



News & Views

A Newsletter for Families at the University of Victoria

April 2008

Issue 129

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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LAURENE SHEILDs

PRACTICUM STUDENT
DANA SIBLEY

Family Centre Hours

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-8:30pm
After-School Club
3:30-5pm
English Club
7-8:30pm

No Foolin' 2008



By **Pamela Tudge**

THREE CHEERS FOR UVIC FAMILIES!

The annual No Foolin' event is organized by UVic's Family Centre to celebrate and acknowledge student families. Each event is a little different. Unique this year was the homemade food from the Culture Club which complemented the old favourites such as ice-cream and hotdogs. With all the early morning rain, the turn out was amazing. Parents and kids' sported large umbrellas and huddled in the show tent, with coffee in hand. Daisy the cow dazzled the kids along with other funny characters and a great karate demonstration from UVic athletes. Food seemed to be plentiful this year, and volunteers were kept very busy restocking breakfast supplies.

Most important is that the event is a time for neighbours to get together, meeting new faces and touching base with old friends. Creating community is fundamental for busy student families, many of whom are new to Victoria.

This is my last year for the event, as my family finishes up at UVic and leaves Victoria. We have immensely enjoyed living in family housing for the last four years and participating in events at the Family Centre. I wish great success to next year's No Foolin' event and thank the volunteers and staff that continue to contribute to and shape our diverse community.



Thanks to

Thanks to everyone who came out & made our 5th annual No Foolin Celebration of Families at UVic a big success (despite the rain)! We would also like to thank our sponsors, without whom we would not be able to do this great family event!

The Merchants of Cadboro Bay Village, Community Supporters and UVic Supporters: Pepper's Foods, Starbucks, Island Farms, SunRype, Dairyland, UVic Athletics & Recreation, Culture Club, Campus Security, UVic Theatre Department, UVic Development Office, and the Office of the Dean of Human & Social Development.

THANKS ALSO to all of our amazing volunteers! From the Henna and ice cream scoopers to the people that prepared food and stacked chairs, we would be lost without you! THANK YOU ALL!!





Parent Wellness Group

The 'Parent Wellness Group' is an opportunity for parents to get together and talk about any issues related to family life in the midst of study. Each month we focus on an area, but discussion is open to the needs of whoever comes. If you are a student, partner of a student, or otherwise connected to student families at Uvic, you are very welcome to come along. **Childcare is provided** so please feel free to bring children.

This month the parent wellness group will look at Living with Vision (e.g. goal setting, exploring hopes and dreams etc).

When: 18th Friday, 3:15 - 4:30pm

Where: Family Centre (472-4062 for more info).

The Family Centre would like to thank you to **Tricia Best** from Counseling Services for facilitating this program.



From the Kitchen of Culture Club

By Tomoko Okada

Cooking demonstration of the Culture Club (Tuesday 4-6pm) is always popular among the participants, and the group served 3 different ethnic dishes, Middle Eastern humus, Chinese vegetable dumplings, and this delicious dessert from India for the No Foolin' 08. Many people were familiar with humus and dumplings; however, warm freshly made Pineapple Kesari was a big hit at the No Foolin'. A big "Thank you" goes to Fathia, Fatma, Abeer, and Alice who prepared for the humus and dumplings. A biggest "Thank you" goes to Rani who prepared for Kesari from 4:00 in the morning.

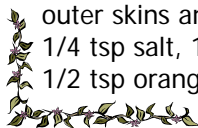
No Foolin Hit Recipe



Pineapple Kesari - an Indian dessert

(Serve 12)

3 cups Cream of wheat, 4 cups sugar,
2 cans pineapple chunks, 1 cup cashews,
1 cup raisins, 15 pods green cardamom (remove
outer skins and powder the inner seeds),
1/4 tsp salt, 1 lb ghee (clarified butter)
1/2 tsp orange food coloring, 9 cups water



In a large pot heat half of the ghee and toast the raisins and cashews together on low heat and remove them with a slotted spoon. In the same pot add to the ghee that is in the pot and toast it till the cream of wheat is fragrant. Do not burn or brown the cream of wheat. Transfer all the cream of wheat to a large bowl. Add the water and the sugar the same pot and bring to a boil. Add salt, remaining ghee, pineapple chunks and the food coloring. Once the water starts to boil and the cream of wheat stirring continuously and remove from heat. Make sure there are no lumps. Cover and let it rest for 2 minutes. Sprinkle the toasted raisins and cashew and fold just once. Serve hot.



Thank You's and Goodbyes

By Elizabeth Quong

The Family Centre always has "Thank You's" and "Goodbyes" to say at this time of year!

Janna Mackenzie, who has been with the Family Centre for 2 years, is graduating from Child and Youth Care and moving. Janna was a CYC Practicum Student – creating great connections with both kids and their parents! She helped us be organized and focus on what was really important. Janna continued supporting the Family Centre as our Office Assistant this past year. We are very grateful for all that Janna did and will miss her. Where ever she goes Janna will make a difference!

Our 2 work Study Students are also finishing up and so we thank both **Maii Eltemtamy** and **Yukie Kasama** for enabling the programs and Centre to run more smoothly and for adding their special touches to many projects! Maii has been connected to the Family Centre for almost 3 years and we hope to see her next year as well! We wish them both a good summer.

Yully, Practicum Student from Camosun College, is also leaving and we appreciate all the time she spent these past few months supporting The Tuesday Music Program, Culture Club, Wednesday Play Group, AfterSchool Program and most recently the Knitting Group.

Dana Sibly, from CYC, has been with us this year as a most able Practicum Student. Everyone has benefited from the creative energy that she has brought to a number of programs! The Wednesday Breakfast Program, Play Group and AfterSchool Program have grown with her ideas and commitment. We are pleased that Dana will be taking on a staff role as the Office Assistant and continuing with the AfterSchool Group! Breakfast will keep going for another couple of months, so come and see Dana then!



Profile A Bridge Across Cultures and Time

By Gabriella (Gaby) Goliger

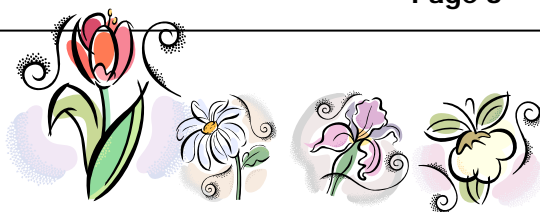


photo by Danielle Schaub

The words on the web site caught my eye. "Volunteers needed to participate in English Conversation Club." Why not, I thought. It would be a switch from my usual routine.

I had come to Victoria in January to escape the Ottawa winter and to work on my novel. In recent years I've been able to devote myself full-time to my writing, which can be done anywhere I can find a room of my own. So together with my partner, a semi-retired professor and writer, I rented a place in the beautiful Fairfield area. All day long I type words onto a computer screen. On Thursday evenings I spend a pleasant hour and a half at the Family Centre helping the wives of foreign students practice their English. These encounters have offered me a glimpse of what it's like for women of different cultures to live and raise families in what is for them a strange land. I am impressed by these brave, hard-working, warm-hearted women and reminded of my own parents. They too were foreigners to this country.

In the 1930s, my parents had to flee their homes in Europe. My mother was from Germany, my father from Czechoslovakia. They were Jews and the Nazi persecutions had begun. They were lucky to get out. Many of their family members were killed. Few countries opened their doors to Jewish refugees at that time. My parents escaped to what was then Palestine and lived there for almost 20 years. My brother was born in Jerusalem. I was born in Merano, Italy (but that is another story).

In 1952 my parents came to Canada, settling in Montreal. Slowly they managed to establish themselves, but fitting in was hard, especially for my mother who was shy and severely hard of hearing. As a child, I was always aware of my mother's struggles and loneliness, although I could not have put it into words back then. Many years later I did. My first published book is a collection of short stories based on my parents' lives. The characters are fictional but they reflect some of the experiences I witnessed in my own family. In this book I write about the dislocation of immigrants and also about the conflicts of the second generation.

The Conversation Club at the Family Centre allows me to connect with women who are different from me in so many ways, yet with whom I feel a bond. Perhaps, more than anything, it is the bond of women who tell their stories to one another.



A Time for Endings and New Beginnings



By Dana Sibley

It's hard to believe that April is here already. This is a bitter sweet time for me as I am thrilled to have a break from the stress of school but very sad that my practicum at the Family Center has come to an end. I have had an opportunity to meet amazing kids, parents, husbands, wives and grandparents and have been very lucky to work along side a group of kind, supportive, and talented staff. I have had the pleasure of doing crafts, cooking and playing games while building a foundation of professional skills that I will use in my future endeavors. I feel very fortunate that I have been able to spend the past eight months here at the Family Center and I will carry memories of the people I have gotten to know in my heart forever. Fortunately my affiliation with the Family Center will continue as I move into an administrative role. I will be working in the office and will continue to work with the After School Program. Thank you to everyone who has made my time as a practicum student so wonderful and I hope you will stop by and visit me from time to time.



Programs and Events

A great way to get connected!



Family Centre Programs

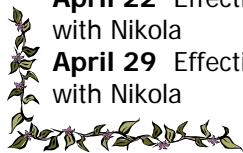
Culture Club: The Culture Club meets every Tuesday afternoon from 4:00 to 6:00pm, and its purpose is to support international and new Canadian student families. In April, we have scheduled the activities described below. Please join me in welcoming MA Counseling student, Nikola who would like to spend with us for her practicum and to learn more cross-cultural experiences within the group. In addition, the Culture Club welcomes new members from diverse cultural backgrounds. Please contact Tomoko at 472-4062.

April 8 Discussion of Culture with ESL Conversation Club volunteer, Gaby

April 15 Hena Workshop

April 22 Effective Cross-cultural Communication 1 with Nikola

April 29 Effective Cross-cultural Communication 2 with Nikola



Breakfast Club: Eat, chat and meet your neighbors at the Breakfast Club. Join Dana for a nutritious and delicious breakfast at the Family Center every Wednesday morning from 7:30 to 9:00am. Stop by and see what's on the menu and enjoy some great conversation.

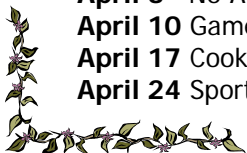
After-School Club: Are you between the ages of 8 and 15? Do you like to have fun with other people your age? Do you like trying new things and doing fun activities? If so, you should come to the After School Club at the Family Center on Thursdays from 3:30 to 5:00pm. Every Thursday we do something different. Sometimes we cook, or do crafts, or learn history. We also play sports or get help for our homework. Come meet some friends and get to know other people your age while having a great time.

April 3 No After School Club

April 10 Games and Crafts

April 17 Cooking

April 24 Sports Day



Community Events

Thurs 10th

Preschoolers in the Park

At Mt. Douglas Park. Free. No registration necessary. Meet in the playground area behind the washrooms, main parking lot at the end of Shelbourne St and Ash St. 1-2:30pm.

Sat 19th – Sun 20th

A Native Plant Gardening Sale and Demonstration

Over 100 species of Native Plants, as well as Seeds, Books, Bird Feeders, Nesting Boxes Workshops, presentations, demonstrations and displays on gardening with native plants and developing wildlife habitat in urban settings are included in the admission price. 10:00 a.m. to 3:00 p.m. Admission: \$3/day, \$5/weekend pass, Swan Lake Christmas Hill Nature Sanctuary, 3873 Swan Lake Road. Plant list and presentation schedule is available at our website: www.swanlake.bc.ca (250) 479-0211

Sun 20th

Sunday Sun Day

At Gonzales Hill Regional Park. The Gonzales Observatory was designed to look at only one star - the sun! Join us as we use modern telescopes to look at the sun while exploring the history of this unique Victoria landmark. Meet at the observatory at the end of Denison Rd, off Beach Dr. Noon-2pm, drop-in. All ages. BC Transit #2. 478-3344.

Mon 21st – 27th

BC Arts and Culture Week

In Saanich. A week to celebrate the contributions of artists and the arts to our province. Art Tour brochures will be available at Saanich Recreation centres in April. www.saanich.ca, www.bcartsweeks.ca or cacgv.ca.

Sat 26th

12th Annual Celebration of the Arts

At Cedar Hill Recreation. Part of Saanich's Community Arts Week. Stretch your artistic skills and give your imagination free play. Experience hands-on art activities for all ages: pottery, arts & crafts market, musical entertainment, exhibitors, silent auction, demonstrations, pocket market and much more. Meet with well known special guest artist Fenwick Lansdowne from 11am-2pm. Free, donations appreciated. 11am-4pm. 3200 Cedar Hill Rd. 475-7124.

Sat 26th – Sun 27th

Scattered Artists Studio Tour

In Victoria & Saanich. This group of exciting artists invites you to come and discover what they do and why (maybe even how as well!) Brochures with maps will be available from the participating artists (look for the bright lime green signs on tour days) and at Cedar Hill Rec Centre. For more information contact Mike at 475-7580 or Jenny at 920-3831.