



# News & Views

*A Newsletter for Families at the University of Victoria*

**May 2007**

**Issue 119**

**UVic Family Centre**  
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Check out our complete  
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<http://web.uvic.ca/family-centre/index.htm>

## **DIRECTOR**

ELIZABETH QUONG

## **STAFF**

TOMOKO OKADA  
TAKAKO OTAKE

## **FACULTY**

**COORDINATOR**  
LAURENE SHEILDS

## **Family Centre hours for MAY**

**Tuesdays  
9am-6pm**

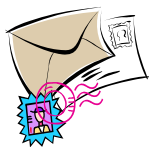
Playgroup & Storytime  
10:30am-12pm  
Culture Club  
4-6pm

**Wednesdays  
9am-2pm**

Playgroup  
10-11:30am

**Thursdays  
12noon-5pm**

After-School Club  
3:30-5pm



## **Thank you and Goodbye to Andrea**

*By Elizabeth Quong*

All of us at the UVic Family Centre – families, kids, staff, advisory members and supporters - want to wish Andrea Cormier well as she leaves us to go on to new adventures!



Andrea came to the Family Centre as a volunteer nearly 4 years ago to be the Toy/Book/Video Librarian – one of her many skills is to enjoy keeping items organized! She joined the Staff more than a year later to run the Homework Club/After School Group and to help with office and clerical tasks. The Family Centre has benefited from Andrea's ability to take on new challenges, her enthusiasm for the No Foolin' Event, her connections with the kids and pre-teens in particular and her warm outgoing nature.

We will miss you, Andrea, but know that your next adventures will be interesting and exciting! Good Luck and come back and visit!

## **Mother's Day around the World**

*By Eugene Jung*



Mom, mere, mutter, mamma, moer, haha, ahm, mater, mati, emo, ana, umma!! These are the sweetest words for "mom" in different languages around the world.

Across the world mothers have a special day. In Canada, US, China, Japan, Italy, Turkey and Australia Mother's Day is always celebrated on the second Sunday in May. England, however, celebrates Mother's Day on the fourth Sunday of Lent, and May 10<sup>th</sup> is the day dedicated to mothers in many Asian and Middle Eastern countries. In Iran and other Muslim countries Mother's Day is observed on 20<sup>th</sup> Jumada al-thani (also called Women's Day). Even though the manner of Mother's Day celebration differs, what is common everywhere though is the spirit of the festival. In countries across the globe people take the opportunity of Mother's Day to honor their mom with cards, chocolates, flowers and other gifts of love. This coming Sunday, May 13<sup>th</sup> is Mother's Day. Happy Mother's Day to your family!

## **UVic Family Centre Outdoor Potluck Dinner**

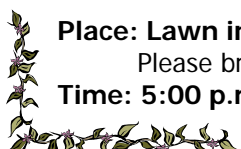


Please join us for our Potluck Dinner to celebrate the spring weather. Bring your favorite dish to share with your friends and neighbors. RSVP; please let us know if you can join us. Also, please tell us how many family members can come. Tel: 472-4062; Email: [familyc@uvic.ca](mailto:familyc@uvic.ca). The Centre will provide coffee, tea, juice, plates and cutlery.

**Place: Lawn in front of UVic Family Centre**

Please bring lawn chairs or picnic blanket for your family.

**Time: 5:00 p.m., May 30 (Wed)**



## Composting Begins !

As a part of the university's goal to reduce waste and greenhouse gas emissions, Facilities Management have installed two green totes into each of the 6 waste and recycling enclosures located in Family Housing. In preparation, you might consider getting yourself a reusable container to transport your "compostables" to and from the enclosures. Your cooperation in keeping the area clean is appreciated. (Facilities Management, 721-7591)

## Plastic Recycling

### DID YOU KNOW THAT

you can also recycle Styrofoam, soft plastics, milk cartons, and tetra packs (including soy milk containers) in Victoria? Closest to UVic is on the 4<sup>th</sup> Saturday of the month at the Gordon Head Soccer Association (on Tyndall Rd) from 9am-1pm. Or check <http://pacificmobiledepots.com> for local drop off schedules in your area.

## Campus Community Garden Update



The CCG is working on a garden calendar and looking for garden tips, drawings from kids, recipes of what you are making with the garden produce, poems and photos. Contributions can be sent to Angela Voht at [avoht@uvic.ca](mailto:avoht@uvic.ca)



We are planning a Summer Solstice party! We are looking for ideas. If you want to help plan, contact Wanda at [wmartin@uvic.ca](mailto:wmartin@uvic.ca)



We need help with making the kids space in the garden to be fun for the kids. You can send your ideas for what the kids would like to Lindsay at [lcassie@uvic.ca](mailto:lcassie@uvic.ca)

## Food Matters

Here is a favorite dish in spring when you can find asparagus fresh and local. Pair it with a salad of spring greens from local farms or your garden.

### *Asparagus and Smoke Salmon Pasta*



- 1 package of your favorite pasta
- 1 cup of chopped asparagus
- ½ cup of unripened goat cheese or cream cheese
- 2 tablespoon of olive oil or butter
- 1/2 cup of chopped chives or green onions
- 2 tablespoons of milk
- 3 garlic cloves, crushed and chopped
- ½ a cup of smoked salmon
- 1 cup of chopped tomatoes
- pepper and salt to taste

Begin by blanching or steaming the chopped asparagus. Alongside this cook the pasta according to its direction. Once complete toss the pasta with 1 tablespoon of olive oil or butter and set aside. Heat a large skillet and add the other tablespoon of butter or olive oil followed by the chopped asparagus. Coat the asparagus in olive oil and add the soft cheese, milk and garlic. Allow too cook until blended and creamy. Then add the tomatoes and smoked salmon, cooking for another few minutes. Once the sauce is cooked through and well blended remove from heat and add the chives with the pepper and salt to taste. If you like lots of garlic press fresh garlic over the pasta at the end and mix well. You can serve it as a sauce or mix the pasta in. Enjoy!



## Culture Club Schedule for May

The Culture Club meets every Tuesday afternoon from 4:00 to 6:00pm, and its purpose is to support international and new Canadian student families. We are lucky to have Zohra as a volunteer sewing instructor. We welcome new members. Please do not hesitate to contact Tomoko for further information and your ideas for more Club activities.

**May 1:** The third workshop on Problem Solving.

**May 8:** Basic Sewing workshop: making patterns, sewing simple crafts. Please bring sewing needles and a pair of scissors. Please let Tomoko know if you are willing to bring your portable sewing machine.

**May 15:** The second sewing workshop

**May 22:** Cooking "A light cheese cake"

**May 29:** To be announced. The Culture Club is trying to get a speaker for summer children's activities.



Also for the **After School Group** the group will be cancelled May 3 and 10 and **restart May 17<sup>th</sup>** with Origami Crafts and May 24<sup>th</sup> will be Cooking.



## Emma's Book Review Sweet Dreams



By Emma Chalifour

Ethan has just turned 20 months old and grows cuter by the day (I know I'm a little biased, but then as his mother I'm allowed to be, aren't I?) Since Ethan was born I have come to realize that parents of young children frequently end up discussing certain 'hot' topics, sleep is often top of our concerns. Ethan now sleeps about thirteen hours straight at night, and naps for a couple of hours each afternoon, but life was not always so perfect. As a newborn Ethan slept only in my arms, even though I eventually managed to get him to sleep in a crib he still woke numerous times throughout the night. Longing for a full nights sleep myself, not to mention an end to the sleep deprived fog I had come to live in, I turned to the parenting shelves at the library. The first book I read was called, '*The Baby Whisperer Solves All Your Problems*', written by Tracy Hogg. Sadly Tracy did not manage to solve all my problems!

She has a very prescriptive approach to parenting and, though a favorite with many of my friends, I found her approach did not work for me. Next I read Richard Ferber's book, '*Solve Your Child's Sleep Problems*.' Ferber's book fits into the 'cry-it-out' category of sleep solutions, and though he does not advocate putting your child to bed and leaving them to cry until they fall asleep, I did not feel this book was a fit for me either. Eventually I came across, '*The No-Cry Sleep Solution*', written by Elizabeth Pantley. Pantley is a mother of four children, although her first three children slept fairly easily, her fourth proved to be more of a challenge. She begins the book by outlining what a typical night looked like for her. I liked this book because it did not lay out one approach, but rather a collection of strategies she tried and that might work for you. Over time Ethan began to sleep with less and less intervention from me, which meant more sleep for both of us.



## Spring Wild Flowers at UVic

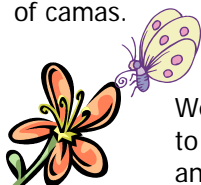
By Pamela Tudge



Spring is the best time to witness Victoria's brilliant wild flowers in full bloom. Around the campus and in the neighborhood lily flowers can be seen such as camas, fawn lilies and chocolate lilies. Flowering shrubs such as Indian plum, red-flowering currant, baldhip rose, and ocean spray are found in Haro woods, Mystic Vale and other shrubby spots. All of these flowering plants are natives to the southern coast and part of the Garry oak ecosystem of this region. Many have important cultural values to the Coast Salish First Nations. For instance, the Lekwungen people and other neighboring First Nations extensively traded and consumed the roots of camas.

When taking a walk through our local natural areas watch for these wonders and take care not to pick them. Unfortunately, many of the lilies and other native herbaceous plants are threatened because of a loss of habitat. Local conservationists are working to restore the natural meadows throughout the south island and there are several programs around town to learn more about our native plants.

For further information on wildflowers and efforts to restore them visit Saanich's Garry oak Restoration Project at [www.gorpsaanich.com](http://www.gorpsaanich.com) or [www.goert.ca](http://www.goert.ca).



## News & Views Needs Your Contributions!

We welcome items for the Newsletter and will try to include those that relate to issues of interest to UVic Student Families. Items need to be less than 200 words. Please email to [fcnews@uvic.ca](mailto:fcnews@uvic.ca) and include your name and contact information.

## Family Center Programs

### Parents Support Group

#### Personal Growth (2<sup>nd</sup>)

Date: May 17

Time: 10:45am -12:00pm

Place: UVic Family Center (Childcare is Provided)

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



**Culture Club** and **After School Group** Schedule is on page 2.

## Community Programs



### Free Parent Workshops

**Raising Healthy Eaters-Secrets to Survival(2-5 Years):** James Bay Community Project: Wednesday, May 9, 9:15-11am

**Helping Without Harming-Putting Weight in Perspective (Youth):** Parkes Recreation Centre: Wednesday, May 16, 7-8:45pm

**Drop-In** at the Community Resource Centre in Cadboro Bay. Mondays at Cadboro Bay United Church, 2625 Arbutus Rd; 477-2715. Thursdays at St. George's Anglican Church, 3909 St. George's Lane; 472-2090.

**Storytimes for babies, toddlers, preschoolers and families** at the Greater Victoria Public Library. Free, drop-in. For a complete schedule of programs, call your neighbourhood branch or check out the library's website at [www.gvpl.ca/kid\\_and\\_teens/kids/whats\\_happening/](http://www.gvpl.ca/kid_and_teens/kids/whats_happening/).



#### Book Clubs for Teens

at the Greater Victoria Public Library. To find out more, visit our website at [www.gvpl.ca/kids\\_and\\_teens/kids/whats\\_happening/](http://www.gvpl.ca/kids_and_teens/kids/whats_happening/).

**Parent Support Circle** at Gordon Head Rec Centre. Weekly group for any parents who are experiencing stress or isolation in their parenting, would

benefit from being part of the community of parents, and want to find healthy ways to relate to their children. Parent Support Services BC. Mondays. Free. 475-7100.

#### Free Swims

Crystal Pool : May 23  
Gordon Head : May 4  
Juan de Fuca : May 15  
Oak Bay : May 28  
Panorama : May 12



## Community Events

### THURS 10 - SAT 12

**Vancouver Island International Children's Festival** at Bear Mountain Arena and Juan de Fuca Rec Centre. Professional performers, interactive workshops, activity centres and street entertainers. Family Day on May 12: \$5 all day site admission includes free access to all drop-in workshops, activity centres, site entertainment and OpenAir. 10am-5pm. 1-866-484-KIDS. [www.childrensfestival.com](http://www.childrensfestival.com)

### FRI 11

**Songs and Storytelling for the Whole Family** at Oak Bay Branch Library. Program suitable for families with children up to 5 years old. Please call to register. 10:30-11:15am. 592-2489.



### SAT 12

**Beginner Birding Basics** at Elk/Beaver Lake Regional Park. This program will introduce you to the basics of birdwatching. Meet at the information kiosk in the Eagle Beach parking lot, off the Pat Bay Highway. 10am-12pm. 12 years and older. BC Transit #70 or #75. 478-3344.

**Gigantic Kids' Sale** at Countryside Preschool. Featuring baby and toddler clothes, strollers, highchairs, car seats, toys & equipment, unique artwork and a concession. 10am-1pm. 7921 St. Stephen's Rd. 652-3424.

**3rd Annual Tartan Parade** starts at Centennial Square (Victoria City Hall), proceeds down Government St to the Parliament Building lawns. Parade starts at 11am. [www.victoriahighlandgames.com](http://www.victoriahighlandgames.com).

**Something For Everyone, Youth Choir 61 Spring Concert** at Philip T. Young Recital Hall, UVic McLauren Music Wing. 7:30pm. \$8/adults, \$5/children 12 and under. Tickets available at Ivy's Bookshop or at the door. Contact Pam 598-4463.

### SUN 13

**12th Annual Mother's Day Paint-In and Craft Fair** at Royal Road University and Hatley Park National Historic Site. More than 100 artists and family entertainment, main stage performances, tours of the castle and garden, an outdoor BBQ concession and brunch. 10am-4pm. Admission to Hatley Park gardens is free. Special castle tour rate is \$6/person or \$20/family. For brunch reservations, call 391-2508. For further information, [www.hatleypark.ca/special-events](http://www.hatleypark.ca/special-events) or call 391-2666.



### SAT 19

**Between the Tides** at Witty's Lagoon Regional Park. Discover the hidden world between the tide lines. Meet at the information kiosk at the end of Witty's Beach Rd at 11:30am. 478-3344.

### SUN 20

**70th Annual Victoria Highland Games** at Bullen Park, Esquimalt. Features competitions in highland dancing, bagpiping and drumming. Pancake breakfast at 8am. 8am-5pm. \$7/adults, \$5/seniors & youth, kids 12 and under free. [www.victoriahighlandgames.com](http://www.victoriahighlandgames.com)

### MON 21

**Victoria Day Parade** down Douglas Street. Marching bands, floats and clowns. 382-3111.

### SAT 26

**Origami Fun** at Central Branch Library. Come celebrate Asian Heritage Month and learn origami with guru Stephen Tran. For ages 6-10. Registration begins May 7. 2:30-3:30pm. 413-0365.

### SUN 27

**Spring Migrants** at Witty's Lagoon Regional Park. Meet at the Nature Centre in the main parking lot off Metchosin Rd at 9am. 10 years and older. BC Transit #54 or #55. 478-3344.

**Slugs, Snails and Gastropod Tails** at Swan Lake Christmas Hill Nature Sanctuary. Learn about the fascinating stories of "The Big Banana" and its cousins. Suitable for all ages. 1-3pm. (Presentations at 1:15 and 2:15pm). Donations appreciated. 479-0211.

