



News & Views

A Newsletter for Families at the University of Victoria

June 2008

Issue 131

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
DANA SIBLEY

**FACULTY
COORDINATOR**
LAURENE SHEILDS

NEWSLETTER
EMMA CHALIFOUR
EUGENE JUNG

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-5:00pm
After-School Club
3:30-5pm

Father's Day



By Emma Chalifour

Last month many families celebrated mother's day. This month it is the fathers' turn. In Canada, Father's day falls on the third Sunday of June. Sonora Dodd began Father's day in response to a Mother's day sermon. Sonora's mother died during childbirth leaving her father to raise six children on his own. Sonora viewed her father as a courageous, selfless and loving man. His birthday fell in June and so she chose to hold the first father's Day celebration in Spokane, Washington on the 19th of June 1910. In 1966, President Lyndon Johnson signed a presidential proclamation declaring the 3rd Sunday of June as Father's day. President Richard Nixon signed a law that made it a permanent celebration in 1972. Although the date varies considerably around the world most countries seem to set aside a day to honour father figures. The majority of cultures adopting the June date established in the States.

I asked some of the families living in family housing if they would be celebrating Father's day. All of the people I asked said they were planning to do something special on that day, including those who would not normally celebrate the day in their own country. I asked if people had specific traditions, the majority said that they typically make cards and eat the father's favourite food. Whatever you do this father's day, we hope that you have a wonderful time.



Did You Know - Roses are the official flower on Father's Day?

UVic Campus Security Services KIDS' SAFETY DAY



Bring your children out for a day of free and fun activities while learning about safety! Child Find BC, Oak Bay Police, Saanich Fire Department, St John's Ambulance, Red Cross and many more safety folks will be there! Bike Rodeo for children aged 5-12yrs. **Free hot dog lunch!** No registration necessary.



When: Sunday June 22nd, 2008

11:00am-2:00pm

Where: UVIC Parking Lot #3

If you would like to volunteer we would love to have you there! For more information about volunteering and the event call the Personal Safety Coordinator at 721-8981.



Heritage Day

June 14, Stage in the Park (Cameron Bandshell), Beacon Hill Park

Celebrating Victoria's cultural diversity through Dance from 12 - 4 pm. Come and join the excitement as TEN dance groups light up the stage with their vibrant costumes and energetic music! Bring a snack, or lunch, and plan to stay for the afternoon. It's an afternoon that everyone will enjoy! Proudly made possible by the Veselka Ukrainian Dancers and Dodd's Furniture. (250) 475-1174 or visit www.veselkadancers.com

Ceilidh In the Park



June 15, Stage in the Park (Cameron Bandshell), Beacon Hill Park

Music brings people together like nothing else! Celebrate Father's Day in the park and bring the whole family to an all ages Celtic music extravaganza filled with Irish dancers, fantastic fiddlers, rousing singing, and genuine good fun in the Irish and Scottish musical traditions. Enjoy with your friends and family the energy of a Ceilidh - or "Kitchen Table Party". This year's program highlights Daniel Lapp, the BC Fiddle Orchestra and the Mairead O'Brien School of Irish Dancers. (250) 361-0358



Victoria Film Festival-Jump Cuts

June 12(Thurs), 13(Fri), 14(Sat) 10:15am-2:15pm

Centennial Square, \$3 or free

Come play with cameras, computers and creativity at JumpCuts a festival for young filmmakers. With some of the top local professionals in the film industry, JumpCuts offers kids aged 10-14 the chance to experience hands-on workshops and demonstrations where they can get creative with this amazingly fun and artistic medium. Visit for more Information www.victoriafilmfestival.com

The 9th Luminara Community Lantern Festival, 2008

By Tomoko Okada

Luminara this year will take place on Saturday, July 26, starting late afternoon at the St. Ann's Academy grounds and at dusk at Beacon Hill Park. The celebration of light is a rich and vibrant cultural tradition around the world and throughout history. Luminara is a family-oriented event which has been voted as the most popular public event in Victoria.



Honouring our diverse ethnic minority groups and celebrating 150 years of BC, the organizers invited UVIC Family Centre's participation. The Culture Club is going to participate in the project this year for the first time. Tomoko has met with the organizers of the event and has discussed the possible theme and location of our lanterns.

The thematic lanterns will be designed, and lantern making workshops will be organized towards the end of June. If you are interested in the workshop, please contact Tomoko by email (familyc@uvic.ca). We need 10-15 individuals to make this project successful. For more information regarding Victoria Community Lantern Festival, please visit www.luminaravictoria.com.

Community Market



By Eugene Jung

After the long, rainy winter, people are keen to get outside and enjoy the summer weather. Some families who come from other cities start to look for special places to go with their visiting family. If you are weary of the swimming pool or playground, and if you are planning a short trip in or near town, a visit to a community market would be a wonderful choice. During crabbing season, Sidney Summer Market would provide unexpected excitement. A trip to Salt Spring Island would give you the chance to appreciate the beautiful scenery. Salt Spring Island Market is unique with a diverse selection of things to buy; your only challenge might be deciding what to take home with you!



Moss Street Market **May 3 - Oct 25, Sat**

It's a good chance to explore mostly organic produce, baking, music and children's activities at this wonderful street market.

Time: 10am - 2pm

Location: Sir James Douglas School grounds at the corner of Moss and Fairfield.



Sidney Summer Market **June 7 - August 30, Thurs**

Enjoy delicious fresh produce from local farmers and growers, spectacular arts and crafts, incredible food surprises and great entertainment.

Time: 5:30 - 8:30 pm

Location: Beacon Avenue, Sidney
(250-655-6433)



Salt Spring Island Saturday Market

April 7 - October 27, Sat

Time: 8am - 4pm

Location: At Centennial Park in Ganges, Salt Spring Island
(250) 537-4448

www.crd.bc.ca/ssiparc

Profile



Fathia Alabdi

My name is Fathia. I am from Libya and I have four children, one girl and three boys. My boys' names are Khalid, Salem, and Tarik. My daughter's name is Areg. Areg is the oldest and is thirteen years old. Khalid is twelve, Salem is six and Tarik is two.

I came to Victoria in 2004. I live in Victoria because my husband is doing his PhD in electronic engineering. I love Victoria because it is so beautiful. I have lived in family housing for 4 years and I love being here. I like living in family housing because my kids have their friends here and I have mine. They are from Arabic countries, we enjoy each other's company and we have the same foods and language. Our friends are like family but in Canada. There is also the Family Centre. I have been going to the Family Centre for three, almost four, years and I love it there. At the Family Centre, you can meet many people and learn new things.

My kids and I went to Libya last summer for two months; we went to visit my family and friends. When my husband finishes his PhD we are planning to go back to Libya and when we do I am sure that we will always remember Canada.



Stress Signs of Preschooler

Reprinted from Canadian Today's Parent,
March 2008, pp142-144

Stress. We tend to think of it as an adult problem. Of course we know that young children can be stressed in times of trauma-the loss of a parent. What we may not realize is that, like us, children can find relatively minor things stressful too. For many it's that switching, leaving home, and rushing to get to daycare. Their lives are constantly changing and for some children that can be very stressful.

What does stress look like? You might see a change in the child's typical behaviour. A child who normally has lots of energy may seem lethargic. Or it might be the opposite-a child might become more active, more intense in a stressful situation. Acting withdrawn or not wanting to join can also signal stress.

Unlike adults, preschoolers often can't express what's making them anxious or relate their behaviour to their feelings. Adults can help by acknowledging and labeling children's feelings. You can teach the words for a range of feelings-anxious, nervous, and scared. As parents we tend to talk about happy and sad, that's all. But children feel the whole range.

The next step is learning that there are ways to ease the stress we feel. Deep breathing and vigorous activities, such as jumping or dancing to music, provide a physical release. The great stress reliever for preschoolers is comfortable, cozy time with their parents, so if your child is showing signs of stress, try to make extra time for quiet activities together and a relaxing before-bed routine.



Fun Craft Ideas

Father's Day Cards and Crafts

By Emma Chalifour

Those of you planning on making a father's day gift or card might like to check out the following website - www.dltk-holidays.com. There are great ideas for all ages. One suggestion that I liked was to make footprints with your children using finger paints and to arrange them on a card with the following poem.

Footprints

*"Walk a little slower daddy," said a child so small.
"I'm following in your footsteps and I don't want to fall."*

*Sometimes your steps are very fast,
Sometimes they're hard to see;
So walk a little slower, Daddy,
For you are leading me.*



*Someday when I'm all grown up,
You're what I want to be;
Then I will have a little child
Who'll want to follow me.*

*And I would want to lead just right,
And know that I was true;
So, walk a little slower, Daddy,
For I must follow you.*

Programs and Events

A great way to get connected!



Family Centre Programs

Culture Club: As before, 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 June, we have scheduled the activities described below. In addition, the Culture Club welcomes new members from diverse cultural backgrounds. Please contact Tomoko at 472-4062.

- June 3 – Cooking
- June 10 – Cooking
- June 17 – Luminara Lantern Festival Orientation
- June 24 – Lantern making workshop 1



Breakfast Club: Come and enjoy a delicious and nutritious breakfast with Dana and your fellow neighbours at the Family Centre on Wednesday mornings from 7:30 – 9:00am. **The last breakfast** before a summer break is on **June 18th**. Stop by for a bite to eat and a chat on your way to school or work. Hope to see you soon.

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 Centre 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 with our homework. Come meet some friends and get to know other people your age while having a great time.

- June 5: Father's Day gifts
- June 12: Sports and Games
- June 19: Drum Making
- June 26: No After School Club



Community Events

Educate and Celebrate 2008 (June 5 - 8)

Location(s): *St. Ann's Academy - Interiors, gardens and grounds*

Celebration includes an historical re-enactment of the 1858 arrival of the Sisters of Saint Ann, a symphony concert on the grounds of the National Historic Site of St. Ann's Academy, a gala "alumni and friends" dinner and a Victorian Family Picnic.

Contact for more Information: (250) 953-8820 or visit www.friendsofstannacademy.com

JumpCuts: A Festival for Young Filmmakers (June 6, 7, 8)

Location(s): *Market Square or Victoria Conference Centre*

A festival for young filmmakers - a unique opportunity for youth aged 7 - 15 to participate in workshops in order to understand and learn to create media content divided into two skill levels. Contact for more Information: (250) 389-0444 or visit www.vifvf.com

Vancouver Island's 6th Annual Afro-Caribbean Carnival (June 20 - 22)

Location(s): *Selkirk Waterfront*

A free cultural event featuring music, food and fashions of a variety of African and Caribbean countries. Carnival Day consists of live performances, a marketplace with clothes, jewellery, art, and crafts and various food vendors representing numerous regions. Presented by the African Heritage Association of Vancouver Island. Contact for more Information: (250) 727-6454 or visit www.ahavi.ca

JazzFest International (June 20 - 29)

Location(s): *Royal Theatre, McPherson Playhouse, Conservatory of Music, Centennial Square, Metro Studio and numerous other downtown venues*

"Ten hot days and nights of the coolest music in town." Enjoy over 80 high caliber individual jazz performances taking place in numerous indoor and outdoor venues/stages with over 325 musicians. Workshops by visiting musicians as well.

Contact for more Information: (250) 388-4423 or visit www.jazzvictoria.ca



Maritime Mosaic Festival (June 26 - 29)

Location(s): *Victoria's Inner Harbour - Fort Street at Wharf Street parking lot*

Held as part of Tall Ships Festival, Maritime Mosaic Festival features individual historic displays and live interactive cultural activities that demonstrate the contributions made by various cultural groups, each telling their own story.

Contact for more Information: (250) 385-4222 or visit www.mmbc.bc.ca