



News & Views

A Newsletter for Families at the University of Victoria

November 2007

Issue 125

UVic Family Centre
P.O. Box 1700 STN CSC
Victoria, BC V8W 2Y2

Phone: 472-4062

Fax: 472-4669

E-Mail: familyc@uvic.ca

Check out our complete
listing of programs at:

<http://web.uvic.ca/family-centre/INDEX.HTM>

DIRECTOR

ELIZABETH QUONG

STAFF

TOMOKO OKADA
JANNA MACKENZIE

**FACULTY
COORDINATOR**
LAURENE SHEILDS

Family Centre hours for NOVEMBER

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

Introducing "Discussion Corner" Family Housing Garbage

By Pamela Tudge



Over the last several months we have had requests to write and discuss various issues that concern the UVic Family Housing community. For the next few months we will pilot a "**discussion corner**" for community members to join in the conversation of a specific topic every month. Each month we will publish a new topic, the following month we will publish comments that were received. For this to be a success, we want to encourage families to submit topics for discussion, and to respond with their comments regarding the monthly topic.

To get the discussion started the featured topic this month is family housing **GARBAGE**. Several community members have noted and wrote to us about a problem in family housing with the garbage areas. Most notably with recycling and compost. It is far too common for garbage to end up in the recycling and composting. Also, people have noted the hazardous condition the garbage areas can be left in, with garbage including broken bottles and other items left around the garbage cans. We would like to receive, your comments on this issue, particularly if you have any ideas on how to help with the family housing garbage problem.

All comments, topic submissions and questions regarding the "**discussion corner**" can be sent to fcnews@uvic.ca.

Remembering Remembrance Day



By Dana Sibley



Remembrance Day is November 11th. It was on this day, in year 1918, that the First World War ended. In Canada it is a day set aside to remember those who have died while serving during war and peace keeping missions. For me it is a day to remember past Remembrance Days.

I grew up in the small town of Gold River BC, on the west coast of Vancouver Island. Remembrance Day was a major event in that town and most of the members of the community came to the cenotaph to remember the fallen soldiers of the past. My brother would march with his Cadet Corp while my sister and I would proudly process, carrying the flags for our Girl Guide troops. We would all stand together as my Dad would lead the whole town in the singing of O Canada and God Save the Queen. It usually rained on Remembrance Day and so, in the rain we would stand while wreaths were laid at the base of the stone cross. The wreaths were laid by member of the community who represented all of the organizations and businesses in town and every year my Dad would pick which one of us would have the honor of laying the wreath for his hardware store. He would usually choose whoever was in uniform that year and eventually, after we had moved away, he would lay it himself. He died six years ago and now there is no wreath for Joes Hardware, but I now stand in the rain watching as my sons march in Remembrance Day parades. I smile with pride and wipe tears from my eyes. Remembering.



Reminder from Family Housing Office



Garbage, Recycling & Composting should go directly from your home to the appropriate bins. Do not leave recycling, garbage or trash bags outside of your door for any amount of time.

Apartment Safety - To ensure the safety of all tenants in the apartment complexes do not let anyone (including children) enter the apartment building unless they have a key or are buzzed in by another tenant. If you notice unauthorized people in the complex please call campus security.



Fatherhood Dreams

The documentary *Fatherhood Dreams* features four gay men and their children (and co-parents). A queer family from the Vancouver queer families group is one of the three featured. The documentary was commissioned by Global TV, as part of their "Global Currents" documentary series. It will air on Global TV on Saturday, November 17th from 10 to 11 pm. The following is from the Global TV website:

Fatherhood Dreams – Directed and produced by Vancouver-based Julia Ivanova, this documentary explores the divide between sceptics and supporters of gay couples as parents. Some Canadians are uncomfortable with the concept of gay male couples raising children. Many think these children may be "different" or at the very least, disadvantaged. *Fatherhood Dreams* delves into the reality of alternative families and their struggle for equality.



Uvic Family Centre English Conversation Club



What: The Family Centre in collaboration with Inter-Cultural Association of Greater Victoria is organizing a 5 week English Conversation Club for adult participants who are member of UVic International Student families

When: Starting Thursday November 15th at 7:00pm-8:30pm for 5 weeks.

Where: The Family Centre: 39208-2375 Lam Circle

Why: To develop English conversation skill, learn values of diverse cultures and make new friends.

How: **Pre-registration is required** and there will be a **fee** of **\$10**.

For more information and to register please contact Elizabeth at the Family Centre (Tel: 472-4062 or familyc@uvic.ca).

In order for "lessons" to progress effectively, we ask the participants to arrange their own child-minding at home.



Community Garden on Campus

By Kathleen Perkin

The Campus Community Garden is located on campus at Uvic. It has 45 individual plots and several community plots. This year we purchased a beautiful new shed and started a native plant garden. We have also been selling organic produce from the garden at the Uvic pocket market (Thursday from 10am to 2pm in front of the Student Union Building). Now that the summer growing season is winding down, we are turning our attention to fall workshops and projects. So far we have planted a winter vegetable demonstration garden (ongoing), held a compost workshop and a raised bed workshop/work party. We will be doing a canning workshop (Nov. 3, time TBA) and a beginner gardening workshop (TBA) as well as regular work parties and social activities. Improvements to garden infrastructure are also ongoing: we will be posting compost instructions in Mandarin and Cantonese as well as English. We are continuing our efforts to integrate the community garden with academic interests at UVic. This term we have two nursing students and one women's studies student doing practicum's at the garden. The garden remains a peaceful space, interesting all year round and well used by local humming birds, finches, sparrows, chickadees and many types of insects. Osprey, hawks and ravens often pass overhead and sometimes stop in for a brief visit. Deer also visit, usually staying safely outside the fence. All our individual plots are full, but to get on the waiting list or for more information on how to get involved with the community plots and activities, email cgcgardens@uvic.ca. To receive information about activities and meetings, add your email address to our listserv at <https://lists.uvic.ca/mailman/listinfo/campus-community-garden>.

Food Matters

QUICK AND EASY LUNCH IDEAS



By Pamela Tudge and
Janna Mackenzie



It is that time of year, where all the student parents are hammering away at midterm exams, assignments and projects. Easy, quick and nutritious lunches are always helpful when time is short. This month we have a list of healthy lunch ideas for families on the go. Thanks Janna (from the Family Centre) for these great suggestions.

Lunch and Snack Ideas for the Whole Family!!!

Healthy Snack Idea

- Chopped raw vegetables and dip
- Chunk of avocado, cucumber, or cooked sweet potato
- Breadsticks or pita chips with hummus
- Pretzels or popcorn
- Cheerios, granola, or other cereal in a bag
- Toasted whole grain breads or crackers with fruit spread or nut butter
- Graham crackers or gingersnaps dipped in applesauce
- Fresh fruit, Dried fruits, especially raisins
- Nuts
- Soy ice cream
- Homemade muffins or cornbread
- Cheese and whole wheat crackers



Hole Foods

Top a cinnamon-raisin bagel with peanut butter (or any nut butter) and banana. Add a container of yogurt and a few celery sticks

Kabobs

Thread low-fat meat (or baked tofu), cheese, pineapple and cherry tomatoes onto a stick. Include whole grain crackers and a carton of milk.

Tortilla

Spread a whole grain tortilla with egg salad, shredded carrots and cucumber slices. Toss in a yogurt and some fruit.

Pita Pockets

Stuff a whole wheat pita pocket with refried beans, shredded cheese, chopped tomatoes or salsa. Add a carton of milk and a piece of fruit.

On a Roll

Scoop out a whole-grain roll and fill it with tuna salad made with chopped apples and celery. On the side add cheese cubes, baby carrots, and 100% fruit juice.

Wrap

Place a slice of turkey, swiss cheese, a few leaves of fresh spinach, and cranberry relish on a colourful wrap-and then wrap it up! Add a can of tomato juice and a piece of fresh fruit.

Salad Days

Toss in a single-serve bag of ready-to-eat salad with low-fat dressing, shredded chicken or cut egg (optional), cheese, and assorted veggies. Team with whole-grain bread sticks and a carton of low-fat milk.



CHILDREN'S CORNER

By Darcie Snider

Wednesday Morning Toddler Time

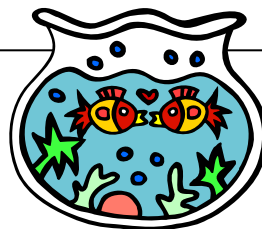


Breakfast at the Family Center



Programs and Events

A great way to get connected!



Family Centre Programs

Playgroups:



The **TUESDAY MUSIC AND MOVEMENT GROUP** is going to return to the Family Centre and use the space in the Lobby. We have been grateful to Jack Lalonde and the Child Care Centre for letting us try their space. See you Tuesday, Nov. 13th at the Family Centre – same time!

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.

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.

Nov 8: Remember Remembrance

Nov 15: Map reading and scavenger hunt - Learn how to read a map and then complete a scavenger hunt around Lam Circle.

Nov 22: Science Day

Nov 29: Cooking

Work Study Program Job Posting

JOB TITLE: Programmer and Special Events Assistant

JOB DESCRIPTION: This position will assist the Family Centre staff and practicum student with planning, implementing and evaluating appropriate programming for weekly and monthly special programs and events.

HOURS AVAILABLE: 170 hours

HOW TO APPLY: Cover letter and Resume via email to familyc@uvic.ca or in person at the Family Centre. Attention to: Elizabeth Quong (472-4062).

Community Events



SALMON FESTIVAL

Check out the salmon run at Goldstream Park. Between mid-late October and early December, thousands of salmon (mainly Chum) return to Goldstream to spawn. Learn about their lifecycle and about the other creatures that come to feast on salmon eggs. Visit the Nature House to learn about eagles and other birds of prey and to enjoy one of the free interpretive programs. Weekend afternoons tend to be crowded. Leave your dog at home and approach the river bank quietly. Visit www.goldstreampark.com.

SUN 18

Family Sunday inspired by Transporters and Marianne Nicolson at the Art Gallery of Greater Victoria. Join us for an art activity day and engage in an interactive exhibition tour, create your own artwork at the art-making station and more! 2-4pm, 1040 Moss St. 384-4171

What's That Evergreen? at Witty's Lagoon Regional Park. Come out and take a closer look at the survival strategies of our local evergreen plants. Learn how to identify common species and hear why evergreens have always been a welcome sight to winter-weary humans. Meet at the Nature Centre in the main parking lot off Metchosin Rd at 1pm. 6 years and older. BC Transit #54 or #55. 478-3344.

SUN 25

How Animals Talk at Swan Lake Christmas Hill Nature Sanctuary. They might grunt, squeak, raise their ears or display their tails. Animals use voices and body language in many ways. Learn animal talk and about nature in your own backyard. You will also be entertained by The Half-Pints and More Cow Bell, youth performers from Spilt Milk Comedy Theatre. Make your own animal noisemaker too. Suitable for all ages. 1-3pm. Admission by donation. 479-0211. 3873 Swan Lake Rd.

English Corner

When: Every Thursday, 6:00-7:30 pm

Where: Clearihue B020, UVic

Free of Charge

Come discuss interesting topics, practice English Upper Intermediate to Advanced

Everyone is welcome!

Contact: UvicEnglishCorner@gmail.com

