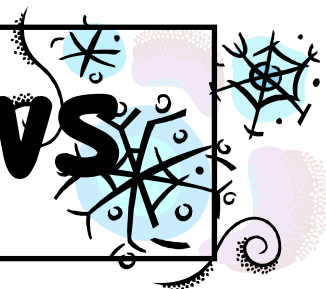




# News & Views

A Newsletter for Families at the University of Victoria



January 2009

Issue 136

**UVIC Family Centre**  
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Check out our complete  
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**FACULTY  
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LAURENE SHEILDS

**NEWSLETTER**  
EMMA CHALIFOUR

## Family Centre Hours

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

Playgroup  
10:00am-12pm  
After School Club  
3:20pm-4:50pm  
Conversation Club  
7-8:30pm (Starting Jan. 27th)

### Wednesdays

**10am-2pm**

Playgroup  
10:00-12pm

### Thursdays

**1pm-3pm**

Culture Club  
1pm-3pm

### Fridays

Parent-led Playgroup  
10-12pm

## Happy New Year!

*Written by Emma Chalifour*



Some of my earliest memories are of celebrating New Year's Eve with my grandfather. Being Scottish this celebration was one of the most important of the year for him. As far back as I can remember we would stay up to see in the New Year. This was the one night that my brothers and I longed for bed, with heavy eyes we held onto our lump of coal and anticipated Big Ben striking midnight. After a weak rendition of Auld Lang Syne, we would rush outside, hand our coal to a neighbour and frantically bang a pot with a kitchen spoon. We would then fall into bed relieved that we had made it to midnight. Sadly these traditions did not cross the Atlantic with me.

New Year's Eve is for many a time to look back over the previous year and ahead to the coming one. I no longer hand out coal (a tradition meant to express sharing amongst neighbours) or sing Auld Lang Syne (truth is I never did really catch all the words!), but I do take a moment to reflect. I love to sit down with my husband and talk about our highlights, adventures or things we would have done differently. We also talk about what the coming year might bring, sometimes we write these things down, seal them in an envelope and read them the following year.

Some take this reflection a step further by identifying changes that they want to make and resolve to follow through on those changes. Here are some of the most popular New Year Resolutions, maybe yours are on the list!

1. Spend more time with Family & Friends
2. Exercise regularly
3. Lose weight
4. Enjoy life more
5. Learn something new
6. Help others by volunteering time or resources
7. Simplify without stress—purge one item a month
8. Get more sleep
9. Spread some cheer—smile at strangers, hand out compliments...
10. Make your children laugh

Whatever your hopes and dreams are for the year 2009 I trust that it will be full of blessings peace and prosperity.

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。



# L.I.F.E - Leisure Involvement For Everyone

**The start of a new year marks the time to renew your L.I.F.E pass!**

The L.I.F.E. (Leisure Involvement For Everyone) program assists individuals and families with low incomes to access Saanich Recreation programs and services. If you are a resident of Saanich and your combined gross family income falls below the Statistics Canada's low income cut off, you and your children are eligible for passes. However, only the non-student members of your family will be eligible since fulltime students are not included in the program.

## How Do I Apply?

Complete the application form which is available online or pick up a copy from one of the Saanich Recreation Centres. You only need to complete one form per household. When you submit your completed application, you will be required to show proof of Saanich residency for yourself and your dependents and your BC Care Card. If you qualify, you will receive one **Coupon Book** and one **Access Card** per family member. All family members must be present to apply for the access card as photos are taken for the ID card. They are both valid from January 1st - December 31st of every year. The access card is valid at any recreation centre in Greater Victoria. It entitles the holder to 52 free drop-in activities. The coupon book contains discount coupons for 50% off any registered program in Saanich. There are coupon books for adults, teens and children. Coupons cover things such as childcare, facility rental, summer playground programs, youth special events. So...time to fill out that form!

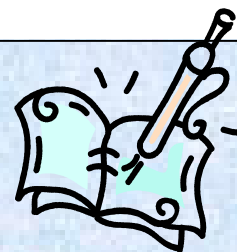


## Do you want to be a world record breaker?

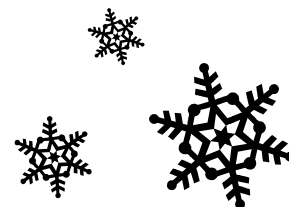
All Canadians have the chance to participate in setting a Guinness world record as part of Family Literacy Day. ABC CANADA Literacy Foundation and Oxford Learning announced a new partnership to present the Family Literacy Day® World Record Attempt, a national, bilingual initiative encouraging adults and children to engage in 30 minutes of reading together on January 23 or 24, 2009. The initiative is part of Family Literacy Day (FLD) 2009 and encourages Canadians to read along and help break the Guinness World Record™ for "Most Children Reading with an Adult, Multiple Venues." The current record of 78,791 was set across the U.S. in 2006.

Anyone can participate in the FLD World Record Attempt, from one adult and child reading together at home to large groups with a number of children being read to by several adult readers in a public setting. In addition to Oxford Learning centres, public events are being planned for YMCAs, libraries, schools and literacy organizations across the country to occur in the 24-hour period between 2:00 p.m. on January 23 and 2:00 p.m. on January 24.

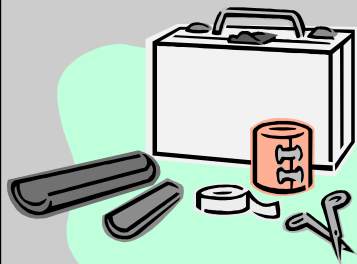
A special section on the ABC CANADA website [www.abc-canada.org](http://www.abc-canada.org) has been created to provide all the information families need to participate in the FLD World Record Attempt.



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



## Emergency First Aid Course for Family Housing



In late January the Family Centre and the Vice-President Academic and Provost will be sponsoring an Emergency First Aid course for women living in Family Housing. The course will be eight hours long, split into two sessions of four hours each. It will cover the ABC's of First Aid: bleeding; shock; and CPR for infants, children and adults. The course will be taught by women for women.

This is a wonderful opportunity to learn a valuable skill that can help you and your family. It will also give you a skill that will help with job possibilities. The First Aid Course is a requirement for people who are interested in registering to provide in-home care for children

through the Child Care Resource and Referral group. Student Families and others involved in the child care initiative will qualify for a course subsidy.

**Please contact Elizabeth at the Family Centre if you are interested and we will finalize the dates and times.**

**Ph: 250-472-4062 or email: [familyc@uvic.ca](mailto:familyc@uvic.ca)**

## Notices ...

**FREE:** Canon i950 printer, good working order complete with software and manual. Some slight white lines appear when printing large photographs.

Needs Magenta ink.

Call: Kathleen or Derick on 250-598-7350.

**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!**

## A Season of Hope and resolutions for 2009

*Written by Dana Sibley*

This year my daughter's school, Campus View Elementary, used their winter concert to highlight the many different winter festivals and celebrations around the world. We learned about Christmas, Kwanza, Ramadan, and Hanukah, to name a few. The senior classes ended the performance with a song about the winter season being about hope and understanding. They encouraged us to open ourselves to different traditions and be willing to try new things. They asked us to be generous to others and remember that, regardless of your culture, people need hope at this time of year.

Through my work at the Family Centre I have had the privilege of learning about different cultures and the celebrations that those culture have. This December I have had the privilege of witnessing overwhelming generosity from members of the UVIC community to many of our student families. This generosity and the idea of being open to new traditions inspired our family to focus our resources on others, not just ourselves. One of our New Years resolutions for 2009 is to give more of ourselves to the wider community. We plan to volunteer more and help our children learn about the joys of giving, not just receiving. As you and you family make resolutions and set goals for 2009 I encourage you to try something new and, when possible, extend a helping hand to others. I



We would like to express a huge "Thank you" to the following members of the UVIC community:

Career Services; Schools of Social Work and Child and Youth Care; McPherson Library; Financial Aid Office; Alumni House and Campus Security. Your generosity to student families at Christmas was greatly appreciated.

## 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



# 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. Wednesday mornings from 10:30-12 are more of a crafts time, relaxed with toys, games, and friends for the kids to play with. On Friday mornings the Family Centre is open for a parent-led playgroup.

## After School Club:

**Times, they are a chang'in** ~ The After School Club is moving to a new day and time: **Tuesdays from 3:20 – 4:50pm**. Every Tuesday 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. Our first After School Club of 2009 is January 13<sup>th</sup>. 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)

**January 13:** Ring in the New Year by learning how to make some new snacks

**January 20:** Crafts from many countries

**January 27:** Book Club: Come and talk about your favorite books and authors.

## Culture Club Schedule

The Culture Club welcomes members from diverse cultural backgrounds and meets on Thursday afternoons from 1:00 to 3:00. Its purpose is to support international and new Canadian student families. The following activities are scheduled for January. There may be some time schedule changes at a later stage to accommodate more participants. Please do not hesitate to speak to Tomoko for your ideas of Culture Club.

January 8th – Cooking

January 15th – Will be announced later

January 22nd – Self-esteem workshop

January 29th – Visiting a pottery studio

## ESL Conversation Club

The Family Centre is going to start a new series of ESL Conversation Club from **January 27 to March 17** for 8 sessions. Please contact the Family Centre to register at 250-472-4062.

**Place:** UVIC Family Centre

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



## Community Events



**Tinseltots Parent Babe Movie Matinee.** Monday 12th January, Odeon Theatre 1pm. Tickets cost \$4.50, stroller parking is available, lowered volume. Recommended for babies under a year old.

**Victoria Independent Film and Video Festival** ~ No matter if it's controversial cinema, oscar-winning drama, evocative documentary or the list of who's attending the Victoria Independent Film and Video Festival, this romp through the world of film is the event you don't want to miss. Enjoy over 160 films screening at 4 downtown venues. Don't miss Vancouver Island's biggest and longest running film festival, where you'll see the best of independent cinema from across Canada and around the world. For more information visit [www.vivf.com/](http://www.vivf.com/)

**The Victoria Symphony's Concerts for Kids** series presents ~ Symphonic Shenanigans with Al Simmons. Sunday **18th January** at the Royal Theatre. By popular demand musician, inventor and all-around nutty guy Al Simmons is once again bringing a big dose of daffy to the Victoria Symphony stage. He is a wizard of astounding gadgets and preposterous props, not to mention the creator of dozens of hilariously catchy tunes. He'll share some of his best-known tunes - plus a few surprises. For more information go to [www.victoriasymphony.ca](http://www.victoriasymphony.ca)

## **Family Sunday at the Art Gallery of Greater Victoria.**

Family Sunday takes place on the third Sunday of the month (January 18th). The theme for January is based on the exhibition of Religious Arts of Asia. Drop-in from 2:00pm – 4:00pm and enjoy creative hands-on art-making activities, guest artists, musicians, performers & more! More information available at <http://aggv.bc.ca/family+sunday.aspx>

**Saturday 24th January: Read with the Salmon Kings** at Saanich Centennial Branch Library. Drop in for a reading by a Salmon Kings player, a chance to ask what it's like to be a hockey player, and to find out about cool hockey books you can take home and read. 2:30-3:30pm. Please call to register 250-477-9030.

**Family Literacy Day** ~ January 27, was developed by ABC CANADA Literacy Foundation and Honda Canada in 1999 to encourage families to read and learn together on a daily basis. Last year, for Family Literacy Day's tenth year celebrations, it is estimated that over 275,000 Canadians participated in literacy activities at home and in schools, libraries and literacy organizations across the country. For more information, visit [www.familyliteracyday.ca](http://www.familyliteracyday.ca)

