



# News & Views

*A Newsletter for Families at the University of Victoria*



*April 2009*

Issue 139

**UVIC Family Centre**

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Check out our complete  
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LAURENE SHEILDS

**NEWSLETTER**

EMMA CHALIFOUR

## Family Centre Hours

**Mondays**

Knitting Club 7-8:30pm

**Tuesdays**

9am-5pm & 7-8:30pm

Playgroup

10:00am-12pm

After School Club

3:20pm-4:50pm

Conversation Club

7-8:30pm

**Wednesdays**

10am-2pm

Playgroup

10:00-12pm

**Thursdays**

1pm-3pm

Culture Club

1pm-3pm

**Fridays**

Parent-led Playgroup

10-12pm

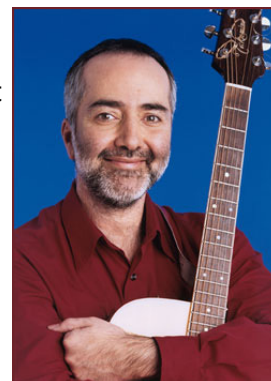


## A Covenant for Honouring Children

*Emma Chalifour*

My husband, like many children in North America, grew up on 'Raffi'. Callum, my sixteen month old, can already sing large portions of Baby Beluga, he often bursts into song and is surprised to find how many people know the song and join in! Raffi Cavoukian was born in Cairo and spent his early years in Egypt before emigrating with his family to Canada. He is known primarily as a children's entertainer and song writer but has recently shifted his focus to advocating for children. Raffi believes that our environmental and cultural conditions have become toxic to children. He has written what he calls a 'Covenant for Honouring Children' the aim of which is to call people into putting the needs of children first. Raffi states that, 'Every girl and boy is entitled to love, to dream and belong to a loving "village". And to pursue a life of purpose.' The covenant suggests nine principles on which to base how you live. Raffi believes that living life shaped by these principles would result in the restoration of communities. I have summarised the essence of the covenant below, but for more information please check out Raffi's website: [www.raffinews.com](http://www.raffinews.com).

1. **Respectful living** ~ treating children as human beings in their own right. Recognising that they have their own voice and encouraging them to use it. Respectful love instils self-worth.
2. **Diversity** ~ encouraging children to recognise the abundance of variety in ecosystems and earthly splendour. Introducing young children to a variety of cultures and ways of living.
3. **Caring Community** ~ based on the idea that it takes a "village" to raise a child. Child-friendly shopkeepers, family resource centres, bicycle lanes and parks are ways in which a community can support children.
4. **Conscious Parenting** ~ teaching children the skills needed to parent in a way that is nurturing, neither permissive or aggressive. Providing insight into the child-rearing process. Emotionally aware parents are less likely to perpetuate abuse or neglect.
5. **Emotional Intelligence** ~ providing young children with a safe context in which to explore feelings and how to express them. Emotionally secure children are more able to show compassion for others.
6. **Nonviolence** ~ not just the absence of aggression, but living with compassion. A culture of peace begins in a nonviolent heart and a loving home.
7. **Safe environments** ~ protecting children from toxins, whether these be pesticides, manipulative advertising, domestic neglect ... children are vulnerable and need safeguarding.
8. **Sustainability** ~ not just in regards to the environment, but also by investing in young children. Building social capacity.
9. **Ethical Commerce** ~ Developing a economic structure that is devoted to the good of the very young.



**“No Foolin!”**

**April 3rd**

**7:30-9am**

**At the Family Centre**

## An Invitation to the Launch of the Publication Grandparents Raising Grandchildren: A Legal Guide



**Wednesday April 1, 2009**  
**11:00 am to 1:30pm**  
**Greater Victoria Central Public Library**  
 Meeting Room in the Talking Books Section  
 735 Broughton Street, Victoria

This celebration will have speakers, information table, entertainment, and refreshments. Children are welcome and child minding will be available.

Did you know there are more than 65,000 children in Canada being raised by their grandparents? In BC alone, the 2006 census indicates there were 9,940 children under eighteen being raised by grandparents. The Legal Guide is written for BC grandparents (and other relatives) who need legal information and resources while raising a grandchild. The Legal Guide will also serve as a valuable educational and practical resource for service providers, family lawyers, and public policy makers.

The Legal Guide is the result of a 20 month collaborative project between Parent Support Services Society of BC and the University of Victoria School of Social Work. The Project was supported and directed by an Advisory Committee comprised of honorary grandparents, lawyers, educators, and social workers. The Project consulted grandparents raising grandchildren across the province. The Guide was written by law students, lawyers and professionals in the field, and then reviewed by a wide range of service providers, lawyers and judges experienced in this area of family law. The Legal Guide is free for grandparents and \$20 for others.

We hope you can join us for the launch of "Grandparents Raising Grandchildren: A Legal Guide." If you have any questions, please contact Carrie at 250-384-8042 or by e-mail at [grg@parentsupportbc.ca](mailto:grg@parentsupportbc.ca)

*Contributions for the newsletter can be emailed to*

***[fcnews@uvic.ca](mailto:fcnews@uvic.ca)***

*Recipes; book reviews; parenting tips; reflections ...  
all gratefully received!*



**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. If you have items to give away please send details to [fcnews@uvic.ca](mailto:fcnews@uvic.ca) and we will post them in the newsletter—remember to include your phone number or email address so people can arrange pick up. Alternatively please call local charities. **Thank you!**



## Who to call...

Housing Office	721-8395
Family Centre	472-4062
Maintenance Line	721-8650
Maintenance (Emergency)	721-8658
Health Services	721-8492
Campus Security	721-7599



## Discussion Circles at the Family Centre

*Kristine Mannion*

The Family Centre has been alive with great conversation every Wednesday evening for the last eight weeks! A group of UVic students and family housing residents have been gathering there to discuss the concept of "voluntary simplicity". Guided by a book of weekly readings put out by the Canadian Earth Institute, we go through a series of discussion questions, learn about various concepts, and are fuelled by yummy treats, coffee and tea!

It has been a great way to meet new people, learn without any of the stress of tests or papers to write, and to expand learning in a supportive, fun environment.

The Campus Interfaith Centre supports a number of these discussion circles every year, on a variety of topics. This May they will be facilitating a discussion circle on "Healthy Children - Healthy Planet" with the following purpose:

- To understand how the pervasive effects of advertising, media, and our consumer culture can influence a child's view of the world.
- To discover ways to create meaningful family times and healthful environments for children.
- To explore ways to develop a child's connection to nature, and to foster creativity.

This is a great way to gather together to talk about what can sometimes be a confusing and depressing topic. It is also a great way to challenge ourselves to do the best we can for our families, ourselves, and our planet. Please visit the campus Interfaith Office (located beside the bookstore) for more information, to register and to purchase a discussion booklet (for \$30 - it can be sold back at the end of the 8 weeks for \$25!). There will also be posters up around the Family Centre! We look forward to meeting some new people, learning, and having some great conversations!!

## Profile... Hendrik Greidanus

Emma Chalifour



Hendrik Greidanus, his wife Bryn and their two beautiful children, Ilse, now three and a half and Ari, nineteen months, moved to Victoria last summer. They did not live in Family Housing, but we have been blessed to have them as integral members of life at the Family Centre. They are now on they way back home and will be greatly missed.

Hendrik is originally from High River just south of Calgary. He grew up as one of six children on his parents honey farm. Growing up Hendrik aspired to be a professional musician, playing his Double Bass in jazz bands. He moved to Capilano College, Vancouver to study music and pursue his career. Whilst there he met his wife Bryn and later Ilse was born. Sadly Hendrik discovered that his life as a professional musician was not paying the bills and so they moved back to High River. He followed in the footsteps of his father and became a bee keeper. Most of Hendrik's training has been on-the-job, but he did spend six months in New Zealand on another honey farm to learn more.

Last Summer he shifted roles to become a stay-at-home father while Bryn attended UVic to complete the final year of her music degree. Hendrik describes this as an amazing experience (do not worry...he also said there were some tough days too!). As he looks at going back to work outside of the home he realizes how much fun he has had caring for his children fulltime. A highlight of his time here was going to Goldstream River during the Salmon Run and seeing the multitudes of Bald Eagles that gather there at that time. Ever since Ilse and Ari have been on the lookout for eagles! He has also enjoyed living just a couple of blocks from the wonderful children's swimming pool at Gordon Head Recreation Centre. Despite a big snow year by Victoria standards, Hendrik said he missed the snow while he was here. He also missed the support of family.

As I write this Hendrik and family are making their way back to High River. We wish they all the best and a smooth transition back to life on the farm. They might just make it back in time to enjoy some cross-country skiing and igloo building!

## No Foolin' ...

It's that time of year again!! The Family Centre is getting ready for its 6<sup>th</sup> annual No Foolin' Event, which takes place on the morning of **Friday April 3rd**. No Foolin' is an opportunity for UVic student families and community supporters to come out. It is a chance to celebrate the wonderful energy and diversity that families and their children bring to campus life here at UVic. This annual event is about celebrating our vibrant, diverse, and unique community, as well as raising awareness about the challenges and barriers that some student families face.

The No Foolin' event will be a time to showcase the Family Centre at UVic. We will have lots of activities and entertainment that focus on day-to-day life here at the Family Centre (music, singing, crafts, laughter and fun). There will be lots of free food donated by local merchants and businesses. Come down to the UVic Family Centre for free hot dogs, ice cream, fruit, bagels, coffee, and more for breakfast on your way to work or school. Please come by and show your support to student families here at UVic!

Everyone is welcome to attend this free community event! It takes place from 7:30 – 9:00 AM in front of the Family Centre at 2375 Lam Circle in UVic Family Housing. We are looking for volunteers to help in the planning and on the day of this event. Please call us at 472-4062 if you would like more information or if you would like to volunteer.



### Did you know?

There are 180 families living in Family Housing. A grand total of 205 children. Just over half of the children are aged five and under. The average age of the children is 7.

维多利亚大学家庭中心是为所有住校和非住校的学生家庭服务的。这里为0岁至15岁的小孩提供一些便利的活动（请参考每月简报上的日程表），同时也提供可以外借的图书与玩具，衣物交换，和一些家长们可以参加的活动。这是一个方便学生家庭交流，学习，娱乐的好去处，我们真诚期待您随时踊跃参与。

# 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 10:00-12 features a popular music and movement program with Kathleen. Wednesday mornings from 10:00-12 are more of a crafts time, relaxed with toys, games, and friends for the kids to play with. On Friday mornings 10-12noon, the Family Centre is open for a parent-led playgroup.

## **After School Club:**

Tuesdays from 3:20 – 4:50pm. Every week we will 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. We are always looking for new ideas for the After School Club so if any adults or older teens have a talent or expertise they would like to share with this group please Call or e-mail Dana at (250) 472- 4062 or [familyc@uvic.ca](mailto:familyc@uvic.ca)  
 April 7th ~ Goodbye party for our practicum students  
 April 14th ~ Spring Crafts  
 April 21st ~ Earth Day Activities  
 April 28th ~ Arbor Day

## **Culture Club Schedule**

The Culture Club welcomes members from diverse cultural backgrounds and meets on Thursday afternoons from 1:00 to 3:00. There may be some time schedule changes at a later stage to accommodate more participants. Its purpose is to support international and new Canadian student families. A variety of activities are planned for April including cooking, discussion groups and information sessions. Please do not hesitate to contact the Family Centre with your ideas for Culture Club.

## **Knitting Club**

Monday evenings 7-8:30pm. April 6th - Come and knit a child's hat! Needles, wool, pattern and professional help (Carin) provided.

## **“No-Foolin!” Friday April 3rd 7:30-9:00am**

Everyone is welcome to attend this free community event! It takes place in front of the Family Centre at 2375 Lam Circle in UVic Family Housing. Please call us at 472-4062 if you would like more information or if you would like to volunteer

## *Community Events*

**Launch of the Publication Grandparents Raising Grandchildren.** Wednesday April 1, 2009 11:00 am to 1:30pm  
 Greater Victoria Central Public Library Meeting Room in the Talking Books Section 735 Broughton Street, Victoria. If you have any questions, please contact Carrie at 250-384-8042 or by e-mail at [grg@parentsupportbc.ca](mailto:grg@parentsupportbc.ca)

**Easter Eggstravaganza:** Entertainment, egg hunt, craft stations, treats and a visit from the Easter Bunny. This event sells out every year, so pre-register early.

*Gordon Head Recreation Centre*

Sun, Apr 5 1 – 5 yrs 9:30 – 11:00am \$6.00

*Cedar Hill Recreation Centre*

Sun, Apr 5 2 – 6 yrs 11:00am – 12:30pm \$6.00

**Free Play Day: Wednesday April 8th.** At Lakehill Pre-school. Children from birth to five accompanied by their parents are welcome to attend. Hosted by an early childhood educator, this date includes free play, art activities, circle time and outside play. Come to see our school. Noon-1:30pm. 3821 Cedar Hill X-Rd. 250-477-4141.

**Gardening for Wildlife: Saturday April 18th and Saturday April 19th. 10am – 3pm.** More than 5000 native plants will be available to purchase at our 14<sup>th</sup> annual Native Plant Sale. Presentations and informative displays will help you to choose the right plants for your yard and to attract wildlife. Swan Lake Christmas Hill Nature Sanctuary. 3873 Swan Lake Rd. \$3 per day; \$5 for both; free for “Friends”. Ph. 250 - 479-0211 for more information.

**Bird Walks: 9am Sundays and Wednesdays.** Join our birding naturalists, Ian Cruickshank on Sunday and Jack Sutherland on Wednesday, for an informed walk around Swan Lake, discovering returning and nesting birds. Bring your binoculars, wear shoes for muddy trails and meet in the parking lot. By Donation. Swan Lake Christmas Hill Nature Sanctuary, 3873 Swan Lake Rd. Contact Margaret Lidkea at 250-479-0211 for more information.

**VHS Giveaway Greater Victoria Public Library** is moving exclusively to DVD on March 31, so they are having a **"VHS giveaway"** marathon Saturday April 18 and April 25, 9:00-5:00 pm at the Central Library. There will be feature films, documentaries, and children's favourites of all kinds.

**Carnival of the Arts: Saturday April 25<sup>th</sup> 11am-2pm** Local performers, magicians, stilt walkers, hands-on arts and crafts activities and the youth banner exhibition make this a family friendly event. Cedar Hill Recreation Centre.