



News & Views

A Newsletter for Families at the University of Victoria

October 2007

Issue 124

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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Family Centre hours for OCTOBER

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

UVic's **N**ew Student Orientation

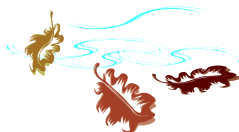


By **Melanie Tromp**

UVic's New Student Orientation (NSO) program welcomed new families to the university with pancakes, ogres and origami on September 23rd in the Student Union Building. Roughly fifty faculty, staff and students with families came out to eat a free brunch and take part in various activities for their children including a reading corner, fish pond, bean bag toss and a life-size Snakes & Ladders board game in the Michele Pujol room. The event also included origami with the Family Centre and face-painting from NSO's talented volunteers.

With full bellies, the families made their way over to Cinecenta to check out the movie *Shrek the Third* and receive helium balloons after the movie.

This free event was hosted by numerous partners including the Student Transition Centre, McPherson Library, Family Centre and the Human Resources department, which also co-sponsored the event with the Student Transitions office. Support from the UVic Students' Society board, Cinecenta and the SUB's operations staff made the event possible.



October Festival - Halloween



Halloween, is a holiday celebrated on the night of October 31st. Modern Halloween celebrations in Canada began with the arrival of Scottish and Irish immigrants in the 1800's. The festivities include carving pumpkins into Jack O'Lanterns, parties, trick-or-treating and the decorating of homes with pumpkins and corn stalks. Trick-or-treating, also known as guising, is an activity for children on Halloween in which they proceed from house to house in costumes, asking for treats such as candy, with the question, "Trick or treat?" Trick-or-treating is one of the main traditions of Halloween. It has become socially expected that if one lives in a neighborhood with children, ne should purchase candy in preparation for trick-or-treaters.

This Halloween, before going out with your kids to "trick or treat?" take some time to join the annual "Campus Security Halloween Party!"

HALLOWEEN PARTY!

Wednesday, October 31st

Parking Lot #7, near McKenzie and Gabriola Road.

Hot Dog BBQ at 5pm

Bonfire at 6pm with treats for the kids!

Please come in your Costume!



Career Forums 2007



Here from UVic alumni who will share their experiences in making the transition from university to work.

Tues, Wed, Thursday
October 16, 17, & 18

5:30 – 7:30 pm

Refreshments will be provided!

Register online:

www.careerforums.uvic.ca



After School Club Schedule

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.

Oct 4th – Improv drama club

Oct 11th - Fall Festivities

Oct 18th - Homework club

Oct 25th - Pumpkin carving



PRO-D DAY CAMP

October 19

8:45am-3:00pm

At Cadboro Bay United Church
(2625 Arbutus Road)

Crafts, games & lots of fun!

Directed by Saanich recreation leader. Snacks provided, bring a bag lunch. 5 to 10 years olds.

\$10/child. Financial assistance available : call 477-6437. Register at Gordon Head Recreation Centre: 475-7100

Wednesday Drop in Breakfasts Returns



If you, your partner, or your parent is a Student at UVic then you are invited to a free breakfast at The Family Center every Wednesday starting October 3rd. The breakfast will run from 7:30 to 9:00 am and is open to all Student families, including parents and kids, couples without kids and grand parents. What a great way to meet with your neighbors and network with other student families. This is a free event. Stop by on your way to school, daycare or work. We would love to see you. Come and meet Dana the new practicum student at the Family Center and enjoy a free delicious and nutritious breakfast.

English Conversation Club



The UVic Family Centre with the collaboration of the Inter-cultural Association of Greater Victoria (ICA), is organizing an English Conversation Club for adult participants who are members of International Student families. The objectives of the Club will be to improve understanding of Canadian culture, to develop English conversation skills, to learn values of diverse cultures and to make new friends. The Club will be led by experienced ESL instructors, who are also trained to lead groups with multi-skilled levels. The atmosphere will be informal.

There will be 10 weekly sessions hopefully starting Thursday October 17 at 7:00pm until 8:30pm. Pre-registration is required and the fee will be \$20.00. The location will be the Family Centre. In order that sessions can progress effectively, we ask the participants to arrange their own child-minding at home. Contact Tomoko at the Family Centre. Tel: 472-4062, E-Mail: familyc@uvic.ca



Meet the New Practicum Student - Dana



My name is Dana Sibley. I am a 3rd year student in Child and Youth Care and I am thrilled to have a practicum at the Family Center. I know I will learn a great deal from the amazing staff here and feel fortunate to work within a vibrant student family community. I am also a member of a student family. I am a Mom to four kids ranging in age from 3 to 19 years. I look forward to meeting you all and hope you will drop in. Come join me for Breakfast on Wednesdays starting October 3rd from 7:30 to 9. I will also be helping with the Wednesday pre-school drop in and you will find me with Janna on Thursday afternoons at the after school club. Come by and say hello.

Profile



My seat in the Classroom

By Eugene Jung

One of my professors used to say that students that take their seats around the middle row (not in the front or the last row) tend to have a good record. According to his theory, I am definitely not the exemplary student because my seat in class these days is always in the last row.

The first reason why I like the last row seat is because of my two year old daughter. One course that I am taking is an English class on Saturday morning. My husband and I always bring our little one. At the beginning, she reluctantly shows patience playing with sticker books, drawing pictures and eating candy and fruit. However, one hour later (I think this duration is getting shorter) she starts to look for her bunny. Then, this is the time for us to take turns going outside with her.



My other course is about business administration in continuing studies. Actually, I am not so interested in the course itself because this field is totally different from what I did in Korea because I worked for the government. My intention was originally one thing "seeing as an international student". From this perspective, the last row seat is the perfect place to feel the class's atmosphere and to observe other students.

For example, I am excited to see someone who enjoys a 16oz stone-cold coffee and who is stretching his two legs on another chair in front of the professor. I also realized that many of our classmates are my mother's age. I can feel that they are full of intellectual curiosity because they concentrate on every single subject, even trivial calculating exercises. This class is so phenomenal! After finishing this class I am fully motivated from the students, even though I am not using this inspiration properly yet. My seat on the last row is rewarding and has a lot of meaning to me.

Food Matters



As Easy as Pie, Apple Crumble

By Pamela Tudge



Last month we featured the harvest season and a local farm. This month we are highlighting one of the most important harvest fruits in BC, apples. BC grows 200, 000 tonnes of apples per year, with over 300 varieties grown right in our region. Apple festivals happen all over the province at this time of year, and our local farms enjoy featuring their diversity of apple varieties. Apples could be considered the staple fruit of BC, especially since apples are so versatile. Apples can easily be stored fresh for many months, or sauced and canned to enjoy all year. Below is a favorite thanksgiving recipe to try; I suggest combining a few different varieties of apples in your crumble to enhance the flavour. Happy cooking!



INGREDIENTS

Crumble: 300g plain flour, 175g unrefined brown sugar, 200g unsalted butter, cubed at room temperature. Knob of butter for greasing

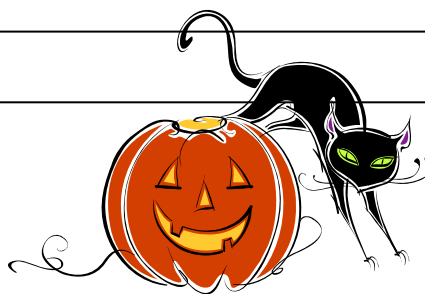
Filling: 450g apples, peeled, cored and cut into 1cm/½in piece, 50g/2oz unrefined brown sugar, 1 tbsp plain flour, 1 pinch of ground cinnamon

METHOD

1. Preheat the oven to 350F
2. Place the flour and sugar in a large bowl and mix well. Taking a few cubes of butter at a time to rub into the flour mixture. Keep rubbing/mixing until the mixture resembles breadcrumbs.
3. Place the fruit in a large bowl and sprinkle over the sugar, flour and cinnamon. Stir well being careful not to break up the fruit.
4. Butter a 24cm/9in ovenproof dish. Spoon the fruit mixture into the bottom, then sprinkle the crumble mixture on top.
5. Bake in the oven for 40-45 minutes until the crumble is browned and the fruit mixture bubbling.
6. Serve warm with ice cream, whip cream or on its own.

Programs and Events

A great way to get connected!



Family Centre Programs & Resources

PROGRAMS

Playgroups: On Tuesday and Wednesday morning the Family Centre hosts fun and energetic playgroups. Tuesday mornings from 10:30-12 feature a popular music and movement program. There's guaranteed to be lots of singing, rattling, and playing! Wednesday morning from 10:30-12 are a bit more relaxed with toys, games, and friends for the kids to play with.

Breakfast Club: Join Dana and Jana at the Family Centre every Wednesday morning from 7:30am to 9:00am for a FREE, healthy and nutritious breakfast before school or work. Every student family is welcome to attend this program!

Culture Club: The Culture Club, organized for international students and families for networking, learning new things, making friends, and for the opportunity for some members to practice their English. Join Tomoko and our awesome group of volunteers 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.

RESOURCES



Food Share: We receive non perishable food donations from UVic departments and community members throughout the year. If your family is in need of food to hold you over between student loans, come and check out our food share shelf. It is self-serve and anonymous – no questions asked. Food donations also welcome!

Lending Library: We have a large collection of children's toy, books, videos, and parenting resource material available at the Family Centre for borrowing. We also have a large selection of adult and teen fiction. Using our free library is easy simply sign out the materials you would like to borrow and remember to bring them back by the due date (videos: one week; books: one month). All student families are welcome to use this popular service.

Community Events

SAT 6 AND SUN 7

Give Thanks for Biodiversity at Beacon Hill Park. Do you have any idea how many non-human species live all around you? Thousands! Take a count form and write down all the birds, bugs, plants and trees you see—all will be collected into a bioblitz booklet. Go on your own, or meet others at the petting zoo at noon on October 7th. Peer into ponds and tidepools, watch divers at Dallas road at 2pm October 7th. Species count starts at noon October 6th. For more information or to register, contact Barbara 592-9340.

FRI 19

My Place From Space at Nellie McClung and Emily Carr Branch Libraries. Did you know that satellites whiz around our planet "taking photographs" that can be used to learn lots about what's going on in our country? Discover what various types of land cover in Canada look like from space and how each is important. You may even see your neighbourhood. Nellie McClung: 10:30-11:30am, 477-7111; Emily Carr: 2:30-3:30pm, 475-6100.

SAT 20

Japanese Cultural Fair at Esquimalt Recreation Centre(527 Fraser St). 10am-4pm, Free Admission. Enjoy traditional and non traditional food, arts&crafts, Japanese tea and live entertainment. For more information visit www.vncs.ca

SUN 21

Weird and Wonderful Animals at Swan Lake Christmas Hill Nature Sanctuary. Animals have noses, ears, tails, mouths and feet. Discover how they use these body parts in unique and fascinating ways. Get a head start on making your Hallowe'en costume in this fun and interactive crafty program. Drop-in program for ages 4 and up. \$2/craft fee per child. 1-3pm. 3873 Swan Lake Rd. 479-0211.

Family Sunday (Free with gallery admission) at Art Gallery of Greater Victoria. Sunday, October 21, 2007. 2:00 - 4:00pm. Join us for an art activity day and be inspired by the Japanese textiles and paper stencils of *Folk Yarns: Japanese Textiles* and the woodblock prints of *Kiyoshi Saito*. Also, come and see a performance from the Victoria Music Corner Ensemble of the Japanese children's tale *Momotaro*

Ongoing

Moss Street Community Market at Moss St and Fairfield Rd. Organic farmers, craft and food vendors and more. Saturdays 10am-2pm until the end of October. 361-1747.