



# News & Views

A Newsletter for Families at the University of Victoria

May 2008

Issue 130

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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-5:00pm

After-School Club

3:30-5pm



## Mother's Day- Peace and Motherhood



This year Mother's Day will be celebrated on May 11th, the second Sunday of May. This day in Canada is set aside to honour the mother, often involving cooking special food, presenting gifts to mothers or having special activities planned. The origin of the day in North America is in part related to the American civil war of the 1800's. Julia Ward, an American mother during the civil war, was distraught from the loss of so many "sons". She called on mothers in 1870 to declare an international mother's day for peace. Below is a slice of her declaration, calling for the day.

*Arise all women of this day.*

*Arise all women who have hearts!.....*

*We women of one country.*

*Will be too tender of those of another country*

*To allow our sons to be trained to injure theirs.*

Ward was not able to officially declare a day but after her death women's groups campaigned to have a Mother's friendship day established, this developed into what has become our Mother's day. It was officially adopted in Canada in 1909, a year after the states. Today women around the world still use the day to bring awareness to the importance of world peace and advocating an end to war. Happy Mother's Day!

## Times are a changing....



By Pamela Tudge

Spring is finally in the air, bringing an end to the school year for most UVic students. The end of the school year always sparks lots of changes in Family Housing, with many friends and neighbors moving out and new families moving in. I will be moving out of family housing this month and beginning my masters at UBC. I have enjoyed so much living in this community and having the opportunity to contribute to the Newsletter.

This month I would like to introduce **Emma Chalifour**, the new editor of the News and Views. Emma and her husband, Joe, moved into family housing two years ago. They have two boys, Ethan (2 1/2) and Callum (6months). Emma, a current Family Centre volunteer, will work with Eugene to bring you the newsletter. If you have any ideas for the newsletter in the coming months, would like to submit an article or would just like to welcome our new editor. Please email Emma and Eugene at [fcnews@uvic.ca](mailto:fcnews@uvic.ca).



## Breakfast Club Continues

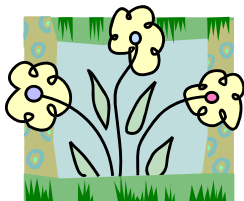


Join Dana at the Family Centre every **Wednesday morning** for a free breakfast between **7:30 and 9:00am**. Stop by and get to know your neighbours and fellow students over a delicious and nutritious breakfast. Come sample some special food from India on May 31<sup>st</sup>. Every one is welcome and we look forward to seeing you.

## Victoria Day Parade

**Monday May 19<sup>th</sup>, 2008**

Victoria's largest parade takes place on **Douglas Street**. There will be over 150 entries made up of marching bands, floats, clowns and more. This year's theme is BC150. **Starts at 9am** at Mayfair Mall and moves south along Douglas Street.



## UVic Campus Security Services KIDS' SAFETY DAY

**Sunday June 22<sup>nd</sup>, 2008**

**11:00am-2:00pm**

**UVIC Parking Lot #3**

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.

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.

## Organize early for Summer Programs for Your Kids!!

This is just to remind parents that although it doesn't feel like summer, it will be here soon and your children will be happy to be out of school, but within a few days they will be ready to do something else!! There are now programs ready for you to look at as choices for your kids.



Check out the local Parks and Recreation Guides for programs at the local Rec Centre or at local Parks.

- Queen Alexandra Centre has Summer Day Camps - as do some local churches.
- The UVic Vikes have many Summer Camps right here on campus. These programs fill up quickly so phone 472-4772. Schedules are available at the Family Centre.
- There are some ideas in the latest issue of Island Parent. Come and pick up a copy at the Family Centre.

## Booster Seats Are Now the Law!

If you have a child over 4 years of age that weighs more than 40 lbs/18kg it is now required that they ride in a booster seat in the car/van. To encourage families to use them the Provincial government has given the UVic Family Centre a number of booster seats for families to borrow or use. This is to use after they are too big for a baby car seat. Please drop by the Family Centre to find out more or to pick one up.



## Victoria Early Years Community Appreciation Awards 2008



Play Victoria and Success by 6 are launching the first Victoria Early Years Community Appreciation Awards 2008.

This is an opportunity for parents and providers of children aged six and under to inform us about the things in their community that they believe support them and their children.

The topic areas the Awards will centre on are: Parks, Free Services, Sources for Parenting Information, Family Friendly Restaurants/Cafes, Places to connect with other Parents, Family Friendly Workplaces.

Please fill out their survey on-line at [www.playvictoria.org](http://www.playvictoria.org) or come to the UVic Family Centre to get a paper copy or stop by to get more information.





## Profile Embracing Internationalism

By Sharon Tindyebwa



I was ten years old when my family moved to Canada from Kenya. We moved because my father had gotten a job at Pearson College, a school of 200 students from around the world, located in Metchosisin. I will never forget the first drive out to Pearson College. As we got farther away from the city, I wondered just what my parents had gotten us into. Being the only minority at my school was no less of a challenge as I struggled to fit in with other children. At Pearson College, I was able to feel less like a foreigner as I was surrounded with students from countries as diverse as Sierra Leone, Israel and Bhutan. My years growing up at Pearson College and my own experience as an immigrant led me to understand the challenges people face when they move to a different country. Those two things also sparked an interest in everything international. At Simon Fraser University, I majored in political science with a focus on international relations and minored in world history.

I greatly enjoyed my studies and knew that whatever I did after school, it would need to involve an international aspect.

I recently moved back to Victoria and am currently working at Pearson College. Being back at the college, with students from 100 countries this year has been remarkable. Getting to know these students from across the universe has strengthened my love for internationalism. Additionally it has reminded me of how I felt when I first moved here. As the memories came back to me, I felt a strong desire to do some volunteer work with immigrants which led me to the Family Centre at UVIC. The Conversation Club is an opportunity for the wives of international students to practice their English. As a volunteer, I have enjoyed chatting with these remarkable women from Egypt, Libya, Pakistan, Saudi Arabia, Korea and India. As we have laughed over our differences, we have also realized the similarities that our countries and ourselves share. The Conversation Club is unfortunately over but I greatly enjoyed the months that I spent with all of them and hope to one day visit all their home countries.

**A Big Thank You** to **Gaby** and **Sharon** who led the English Conversation Club for 4 months from January to April. Originally, the group was organized to meet for 7 weeks, however, all the participants wanted to extend it another 7 weeks. On every Thursday evening, the participants were engaged in active discussions: sharing their culturally diverse experiences, thoughts, and feelings.



**Fun  
Craft Ideas**

## Wiggly Glue



By Dana Sibley

Recently at the Wednesday Morning Craft group and at the After School Club we made and played with Wiggly Glue, AKA Slime. We had such a great time poking, prodding and picking up the slime, or letting things sink in it that we thought everyone might want to make it at home. Here is the recipe and have fun.

### INGREDIENTS

- 1/4 cup White Glue
- 1/4 cup Water
- 1 tbsp. Borax - found in the laundry detergent aisle of your grocery store
- 1/2 cup warm water
- Food Coloring



Borax is available in the laundry section of your local grocery store. Add 1 tbsp. Borax to warm water. Stir until completely dissolved.



Mix 1/4 cup Glue and 1/4 cup of water thoroughly.



In a ziploc bag or bowl, add equal parts of the borax solution to equal parts of the glue solution.



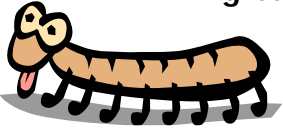
Add a couple drops of food coloring. Seal bag and knead the mixture or stir if using bowl. There may be water still present after mixing.



If slime is too sticky, add a little more borax. If slime is too slippery, add a little more white glue solution.

# Programs and Events

A great way to get connected!



## Family Centre Programs

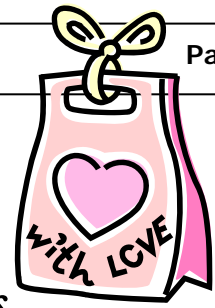
**Culture Club:** As before, the Culture Club meets every **Tuesday afternoon from 4:00 to 6:00pm**, and its purpose is to support international and new Canadian student families. In May, we have scheduled the activities described below. In addition, the Culture Club welcomes new members from diverse cultural backgrounds. Please contact Tomoko at 472-4062.

- May 6: Mother's Day Sharing
- May 13: Walking Tour of Finnerty Garden
- May 20: Stress Management
- May 27: TBA

**Breakfast Club:** Join Dana at the Family Centre every **Wednesday morning for a free breakfast between 7:30 and 9:00am**. Stop by and get to know your neighbours and fellow students over a delicious and nutritious breakfast. Come sample some special food from India on May 31<sup>st</sup>. Every one is welcome and we look forward to seeing you.

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

- May 1: Mother's Day gift making
- May 8: Cooking Extravaganza
- May 15: Sports and Games
- May 22: After School Adventure
- May 29: Game Tournament



## Community Events

**Sat 10**

### 4th Annual Victoria Tartan Parade

Features local pipebands, VHGA member highland dancers and heavy event athletes. Leaves Centennial Square (Victoria City Hall) at 11am, the parade will proceed down Government St to the Parliament Buildings lawns. At approximately 11:30am, the pipe bands will march and play tunes, dancers will do a massed Highland Fling, and the caber will be tossed. Free.

**SUN 11**

### Mother's Day Music

In Market Square. A terrific choir not to be missed. Bring mom and the whole family to enjoy this impressive group of 65 high school students from Poolsbo, Washington-the North Kitsap High School Choir. Free. 12:30-1pm. 560 Johnson St.

**SAT 17-19**

### Empire Days

In downtown Cumberland. Parade, kids' events, bagpipes, street market, entertainment, Crowning the May Queen, dancing, food, prizes and so much more. 10am-4pm. 1-866-301-4636 or [www.cumberlandbc.org](http://www.cumberlandbc.org).

**SUN 18**

### Family Sunday - Family Factory Party!

2:00 - 4:00pm, Art Gallery of Greater Victoria. Join us for a pre-Warhol celebration with hands-on activities inspired by POP Art! 1040 Moss Street, 384-4101

**SUN 25**

**Animals Are Wild:** Have fun as you are entertained by guest presenters Spilt Milk Comedy Theatre's Half Pints & More Cow Bell performing Troupes with their presentations on Animal Disguises and Animal Communication. Crafts and activities to follow. Suitable for all ages. Swan Lake Christmas Hill Nature Sanctuary, 3873 Swan Lake Road. Presentations at 1:30 and 2:30 Suggested donation \$2/child, Ann Scarfe(479-0211)

**SAT 31**

### The Easter Seals 24 Hour Relay for the Kids

At UVic's Centennial Stadium. 24 Hours of fun. This year's event will feature Robert Munsch from 3-4pm. For more information contact Pam at 386-0668 ext. 3.

