



News & Views

A Newsletter for Families at the University of Victoria

October 2008

Issue 133

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-2pm & 7-8:30pm

Playgroup

10:30am-12pm

English Club

7pm-8:30pm

Wednesdays

10am-2pm

Playgroup

10:30-12pm

Thursdays

1pm-5pm

Culture Club

1pm-3pm

After School Club

3:30pm-5pm



Four Seasons of Family Housing and October

By Eugene Jung



I count myself fortunate to have the opportunity to deliver this newsletter every month. This allows me to feel the change of every season through the trees and flowers of UVic Family Housing.

Around Lam Circle there are trees which are full of white blossoms in April. This flower looks so neat and young. It is also amazing to see the change from this flower to dark green leaves. I strongly recommend strolling around the circle under bright moon light in May. The trees give you the illusion that you are surrounded by cherry blossoms or snow covered trees.

During summer, there is variety of colour from the flowers in the gardens. I admire these families' diligence and esthetic sense. I like the boldness of the red and yellow from the flower pots. What about the joyful chirping of birds? This summer a sparrow family lived underneath the roof near our den. The young birds in their nest teased tirelessly from early morning to sunset. My daughter, Seoyoung, and I enjoyed dropping off crackers and watching the timid mommy bird come to collect them. There turned out to be eight family members, and one day they flew away.

In winter time, I often experienced four seasons in a day. After a rainy and cloudy morning, suddenly the sunshine would come out. I would quickly prepare to go outside with Seoyoung to enjoy a short but sweet moment outside.

I once came face to face with a raccoon near our parking lot. At first I was scared but then came to realize that the raccoon is very lovely, chubby little animal. This was a surprising moment during living here. Meeting deer is now a common thing. I believe, whenever I meet deer, good things will happen to me. It might be true to everyone. Think about it seriously.

October! It's the harmony of colour such as red, orange, yellow leaves, and green grass. The colour of autumn is much brighter than the expected brown. So many exciting events are waiting for you this month. If you would like to enjoy the joy of harvest, you could get involved with the community plots and activities on campus, please email ccgardens@uvic.ca or visit the website <http://web.uvic.ca/~ccgarden/>.

One more, please do not miss the chance to knock on the doors of the neighborhood with your children on Halloween (October 31st) after joining **HALLOWEEN HOT DOG BARBEQUE PARTY** in front of the Family Centre!!!





Parenting Preschool Children

The Family Centre
Presents

"Parenting Preschool Children"

By Dr. Lily Dyson, Ph.D,
(UVic Education Dept.)

October 16(1:15 -3:00pm)

FREE Workshop.

EVERYONE WELCOME

Please register at UVic Family Centre
(250-472-4062).

Community Mapping Project

Thank you to everyone who participated in the TAVMap clothing/toy exchange on Saturday Sept. 13th. For those of you who missed the fun of sharing food, clothes, toys and ideas, no worries! You can still be involved in a community mapping project. The aim is to produce a map of the resources and supportive spaces for young parents in Victoria. Please let me know of any resources you have used that were helpful. I would also like to know of any places you like to go to with your children. If you have any other suggestions for the map then please let me know about them as well! An ongoing interactive map will be posted shortly on youthcore.ca and print versions will also be available. Contact Kara at karat@uvic.ca with your input, questions or comments.



ESL Conversation Club

The Family Centre has started a new ESL Conversation Club. It will run from September to November. Please let us know if you are interested in participating. Contact the Family Centre to register(250-472-4062).

Place: UVic Family Centre

Time: Tuesday nights from 7-8:30pm.

Ten sessions from September 22 to November 25.



HALLOWEEN Hot Dog Barbeque PARTY!

Campus Security Services invites all parents and children of Family Housing to a Halloween Party!!

Time: Oct 31st 4pm-6pm

Place: Family Centre

Come join us for complimentary treats, hot dogs and hot chocolate.



Free Native Plant Gardening Workshops

Place: Swan Lake Christmas Hill
Nature Sanctuary, 3873 Swan Lake Rd.

Date: Chose one:

Sun, Oct 5: 9:30 am to 12:30

Sat, Oct 18: 1 to 4 pm

Wed, Oct 29: 1 to 4 pm

Sat, Nov 15: 9:30 am to 12:30

Sun, Nov 16: 1 to 4 pm

Free!

Margaret Lidkea (250-479-0211)



Car Sharing



The University of Victoria introduced a new program this fall designed to save students money and reduce greenhouse gas emissions! If you currently do not own/operate a vehicle on campus, you can apply for a FREE membership in the Victoria Car Share Co-op (worth \$400)! This program is designed to support those living on campus that cycle, walk, and take transit -- and intended to encourage current vehicle drivers to switch to sustainable transportation. As a member of the Victoria Car Share Co-op you can have access to 15 vehicles in Greater Victoria, including 3 on campus and now a mini-van in Family Housing. Members of the co-op simply "rent out" vehicles when they need them using the 24 hour booking service. All vehicles are family friendly!

Are you a current driver? Consider selling your car and return your 08/09 FH parking permit (you will receive a substantial refund of the total fee paid). Car sharing is much more affordable than owning and operating your own vehicle, plus you don't have to worry about parking permits, maintenance or insurance! Take green living to the next step and reduce your family's transportation footprint! Call 250-721-6678 for more information or download a copy of the application form from the Family Housing web page <http://housing.uvic.ca/family/fhguide.php#carsharing>

Who to Call



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



October Ring 2008

Big Box Opening for the UVic Family Centre

By **Christine McLaren**



The UVic Family Centre celebrated the arrival of several big boxes of equipment thanks to a generous donation from the Faculty of Education. Families were on hand for the opening where boxes taller than the young children included new chairs, blocks, painting easels and other needed supplies for the centre.

"The social committee looked into the programs and services that the UVic Family Centre offers our students and decided that supporting the centre would be a perfect fit for the Faculty of Education", says social committee member, Dr. Lara Lauzon.

Located in the student family housing complex on Lam Circle and operated by the faculty of human and social development, the centre is a valuable resource for student families offering programs for children and youth as well as facilitating access to many community resources.

"We welcome all student families to the centre," says Elizabeth Quong, director of the centre "and value their participation in building a community that supports families."

Members of the social committee, along with education dean, Ted Riecken and associate dean, Jillian Roberts joined enthusiastic families and staff with the unwrapping.

"As educators, we recognize the importance of supporting young children in their early learning and the UVic Family Centre provides a rich educational environment that we are proud to support", says Riecken.



Profiles Meet the New Practicum Students



Hi, my name is Dashna. I am a 4th year UVic nursing student. I am originally from Afghanistan. I am doing a 3-month placement at the family resource centre and my role here is to learn and observe the programs, and families.

I will be helping out at the Wednesday morning playgroup and any other programs when I can. I am also interested in learning about what the families needs are and how they think the Family Centre can better meet these needs...or what they love about the centre and staff! I will also be attending Family Centre meetings to find out how the centre operates and how change occurs. Thank you for having me, and I am looking forward to the next three months!



Hi! My name is Kerry-Anne Doole. I am currently a student at Camosun College working towards a diploma in the Community, Family and Child Studies Program. This is a two year program with an emphasis on social justice for all. I am doing my practicum this semester at the Family Centre.

Once I finish my diploma I plan to come to UVic to work towards my degree in Child and Youth Care. My dream is to work with the disabled and their families helping them to access the services that they need. What I hope to get from this practicum is a better understanding of what families go through when one of them is a student.

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.

- Oct. 2:** Spectacular Science
- Oct. 9:** Indoor Games. Bring your favorite board game to play.
- Oct. 16:** Crafts and creativity
- Oct. 23:** Creative cooking
- Oct. 30:** No After School Club



Culture Club: Culture Club is a unique group experience geared towards International students and new Canadian families along with their pre-school children. In addition to making new friends, Culture Club will help familiarise you with the local environment and the resources available to you in Victoria. Each week has a different theme, we often exchange international cooking and crafts. On October 16th, the Culture Club is happy to present a workshop, "Parenting Pre-school Children". Now, the Culture Club meets on **Thursday afternoon from 1:00-3:00pm**. Please join us and share your thoughts about what other kinds of activities you would like to have for the group.

- Oct.2:** Potluck Lunch
- Oct.9:** Planning session
- Oct. 16:** Dr. Lily Dyson presents "Parenting Pre-school Children"
- Oct.23:** Campus walking tour (In case of rain, we will have a wire craft workshop)
- Oct. 30:** Craft for Halloween



Community Events

Sat, Oct 4 Story Telling Festival

In Esquimalt Plaza. Many storytellers will delight and entertain children of all ages. No registration required. 10:30am-1:30pm. 250-414-7198.

Sat-Sun, Oct 4-5 Shop the Wild Festival

At Royal Roads University. Learn about the benefits of going green and choosing local—come and enjoy fresh and delicious wild edibles direct from BC's farms. Over 50 exhibitors, wild food demos, guided nature walks, face painting and musical entertainment. Free. www.buybcwild.com.

Sat, Oct 11 Quintessence Breastfeeding Challenge

At SilverCity Victoria (Tillicum Centre). Calling all breastfeeding moms to help set the world record for the most babies nursing simultaneously. Take part in a global synchronized breastfeeding event. Live demonstrations, displays, guest speakers and great door prizes for moms and babies. Free. Doors open at 10am, latchon at 11am sharp. www.breastfeedingmatters.ca or 250-595-4905.



Sat, Oct 18 Light the Night

At UVic, Parking Lot 10. An international fundraising campaign to commemorate and celebrate lives touched by blood cancer. The evening includes music, food, entertainment and family activities. Open to everyone. For more information contact Jennie at 590-9045.

Sun, Oct 19 Wild Mushroom Show

At Swan Lake Christmas Hill Nature Sanctuary. Discover the world of wacky and wonderful mushrooms of Vancouver Island. The huge variety found in our forests, fields and gardens will be on display. Bring your specimens for identification by members of the Mycological Society. Drop-in family program for ages 6 and up. 10am-4pm. Donations appreciated. 3873 Swan Lake Rd. 250-479-0211.

Fri, Oct 31 12th Pumpkin Yard

Scores of spooktacular works of pumpkin art, using 100% real pumpkins. Come visit the graveyard and vampire lair. Be part of the festival: bring a pumpkin creation. Family-friendly. Donations appreciated. 2527 Fernwood Rd. 5-9:30pm. (Candy for the kids 5-10pm) 250-886-4691 or pumpkinyard@telus.net.