



News & Views

A Newsletter for Families at the University of Victoria

November 2008

Issue 134

UVic Family Centre
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Check out our complete
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<http://web.uvic.ca/family-centre/>

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**FACULTY
COORDINATOR**
LAURENE SHEILDS

NEWSLETTER
EMMA CHALIFOUR

Family Centre Hours

Tuesdays
9am-2pm & 7-8:30pm

Playgroup
10:00am-12pm
English Club
7pm-8:30pm

Wednesdays
10am-2pm
Playgroup
10:00-12pm

Thursdays
1pm-5pm
Culture Club
1pm-3pm
After School Club
3:30pm-5pm

Remembrance

by Emma Chalifour

In many cultures remembrance is an important theme during November. In Mexico people celebrate what is known as 'The Day of the Dead' (Dia de los Muertos). The holiday occurs on November 1st and 2nd, people gather together to remember friends and relatives who have died. Celebrations include eating special food, wearing brightly coloured clothing and visiting the graves of those who have died. Many countries with a Roman Catholic heritage celebrate All Saints Day and All Souls Day at the start of November. People usually take a day off work, go to cemeteries with candles and flowers, and give presents to children, usually sweets and toys.

In Canada, November 11th is a statutory holiday known as Remembrance Day. This day is set aside to remember those who have fallen in war and military operations. In Victoria, Remembrance Day is marked by a military parade down Government St. to the grounds of the Legislature where a service of remembrance and wreath laying takes place at the Cenotaph followed by a march past the front of the Empress Hotel. During November over half of Canada's population will wear a Poppy on their collar or lapel.

The poppy has stood as a symbol of Remembrance since 1921. The person who was responsible for the adoption of the Poppy as a symbol of Remembrance in Canada and the Commonwealth was Lieutenant-Colonel John McCrae, a Canadian Medical Officer during the First World War. In April 1915, John McCrae was stationed near Ypres, Belgium, the area traditionally called Flanders. In May, 1915, on the day following the death of fellow soldier Lt Alexis Helmer of Ottawa, John McCrae wrote his now famous work, an expression of his anguish over the loss of his friend and a reflection of his surroundings. Through his words, the scarlet Poppy quickly became the symbol for soldiers who died in battle. The poem was first published on 8 December 1915 in England.



IN FLANDERS FIELDS

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*

John McCrae

PLEASE NOTE!

The Family Centre will be closed on Tuesday 11th November for Remembrance Day

维多利亚大学家庭中心是为所有住校与不住校的学生家庭服务的。这里经常举办各种各样，丰富多彩的活动，有每周固定的，也有非固定的。欢迎您与您的家人随时踊跃参加。如果您家有学龄前儿童，我们现在有每周二上午10点30至12点的音乐与律动课。在45分钟的唱歌和游戏时间之后，我们会提供给孩子们一些健康的零食。周三的上午10点至12点一般是做手工和孩子们自由娱乐的时间。我们期待与您的会面。

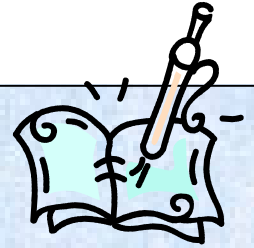
Profiles...

The Family Centre relies on the generosity of volunteers to make many of its programs possible. Thank you to all of you! This month we are profiling Maricela and Maii. Maricela is a volunteer who has recently joined the Wednesday morning team. Maii has volunteered for two years and is now a work study student at the Family Centre.



My name is **Maii** and I am a 4th year Child and Youth Care student at UVic. I volunteered at the Family Centre for about 2 years before becoming a work study student here last year. I usually help out with child minding at Culture Club, and I have recently started helping with the After School Club. I really enjoy coming to the Family Centre because I get to meet families who come from different places. It also gives me a sense of belonging, especially with my family living far away.

Throughout the years, the families and staff at the Family Centre have provided me with many learning opportunities. I get to apply what I have learnt in class to real life situations and I really appreciate that, so thank you!



*Contributions for the newsletter can be emailed to fcnews@uvic.ca
Recipes; book reviews;
parenting tips; reflections ... all gratefully received!*



Who to call

Housing Service	721-8395
Family Centre	472-4062
Maintenance Line	721-6650
Health Services	721-8492
Campus Security	721-6683



My name is **Maricela Lopez** and I was born in Mexico City. I have been living in Victoria for two years with my son and my daughter; they are teenagers now and we are living in Family Housing. I have been an elementary school teacher for 24 years. I finished my first degree in Special Education. In addition, I got my second degree in pre-school education from the Ministry of Education in Mexico. I decided to move to Canada, and have been learning English as a Second Language. I am now in my 3rd Year of the Child and Youth Care Program at UVic. I enjoy learning and think that it is important for everyone to improve their skills every day. This is especially true for someone like me who works with children and youth. I am very lucky because the Director of Family Centre, Elizabeth Quong, has given me the opportunity to help her as a volunteer on Wednesdays mornings with some wonderful children. They have been teaching me very much!



Book Review ...

By Emma Chalifour



Coping with a Picky Eater by William G. Wilkoff, M.D

Simon & Schuster ISBN: 978-0-684-83772-2

Do you have one in your family? If so, this book is for you! Wilkoff, a pediatrician, targets his book to parents of children aged between one and six. The basis of the book is that as long as your child is healthy and growing you can stop worrying. The job of the parent is to provide healthy food, the child is responsible for what and how much they eat. Wilkoff assures parents that their child will not starve, and that, given a wide range of nutritious food, they will eat a balanced diet. The book gives practical advice on how to avoid 'whipping-up' special order meals or feeding your child pasta *every* night. He also provides nutritional guidelines and appropriate serving sizes for young children. The aim is to get the focus away from what the picky eater is eating and back to enjoying mealtimes.

Notices ...

ENJOY THE RABBITS, BUT DON'T FEED, TOUCH OR HARASS THEM.

Sure, they're cute, but the rabbits on the UVic campus are wild-life, not pets. And just like other wildlife on campus, the rabbits should be left alone. Look, but please don't feed, touch or harass them.

Although rabbits are part of UVic campus life, they can also have an impact on human health and safety, and on plants and property. To help reduce this impact, the university is developing a long-term management plan for rabbits.

To be successful, we need campus and community members to do their part:



- Don't abandon your pet rabbit on campus.
- Don't pet or feed the rabbits.
- Don't chase, harass or handle the rabbits.

By working together, we can ensure a peaceful co-existence of people and wildlife on campus.

For more information, visit www.uvic.ca/rabbits.

Goodbye



The Family Centre was sorry to hear that Eugene and her family were moving to Vancouver to fa-

cilitate her husband's academic studies at SFU.

It seemed to happen so fast that we did not have time to say a more formal "Thank You" for all that Eugene has done for the Family Centre. Eugene most ably co-edited this Newsletter bringing an enquiring mind, interesting topic ideas and the skills to put things together. Eugene was also a representative of Student Families on the Advisory Group giving that perspective to discussions and decisions. And, of course, we will miss Eugene and Seoyoung at many family activities. It has been a privilege to know Eugene and her family and we wish them well and hope to see them on a visit back to Victoria!

Please note ~ due to a lack of storage space the Family Centre is unable to receive donations of large items such as furniture or baby equipment. Please call local charities if you have large things to give away. Thank you!

Programs and Events

A great way to get connected!



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

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.

November 6- Games (*indoor or outdoor, depending on weather*)

November 13- Clay sculptures

> November 20- Clay creations continued

> November 27- Cooking

>

Culture Club: The Culture Club is a unique group experience for becoming more familiar with Victoria resources and environment, exchanging international cooking and crafts, and to make friends among UVic International students' and new Canadian families and their pre-school children.

The Culture Club meets on **Thursday afternoons from 1:00-3:00pm**. Child-minder volunteers are available for your pre-school children.

Please join us and share your thoughts about what other kinds of activities you would like to have for the group.

November 6: Cooking

November 13: "Women's health during child-rearing stage" workshop

November 20: Craft

November 27: Discussion

Graduate Student Services are organising a bus trip to Goldstream Park to see the Salmon Run

November 15th

11am-3pm

[Please call the Family Centre for more details]

Community Events

Greater Victoria Youth Orchestra 1

Sun, Nov 9, 2008 14:30 - 16:30

University Centre Farquhar Auditorium

Janos Sandor conducts the opening concert of the Greater Victoria Youth Orchestra's 23rd season.

Programme Includes: Beethoven - *Symphony no. 8*.

Tickets on sale soon

UVic Ticket Centre

250-721-8480

Family Sunday: Inspired by *Rice is Life*

Sun, Nov 16, 2008 2 - 4pm

Art Gallery of Greater Victoria, 1040 Moss Street

Drop-in for an art activity day inspired by the traditional rice-based cultures of *Rice is Life*.

Activities to experience:

- enjoy special pre-school activities
- participate in hands-on art activities
- and a film screening!

(250) 384.4101

Health Services Flu Shot Clinic

Tue, Nov 18, 2008 10am - 13:30pm

MCPHERSON LIBRARY, Learning Centre Room 135J

Have you had your flu shot yet? Health Services Nurses will be giving flu shots. Please bring your medical card.

<http://www.stas.uvic.ca/health>. \$20.00 Cash only. Con-

tact: Birdena Luney(250-721-8492, luney@uvic.ca)

Santa Light Parade

Sat, Nov 22, 2008 5:30pm start

Downtown Victoria

The coloured lights illuminating over 50 entries in this wonderful evening holiday parade make this a perfect start to the holiday season. Over 40,000 spectators watch this popular annual event which is fun for the whole family. Remember to bring some non-perishable food items as they will be collected during the parade and donated to the local Mustard Seed Food Bank.



Swan Lake Christmas Hill Nature Sanctuary

3873 Swan Lake Road, Victoria, B.C. V8X 3W1 phone: (250) 479-0211 fax: (250) 479-0132 www.swanlake.bc.ca

Critter Crafts

Create crafts for the critters: a decorated bird feeder, grassy pop-can people for cats, doggie bag holders, or? Give your family home-made gifts: a Swan Lake calendar, a picture frame, a pine-cone critter or ???

DATE: Sunday 30th November

PLACE: 3873 Swan Lake Road

TIME: 1 to 3 pm

COST: \$5 for supplies

CONTACT: Margaret Lidkea