the student experience and the unique status of the

Family Centre as a faculty-operated service, HSD is interested in conducting an administrative review of the Family Centre to address the following questions:

1. How effective is the current organizational and governance structures in supporting the goals of the Family Centre?
2. Are the resources for the Centre adequate?
3. How effective is the Family Centre in serving as a resource to UVic students with children, both those students with children living on campus and off? (To be continued to the next page)



Community Garden News

Work parties March 4, March 17 and April 1. We will be at the garden March 4 from 1-4 to help prep the new beds. March 17th we will be enhancing the kids play area. April 1 we will build some more beds. There will be a **door prize!!** So come out and get dirty!

Remarried Moms and Dads

Are you a parent who has remarried (either legally or common-law)? Do you share parenting responsibilities with your former spouse? Researchers in UVic's Psychology Department are studying how remarried parents feel about their relationships with their former spouses and current spouses. Remarried moms and dads are invited to complete the study by visiting www.uvic.ca/psyc/fmrigr and clicking on "What's New?" For questions, or to receive a paper copy of the survey instead, email jpringle@uvic.ca or call 721-8589.



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.

Raising Healthy Eaters: Secrets to Survival (2-5 Years) Save On Foods Memorial Centre, Community Room – Tues, Mar 13, 9:15-11am

ABC's of Healthy Eating (School Age) Save On Foods Memorial Centre, Community Room – Wed, Mar 28, 1-2:45pm

Beyond the Birds and the Bees: Adolescent Development Saanich Health Unit – Wed, Mar 7, 7-9pm

Raising Cavity-Free Kids (Birth-5 Years) Saanich Health Unit – Thurs, Mar 29, 10-11am

(From the previous page)

4. What are the strengths and challenges of the Family Centre?
5. Within the changing University and broader community context, how might the Family Centre be best situated to meet the needs of student families?

To help them answer these questions, HSD has contracted with Sharon Hume, Carol Hubberstey and Deb Rutman to conduct an external review of the Family Centre. As part of the review, they will be speaking with a range of people on and off campus who have had involvement with the Family Centre.

Sharon, Carol and Deb would especially like to hear from student with families - those who have used the Centre and those who have not. That is why you will find enclosed with this newsletter, a brief questionnaire seeking your input into the review.

Please take 10 to 15 minutes to complete the questionnaire and drop it off **at the Family Centre in the box located outside the office** (39208 – 2375 Lam Circle) – **no later than March 12th**. Don't forget to complete the tear off, contact information section so that your name will be entered in the draw to win one of 3 prizes (\$25 gift certificates for CineCenta and the Book Store). The draw will be held March 15th.



Food Matters

Saanich Farm Tour - Celebrating Locally Grown Foods



DATE: Mar. 29. Thur

TIME: 10am - 12pm

PLACE TO DEPART: Family Centre

The Community Food Security Project will be hosting a farm bus tour to Dan's Farm and Babe's Honey on March 29th. The tour will celebrate some of our local food producers while offering an overview of how these operations run.

Locally grown food is not just fresher but offers a chance for consumers to support local farmers. On Vancouver Island we rely on importing 90% of our food while just 50 years ago it was a minimal 15% that was imported. Support the production of island grown food is vital towards building food security, as it is estimated that we have only enough food for a few days if we were to be cut off from mainland sources. Not to mention, local food affords the opportunity for the consumer to get to know the farmer. Whether buying from the farm gate, or from farm markets buying local is a way to ensure safe, nutritious and fresh food.

For information on local farms check out the Farm Fresh Guide: <http://www.islandfarmfresh.com/>



Family Profile—Family Life with Tae Kyung and Joshua



By Pamela Tudge

In our community profile this month, we speak with Tae Kyung Yeo and Joshua Smith to discuss life in family housing and perspectives on parenting.

Tae Kyung and Joshua are new parents that moved to family housing this past July just after their daughter Equoia was born. Joshua grew up on the south coast and met Tae Kyung when she was traveling from South Korea. In Korea, Tae Kyung worked as a web designer, and has now shifted gears to full-time motherhood. Joshua is completing his degree in Anthropology and continuing his work with youth.

Since moving to family housing Tae Kyung has participated in the Nobody's Perfect program at the Family Centre. She finds it an important place to link up with other moms and learn useful parenting skills. Tae Kyung explains when she first moved to family housing it was hard to find other moms to meet with around the neighborhood. The Family Centre programs can facilitate the connection.

On parenting, Joshua brings his experience working with teenagers and children. He feels its "important for children to have certain risks" and for parents "not to be over protective". Allowing a certain amount of freedom helps build essential problem solving skills. A main concern from what he has seen in his work is that too many kids lack these foundational life skills. Tae Kyung adds to this by saying "it is most important [for kids] to find what they really like to do."



We really enjoyed hearing from our new parents and can look forward to seeing Tae Kyung, Joshua and baby Equoia around the neighborhood. Enjoy the coming of spring.

New Work Study Student at the Family Centre

Hi! My name is Laticia. I'm a fourth year Linguistics student, and I'm planning to go into speech pathology. I grew up in Cloverdale, and this is the fourth year I've had the pleasure of spending in Victoria. I love being outdoors, and have spent many summers working as a camp counselor. I also love to dance, cook, and travel. I've just started planning a new trip, and am looking forward to exciting new experiences! You may have already met me at Playgroup on Tuesdays. Now that I've started Work Study, I'm excited to help out around the Family Centre, especially with our No Foolin' event!



Classifieds CAR SEAT AVAILABLE

5 point harness
Stage 2 (22 Lbs.)
Forward facing
In Good Condition
Free to a Good
Home.

Please Phone the Family
Centre @ 472-4062

News & Views Needs Your Contributions!

We welcome submissions of all kinds – send us your thoughts, opinions, suggestions, stories, recipes, tips or classifieds! The e-mail is fcnews@uvic.ca or you can drop your submission off in the envelope on the board outside the Family Centre.

Family Center Programs

Culture Club Schedule

The Culture Club meets every Tuesday afternoons from 4:00 to 6:00pm, and its purpose to support international and immigrant student families. March is the month to celebrate "diversity" and many events will be organized in the UVic campus and the Victoria community. The Culture Club will focus its activities on the many diversity events and issues. **We welcome new members. Please contact Tomoko.**

♥ **Mar 6** – International Women's Day Celebration Potluck. March 8 is the internationally recognized day. We will share stories of history and unique day. Please bring a dish to share in this celebration.

♥ **Mar 13** – Unique Cross-cultural Problem Solving ideas. We will have a speaker to discuss how to work with differences and to resolve possible misunderstandings and conflicts within this multicultural community.

♥ **Mar 20** – Cooking a delicious carrot cake! This recipe contains 1 pound of carrots and much less sugar. It is a great snack for children who particularly do not like veggies.

♥ **Mar 27** – Basic Integrated Yoga Demonstration! Please wear comfortable clothes.

After School Club Schedule

♥ **Mar 1** – We will be making (and eating!) our own muffins from scratch! Come with ideas about what sorts of delicious things we should put in them.

♥ **Mar 8** – Ever wondered about Tai Chi? Now's your chance to try out this ancient, relaxing Chinese martial art! Make sure you bring some comfy clothes.

♥ **Mar 15** – Want to reduce the amount of garbage your family throws out? Start a worm compost bin and turn your old food into soil! We will show you how & bring lots of hands on examples of how they work.

♥ **Mar 22** – Spring Break! It's the return of the mini-pizza-making party! We will be playing games (outside, weather permitting) and making our own pita-pizzas!

♥ **Mar 29** – Cancelled

Parents Support Group

Self Care

Date: Mar. 15th

Time: 10:45am -12:00pm

Place: UVic Family Center

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



Community Events

Parents Workshops-Beyond the Birds and the Bees: Adolescent Development

Date: Wednesday, March 7, 7-9pm,

Place: Saanich Health Unit

Family Sunday at the Art Gallery of Greater Victoria

Date: Mar. 18, 2-4pm

Place: Art Gallery of Greater Victoria
The Baroque Era come to life with hands-on art making activities.

Parents Workshops-Raising Cavity-Free Kids (Birth-5 Years)

Date: Thursday, March 29, 10-11am

Place: Saanich Health Unit

CRD Parks - Hikes and walks for families at local CRD parks. Phone 478.3344 or visit www.crd.bc.ca/parks for more information on these events.

- **Mar 3** – 1pm Woodpecker Whittlings at Elk/Beaver Lake Park
- **Mar 4** – 1pm Early Signs of Spring at Lone Tree Hill Park
- **Mar 10** – 1pm Who's Hooting at Witty's Lagoon Park
- **Mar 19** – 10am Ugh, a Slug at Mill Hill Park
- **Mar 20** – 12-2pm Going Batty at Elk/Beaver Lake park
- **Mar 22** – 12-3pm Brilliant Birds (drop-in) Witty's Lagoon
- **Mar 24** – 1pm Cougar Capers East Sooke
- **Mar 25** – 10-1:30pm Head for the Hills, Mount Wells
- **Mar 31** – 1pm Bear Hill Spring Prowl, Bear Hill

Swan Lake Nature Sanctuary -

3873 Swan Lake Rd. Phone 479-0211 for more information or to register for these events.

● Night Eyes for Night Skies

Date: Mar 16, 7 to 8:30 pm or Mar 21, 7 to 8:30 pm.

Come to Swan Lake for an evening stroll. Pre-registration required. \$3 per child, accompanying adults free.

● Funny Bones

Date: Mar 19, 10am to 3pm

Tickle your funny bone, match bones, and put skeletons together. Drop-in family program ages 5 and up.

● Bingo Around the Lake

Date: Mar 20, 10:30am to 12:30pm. or 1:30 to 3:30pm.

Play bingo as you walk around the lake trail, ages 5 and up. Arrive by 10:30 or 1:30 for the 2.5 km.

● Animals Under the Oaks

Date: Mar 22, 10am to 3pm

Meet the animals, smell the flowers, feel the snakes, and play bingo under the oaks. Drop-in family program ages 5 and up. Donations appreciated.

● Beaver Tales

Date: Mar 23, 10 to 11:30 or 1:30 to 3:00pm

Observe beavered lumber. Pre-registration required, ages 5 and up. Cost \$4.00 per child, accompanying adults free.