



# News & Views



A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVic

## Voting Local

On Saturday November 19<sup>th</sup>, 2011, 8am to 8pm Municipal Elections take place. Votes will be cast for mayor and eight councillors, as well as School Trustees. In general, turnout for municipal elections is low. In 2008, voter turnout for Saanich Municipal Elections was 20.61%. I have to admit that I have never voted in a municipal election, although I am a diligent voter in provincial and federal elections. I'm not sure why I've failed to vote municipally so far. Perhaps it is the lack of national media hype, political drama or oversized obnoxious election signs. A recent reflection has sparked me to change this habit.

After all, through avenues such as sustainability initiatives and recreation programs, mayor and councillors make decisions that directly impact where we live, our community and our families. In addition, as parents, school trustees influence the life of school age kids. According to the British Columbia School Trustees Association, trustees are responsible for engaging their communities in building and maintaining a school system that reflects local priorities, values and expectations. They set plans, policies and the annual budget.

So I will now beat the drum to hit the polls as avidly for municipal elections as I do for federal and provincial ones. You can vote in the Municipal Election if you are a Canadian citizen; 18 years of age or older; and have lived in BC for at least 6 months. To confirm if you are on the registered voters list, an online voter confirmation system is accessible at your municipal webpage. If you are not registered to vote, worry not, you can register at the time of voting with two pieces of appropriate ID. Polls are located throughout the municipality where you live.

If you would like to learn more about the election candidates, All Candidates Meetings will be held leading up to the elections. Information regarding All Candidates Meetings and links to independent candidate webpages are posted on your municipality website.

For more information visit **municipalelections.com**, this website provides information about how to vote and provides links to individual municipal websites.

*By Avril Nagel*

### DIRECTOR

ELIZABETH QUONG

### STAFF

EMMA CHALIFOUR  
MIKI McMECHAN  
JANNA MACKENZIE

### FACULTY COORDINATOR

LAURENE SHEILDS

### ADDRESS

UVIC Family Centre  
39208- 2375 Lam Circle  
Victoria, BC V8W 2Y2

Mailing Address:

P.O. Box 1700 STN CSC  
Victoria, BC V8W 2Y2

**PHONE:** 250-472-4062

**E-MAIL:** familyc@uvic.ca

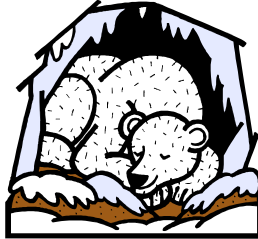
<http://web.uvic.ca/family-centre/>



Family Centre Weekly Hours and Programs		
Monday	7:00—9:00pm	Craft Group (Knitting)
Tuesday	7:30am-3pm	Breakfast Club: 7:30-9:00am
Wednesday	9:30am— 3pm	Playgroup: 10am-12noon
Thursday	1pm-5pm	Afterschool Program: 3:30pm-5:00pm
Friday	10am-12noon	Playgroup: 10am-12noon

## Miki's Corner

It is hard to believe that there are only two months left of 2011. Where did the past ten months go? November is a time when the forest animals are getting ready for winter, especially bears; they are eating lots and getting fat for their winter hibernation. Females may deliver cubs while in hibernation. They wake up long enough to feed their offspring and keep them snug until spring. Meanwhile the jungle animals live a different kind of life. As do the farm animals and our pets. November will be dedicated to "The Animals".



This is also the time of year when parents and/or children often have colds. Please do not bring your child to the Family Centre if you or your child has flu like symptoms, running a fever, coughing, or a cold that may be contagious. Remember hand washing is the best method for not spreading germs. Also, please remember that if your child or another is mouthing a toy, which happens, please put the object in the sink and we will put it in the dishwasher for sterilization.

### Christmas Bureau Hampers



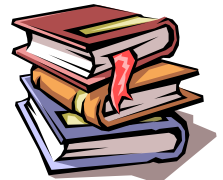
Are you in need of a helping hand this holiday season? If so, please fill out an application form and mail it in or drop it off at the address listed. Application forms are available from the bulletin

board outside the Family Centre, more information can be found on the CFax1070's website (go to 'Santa's Anonymous').

The deadline for applications is December 1st

## Book Club

Are you interested in joining a book club? There is one starting at the Family Centre! We will meet the 2nd Thursday of each month. First meeting Nov 10 at 7:00pm at the Family Centre. We can discuss our reading interest and titles we would like to read and discuss for future meeting. Adults only please. If interested please sign up at the Family centre or write a comment on the Family Centre facebook page.



Thanks, **Rachel Sargent.**

*News and View is a collaborative effort by staff, practicum students, volunteers and student families. If you have something you would like to contribute, whether it is a favourite recipe, a reflection, a book review...please send it to [fcnews@uvic.ca](mailto:fcnews@uvic.ca).*

*News and Views has a new editor - Hello! My name is Avril Nagel and I will soon be hanging up my 'working mom' role to welcome a new baby into our family of three. While on leave from the provincial government, where I write provincial emergency plans, I'll be joining the family centre team as the new editor of the Newsletter. I'm looking forward to writing fun, interesting articles for families. Feel free to send any ideas, contributions or feedback to me at [fcnews@uvic.ca](mailto:fcnews@uvic.ca).*

## New Faces at the Family Centre...

*This month we are introducing our Work Study Students and volunteers. This year we have two Work Study Students who will be with us right through to the end of April. They will be doing a variety of tasks around the Centre, sometimes they will be working behind the scenes helping everything run smoothly, other times they will be assisting with programs or special events. We are also thrilled to have Chelsea volunteering with us again this year. Chelsea will be providing child-care at the Nobody's Perfect program and may drop into some of the other programs from time to time.*



**Hello! My name is Angeli Tabamo** and I have just started at the Family Centre for the Work Study program. I am a student at the University of Victoria, finishing my last year towards a Bachelors of Science. I have always been inclined to working with children so I am excited to be working at the Family Centre. I grew up in this lovely city of Victoria so if you are new here, or have any questions about the city –please feel free to ask! Likewise, I love to learn about new cultures and different places around the world. I look forward to meeting and getting to know all of you!

**Hi! My name is Ciara** and I am one of the new work study students this year. This is my second year studying Child and Youth Care at UVic. I plan on working with kids of all ages after I graduate, and so helping out at the Family Centre is the perfect fit for me! You'll see me around Thursday mornings during Nobody's Perfect, as well as a few other days a week.

**Hi everyone! My name is Chelsea** and I am returning to the Family Centre for my second year as a volunteer/employee. I will be facilitating child care for the Nobody's Perfect Program again this year, and I can't wait to see all of the new and returning faces! I am currently in my third year of the Child and Youth Care Program at the University of Victoria. As well as volunteering for the Family Centre, I am also volunteering for the Young Parent's Support Network weekly and starting a practicum in January. Can't wait to see everyone!



Please note that Remembrance Day is Friday November 11th. There will be no drop-in program at the Family Centre on this day.

## Breakfast Club

The Family Centre had its first breakfast drop in and it was very enjoyable. It was so nice to share breakfast with such a diverse group of families, both with and without children. In the coming weeks we will continue to meet for breakfast on Tuesday mornings, enjoying food such as eggs, pancakes and breakfast wraps. We hope to see you next week! Laura & Kelsey.

**Please note:** Due to a shortage of storage space the Family Centre is unable to receive donations of large items. If you have furniture, kitchen or large baby equipment to give away please post a notice in the newsletter by emailing it to [fcnews@uvic.ca](mailto:fcnews@uvic.ca). If you have small items to donate, such as clothing, toys or books, please contact the Family Centre to arrange a drop-off time. **Thanks.**



# Programs and Events

## Playgroups:

On Tuesday, Wednesday and Friday mornings from 10am-12pm, the Family Centre hosts fun and energetic playgroups. Kathleen's lively Music and Movement Playgroup meets on Tuesday mornings. On Wednesday and Friday mornings, Miki hosts playgroups involving arts and crafts, free play, circle time, and snack. We look forward to seeing you and your little ones this month.

## After School Club:

School Aged Kids (Grades 1-6) are invited to the After School Club at the Family Centre on **Thursdays from 3:30 - 5:00 pm**. We will be doing a variety of activities each week. These might include outdoor games like soccer, tag, and croquet, as well as puzzles, projects, board games, talent shows, crafts, and all kinds of other fun stuff.

**November 3rd:** Games Day.

**November 10th:** Grow your green hair creature.

**November 17th:** Super science session.

**November 24th:** Bake off.

## Make and Take:



Need a night out? The Family Centre is open on Monday evenings from 7-9pm. Currently a group are working on knitting projects, but feel free to bring your own craft project along and work on it while getting to know other people in the community. Don't have a craft project? Can only make it for an hour? Come anyway! The kettle is always on and we'd love to see you!

## Breakfast Club:

Come and stop by Tuesday mornings between 7:30 and 9:00am for a breakfast drop-in group run by Laura and Kelsey, our practicum students. Pop by on your way to school, work, daycare...come share some food, meet new people or connect with friends. Each week will be a different breakfast food, along with the staples like toast and cold cereal. We hope to see you there! EVERYONE WELCOME!



# Community Events



## **Skippyjon Jones and His Fabulous Feline Friends**

November 3<sup>rd</sup>, 2011, 1:30 PM, Nellie McClung Branch Bounce on down to the library to enjoy a purrfect selection of cat tales. Create a kitty craft to take home too! For young children and their families; children under 3 must be accompanied by an adult. Registration required.

## **Crafts for Tweens: Felted Hedgehogs**

November 5th, 2:30-4:00 PM, Central Library Using coloured wool and basic materials, learn how to create your own needle-felted hedgehog. For ages 10-12. Registration required.

## **For Young Entrepreneurs: Teen Christmas Craft Market**

Calling all creative and crafty youth looking to showcase their amazing work! Join Saanich Recreation for the 8<sup>th</sup> Annual Teen Christmas Craft Fair and raise funds for yourself or charity. \$20 registration fee. Vendors 10-18 welcome. Pearkes Recreation Centre November 12<sup>th</sup> 9:30-3:30 and Saanich Commonwealth Place, November 19<sup>th</sup> 9:30-3:30.

## **Saanich Remembrance Day Ceremony**

November 11<sup>th</sup>, 2011 Saanich Municipal Hall, 770 Vernon Avenue 10:30-12:30 Free

## **Author Storyteller Michael Kusugak**

November 14<sup>th</sup>, 2011 Oak Bay Branch Library, 1:30-2:30 Free Michael grew up living in igloos, travelling by dog-sled, catching his food to eat, and listening to his grandmother's stories. For Grades 1-3. Registration required.

## **Winter Birds of Witty's (Guided Walk)**

November 27<sup>th</sup>, 10-12 PM 9 years+ Join a CRD Regional Parks' naturalist to find out who's who at the lagoon, a favourite bird hangout. Bring binoculars if you have a pair. Spotting scopes are provided. Meet at the Witty's Lagoon nature centre off Metchosin Road.

## **Slug Day**

Swan Lake Christmas Hill Nature Sanctuary November 27, 12:00 noon to 3:00 p.m. (drop-in anytime) Admission by donation. Licorice or Banana? Which is your favorite slug? Join us in a celebration of all things slimy. Crafts, songs, and a slug safari – fun for the whole family.