



News & Views

A Newsletter for Families at the University of Victoria

February 2008

Issue 128

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

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

Rat?!

Lunar New Year



By Eugene Jung

This year the first day of the Lunar New Year falls on 7 of February 2008.

Who: The people that celebrates the Lunar New Year includes the Chinese, Koreans, Vietnamese, Mongolians, and formerly the Japanese before 1873. In Singapore, Indonesia, Malaysia, the Philippines, and Thailand with significant Chinese populations, Lunar New Year is also celebrated.

The "Year of the Rat": According the Asian zodiac, those born in the Year of the Rat are told to be smart, witty and speedy in action.

For good luck: Various beliefs for good luck on New Years Day have been handed down.

- Opening windows and/or doors is considered to bring in the good luck of the New Year.
- Sweets are eaten to ensure the consumer a "sweet" year.
- Switching on the lights for the night is considered good luck to 'scare away' ghosts and spirits of misfortune that may compromise the luck and fortune of the New Year.

Whether you celebrate the Lunar New Year's Day or not, it can be a good chance to renew your New Year's Resolution, and to try some wishing luck activities for fun.



Did You Know That...

By Dana Sibley

Did you know that the Family Center has an extensive resource library? I went looking the other day to see if I could find a book to review for the newsletter and was shocked at how many topics are covered. There are books about parenting, ranging from before birth, through infancy and a few books on parenting teens. There are books about financial planning and how to ensure some stability in the future-once the student loans are paid off. There are cooking and craft books and books that represent some of the cultures we come from.



One author caught my eye; Meg Hickling. Meg Hickling is a Registered Nurse who has been a sexual-health educator for more than twenty-five years. Her books help parents know what words to say and when to use them when it come to talking to children about their bodies. Her ability to convey difficult material with sensitivity, gentle humor and warmth distinguishes her as a remarkable teacher and role model. She talks about using a term called "body science" when talking with children and one of her books is called *Boys & Girls & Body Science*. I find her books are very helpful for me as a parent as I try to explain different issues about their bodies and what happens to them as they get older. She is also an amazing speaker and I was thrilled to see that we were coming to Victoria in February. She is retired and so getting an opportunity to learn from her in person is an exciting opportunity. Meg Hickling's "Sexual Health Education for Families" Workshop will be held 26th and 27th of February at First Metropolitan United Church. Please refer to the blurb of next page for more information about the workshop.

Sexual Health Education for Families

Date: February 26 (Tuesday) & 27 (Wednesday)

Place: First Metropolitan United Church at Quadra & Balmoral

Cost: \$10 per family (same price whether you attend one or all sessions)

Registration: Office 388-5188

ext.221 (Sharon) or

office@firstmetvictoria.com

Feb. 26 (Tues) 7:00-9:00

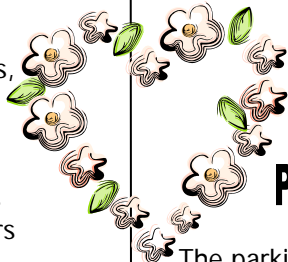
for parents & grandparents,
educators (no children)

Feb. 27 (Wed) 4:45-5:30pm

for children 3yr-8yrs

6:00-6:45pm for 8yr-12yrs

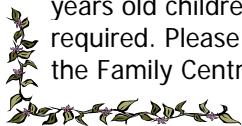
7:30-9:00pm for 13yr-17yrs



Multicultural Nobody's Perfect Program

New series of Nobody's Perfect Parenting Program is going to start on **March 28 (Friday afternoons for 7 weeks at 1:00 - 3:00pm).**

The Program assists parents with 0-5 years old children. Registration is required. Please contact Tomoko at the Family Centre(472-4062).



Pro-D Day Camp for 5-10 year

Feb 15. 8:45am-3:00pm

At Cadboro Bay United Church
(2625 Arbutus Road)

Grafts, games & lots of fun!

Directed by Saanich recreation leadrs.

Snacks provided, bring a bag lunch.

5-10 year olds. \$10/child.

Financial assistance available (call 477-6437).

Register at any Saanich Recreation Centre using the registration code #243871. (475-7121, 475-7100)

Parent Wellness Group



Come join us for a parent support group, sponsored by the UVic Family Centre & UVic Counseling Services. Tricia Best, a counselor from Counseling Services, will be leading this monthly parenting support group for the Family Centre at the University of Victoria. She will facilitate the group through social educational teaching, exploration, and discussion. The group will meet to discuss self-care and brainstorm hoping with toddler's techniques. This group is a good way to share parenting experiences and make friends.

When: 15th Feb. Friday, 3:15-4:30 PM

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

Child minding will be provided.



Parking Petition Update

The parking petition to oppose the recent fee changes to UVic's Family Housing parking is underway. So far Petra and Jacob Drncova have collected 140 signatures in support of recommendations to:

- Eliminate weekend and night fees for general parking.
- Each family receives a guest pass.
- Four charge free loading/drop off zones
- Written notification six months in advance to each tenant about any further changes to parking fees.

The petition will be submitted to Dr. David Turpin, the president of the university. Next month we hope to have an update with UVic's response. If you have not signed it and would like too, contact Petra at petra@drnec.cz.



Are We Perfect Yet?

Tips from Parent Educator Allison Rees of LIFE Seminars

(Reprinted from Island Parent December 2007)

Are you a perfectionist parent? Are you always urging your child to do better? Do you withhold full approval, frequently urging your kids to do better? If so, you really need to CUT IT OUT! A perfectionist drives himself too hard. A perfectionist frequently says, "If you can't do something right, you can't do it at all!" He can't just relax and enjoy life; there is always something to do. He is rarely satisfied with himself or other members of the family. When it comes to parenting, perfectionists have difficulty letting kids be kids.

They imagine that people are judging them based on the behaviour of their children. This causes some short- and long-term problems. Some kids will keep straining to gain the parental approval. They will miss out on feeling satisfied with themselves and miss out on the joy of childhood. Other kids will openly rebel saying, "What I do isn't good enough so why should I bother trying!" Their self-esteem will be fragile as they develop a severe inner critic that will accompany them through life. The cycle of perfectionism will continue through generations until somebody can finally say, "Enough!" or at least, "Good enough!"

Discussion Corner

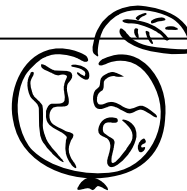


Recycling at Uvic Family Housing

By Petra Drncova

One of the frustrating things I find living at UVic family housing is the recycling and garbage. Recycling is good for the environment and helps to cut down domestic waste that would otherwise go to the landfill. Most (70–90%) of regular domestic garbage can be recycled. Recycling is not complicated and it is costless. It takes minimal effort and even children can help out. However, to my disappointment, I am finding that the recycling is often not done properly in Family Housing. The other day, I found several styrofoam meat plates in the “plastic only” bin and there is not one day when I go to the compost that I don't find non-biodegradable plastic bags in the bin even though the sign clearly says “no plastic”. This is a concern because non-biodegradable plastic bags can take up to 1000 years to degrade, and this also makes an extra effort for someone else that will have to pick through the compost and remove all the bags inside.

So please be considerate to others and do not contaminate the recycling for others. More info call the recycling CRD Hotline at 360-3030 or <http://www.ns.ec.gc.ca/udo/reuse.html>.



By Laurie Wayne

We need, I think, to get clearer on what we recycle and how it needs to be put in the correct bins. As someone who moved from another country with different recyclables (for example, tetra packs weren't recyclable, and we separated our garbage into burnable and unburnable), I can attest to the fact that it is very confusing to know what to put in what bins. I think we should have a big session where all interested people attend. At this meeting, we should get informed then quiz each other on what can go in what bin. I think more people would recycle correctly if they knew what they were doing wrong (myself included).

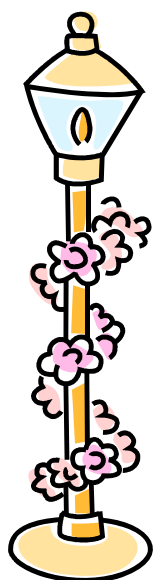


Profile

Everybody's Friend - Zohra Chaudhry

By Eugene Jung

“Zohra is a very good person. Friendly, supportive... She is like my older sister.” Fatma a participant of the Family Centre's Culture Club gave me an insight into her friend, Zohra Chaudry. Zohra is a dedicated volunteer with the Family Centre Culture Club and English Club. She currently teaches knitting, sewing, and cooking while also helping international families to improve their English.



What drives you to do this volunteer work?

I love to meet new people, and the Family Centre is close to my house. Also, when I first came to the Family Centre for an interview, it was very welcoming atmosphere. I liked that first impression.

How did you come to teach knitting, sewing, and cooking?

I enjoy all of those things, and those are all my hobbies. I like going to gym, walking, and gardening as well. Especially, I love to try new recipes from different countries such as Italian, Korean, Chinese, Pakistani, and Canadian. I usually get the information from internet. Also, whenever I taste some delicious cuisine, I ask for the recipe from the person who prepared it.

Could you make some suggestions for new comers to this community or country?

I think socializing is very important to adapt easily to a new environment. The Family Centre and Culture Club is the one of the best places to get to know people and to make friends. Also, don't be afraid of speaking English. Just talking over the phone with anyone could be a good way to throw away your fear about communicating in English. Keep practicing and meeting a lot of good people.

In culture club, we discuss and learn about various cultures, religions, and countries. From the next week, we are going to discuss medicinal plants such as spices, herbs, and we will focus on how to use them. It's open to everyone, and we are always welcome to new members. I hope to see you there.

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 February, we have scheduled the activities described below. Many members are interested in finding jobs, and so we will focus on learning the Canadian labour market. The Culture Club welcomes new members from diverse cultural backgrounds. Please contact Tomoko at 472-4062.

Feb. 5 Local spices and their medicinal uses

Feb. 12 Pre-Valentine celebration: please bring your family photos and join in the celebration (if you want to share your wedding pictures with us, please bring them to the group)

Feb. 19 How to obtain Canadian Work Permits and the Victoria labour market

Feb. 26 How to develop your resume



维多利亚大学家庭中心活动介绍

维多利亚大学家庭中心

维多利亚大学家庭中心以服务居住在校内外的 **UVIC** 学生及其家庭成员为宗旨,举办各种活动来支持学生家庭. 大家可以随时光临家庭中心,参加各种不同的活动,免费借阅中心的玩具,录像带和书籍,或者就是来中心聊聊天. 关于最新的活动,可以查看以下网址 <http://web.uvic.ca/family-centre/pages/hour.htm> 或者致电 472-4062 查询.

活动介绍

1. 游戏组: 每周二上午 10:30-12:00, 音乐和运动游戏组带给小朋友许多欢乐.
2. 早餐俱乐部: 每周三早晨 7:30-9:00, 丹娜为大家准备好了健康营养的免费早餐.
3. 文化俱乐部: 每周二下午 4:00-6:00, 文化俱乐部帮助国际学生及其家庭练习英语,认识新朋友,学习新的东西.
4. 课外俱乐部: 每周四下午 3:30-5:00, 欢迎学龄儿童来做作业,玩游戏,吃零食,参加我们的各种活动.
5. 英语会话俱乐部: 每周四晚 7:00-8:30, 免费练习英语会话,学习加拿大文化,由专业教师指导. 请提前在家庭中心登记.



Wednesday Morning Playgroup: Every Wednesday from 10-12 Parents and Tots are invited to come for a visit at the Family Center. Parents can enjoy a cup of coffee or tea while their children do a craft, play in the playroom and have a snack. This month we will be making crafts to celebrate Gung Hei Faat Choi and Valentines Day as well as many other fun activities.

After-School Club: Are you between the ages of 8 and 15 and enjoy doing fun activities with others people your age? If so come and have some fun at the After School Club on Thursdays 3:30-5:00.

Feb. 7 Gung Hei Faat Choi

Feb. 14 Valentines Day-Cookies and Crafts

Feb. 21 Magical Encounters

Feb. 28 Games Day-Bring your favorite game

Community Events

SUN 10

Chinese Lion Dance, in celebration of Chinese New Years, takes place at Victoria's Gates of Harmonious Interest located in China Town on Fisgard st.

SUN 17

Family Sunday. Join us for an art activity day and be inspired by the European paintings of Heaven and Earth Unveiled: European Treasures from the Tanenbaum Collection. Engage in interactive exhibition tours, enjoy special pre-school activities, and participate in hands-on art projects and more! Greater Victoria Art Gallery, 2-4pm

SUN 24

Whoo's That Hooting? Owls fly silently, turn their heads almost all the way around and cough up pellets. Learn how and why at our dress-up presentation with slide show and owl music. Participate in a scavenger hunt, make crafts and dissect a pellet with your family. Swan Lake Christmas Hill Nature Sanctuary, 3873 Swan Lake Road. 1 to 3:00 pm, presentation at 1:30. Donations appreciated; \$5 for an owl pellet to dissect. For more info. Margaret Lidkea(479-0211).