



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/>



News & Views

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVic



Emma Chalifour.

Thanksgiving is one of my favourite celebrations, which might seem a little strange considering that it is not celebrated in England where I grew up. I love the idea of taking time to be thankful for all that we have, a value which I am working at cultivating in my children. Thanksgiving became even more meaningful to me four years ago as my youngest was born on Thanksgiving weekend. Of course we were thrilled by his safe arrival but I was also grateful that Joe had a long weekend (he was doing seven courses at the time!)

Thanksgiving is celebrated on the second Monday of October. This year Thanksgiving will fall on Monday, October 10th. European farmers held celebrations at harvest time to give thanks for their good harvest and abundance of food. They would often fill a curved goat's horn with fruits and grains. This was known as a cornucopia or horn of good plenty. Around 1578 English navigator Martin Frobisher held a ceremony in what is now the province of Newfoundland to give thanks for surviving his journey there. Other settlers later arrived and continued these "thankful" ceremonies. Many cultures celebrate "good harvest" times.



In 1879 Canadian Parliament declared November 6th a day of Thanksgiving and a national holiday. Over the years the date of Thanksgiving changed several times until on January 31st, 1957, Parliament proclaimed that Thanksgiving should be the second Monday in October.

HALLOWEEN PARTY

Join Campus Security and The Family Centre for our annual Halloween party.

Monday October 31st

3:00-5:00pm

on the Family Centre lawn.

Come in costume for hot dogs, hot chocolate and treat bags
(while supplies last).



Nobody's Perfect

The Family Centre is running a '*Nobody's Perfect*' parenting program for six weeks beginning on October 20th, 10am-noon.

The program is for parents of children under six. It is discussion based and led by a trained facilitator. There is no charge for the program, but it is necessary to register. Free childcare is provided so that parents can commit to all six sessions.

Please check out our website or call 250-472-4062 for more information.

New Faces at the Family Centre...

Each Fall we see lots of new faces at the Family Centre. In addition to all the new families which move into our community over the summer we also get to meet our new practicum students. Each student brings something new to the Family Centre and we are thrilled to have them. This time we welcome Laura and Kelsey,



Hi, my name is Laura Ouilette and I am very excited to be doing my practicum with the UVic Family Centre from September to April. I am in my 4th year of Child and Youth Care here at UVic and this is the final piece I need to graduate. I have always had a passion for working with children and families and am currently the Manager of an Out-of-School Care Program where I work with children aged 5-10, and their families. I also just completed my 3rd year practicum where I had the opportunity to work with young moms and their babes. In my free time I like to be as active as possible and enjoy the outdoors. I spent four years playing volleyball at college which was an amazing experience. I can't wait to meet and get to know everyone at the UVic Family Centre, and am very thankful for the opportunity to learn from and work with everyone!

Hello all! My name is Kelsey Heap, and I am a second year student from Camosun College, currently enrolled in the Community, Family, and Child Studies program! I have been placed for my first practicum at the Family Centre from September to December, and I am very excited to begin! I plan to continue my studies at UVic next September for my third year in the Child and Youth Care bachelors degree program. My ultimate goal is to work with young children, from babies through to elementary school age. My first few days at the Family Centre have been very enjoyable, informative, and I feel very welcomed here. I am looking forward to seeing all your smiling faces on Tuesday and Wednesday mornings!



Looking for work? The Family Centre has two work study positions available. One is for administrative support, the other is for program support. If you are eligible for work study hours and interested in either position please contact us for more details.

To find out more about the Work Study Program and to apply to the program, please visit the website <http://registrar.uvic.ca/safa/workstudy/workstudyindex.html>.

Is English your second language?

If English is not your first language and you are looking for an opportunity to practice your English language skills, you may be interested in the International Friendship Group's free English classes. Please note that these classes are connected with the Intervarsity Christian Fellowship and therefore have a religious affiliation.

Dates: Every Saturday

Time: 10:00am - 12:00pm

Location: Clearihue Building,

Room: A303.

Please contact Daniel McDougall directly at dsmcdougall@shaw.ca if you have any questions.

Miki's Corner

This month we will explore the weather and the ever changing colours of the leaves. We will also acknowledge Thanksgiving, Diwali and Halloween. If your culture has a special day in October or in any of the following months, please let me know so we may acknowledge those days also.



P.S. Parents don't forget to take your children's art home.

Mommy Mondays! Need childcare while you have your hair cut?! Book yourself a hair appointment at Lizzy Lee and they provide fun childcare for your little one(s) (dress-up fun and crafts in the party room)!!! Check out info@lizzyleeandme.com for more information.

The After School Club

Joe Chalifour has been overseeing the After School Program the past eighteen months. He has just begun a new teaching position which means that he is no longer available on Thursday afternoons. Joe brought creativity, energy and passion for the kids to the job. We say a big "thankyou" and wish him well!

Introducing Janna Mackenzie... Hello families of UVic. I would like to take a moment to introduce myself. My name is Janna and I will be the new face (sort of) at the Family Centre for the After School Program. I say I am "sort of" a new face as I really have been involved with the Family Centre since 2006 when I was a student at UVic. I completed my degree in Child and Youth Care and had the privilege of doing my third year practicum with the Family Centre. I then continued on as an employee with the Family Centre for another year before moving to Alberta for two years. To our delight my family and I moved back to Victoria a year ago. In the year since moving back I filled in for a month and half for Miki with the playgroups on Wednesday and Fridays. It was wonderful to be back and to be involved with the vibrant community at the Family Centre. I then went on to have our second child in March. I have been home with my two children for two years. Now on Thursday afternoons I will take up the role and lead the After School program. I have over ten years experience working with children, youth and families and I am very excited to join the Family Centre team again and provide fun and recreational activities for the youth. I look forward to meeting everyone and getting to know the families. Please feel free to drop by and say hello.

Goodbye Newsletter!

I've been working on *New and Views* for over a year now, but have decided that it's time to move forward, focusing my creative energies on my studies. I've really enjoyed this opportunity to connect with my community and to contribute to creating a resource for student-families. In working on the newsletter, I've learned a lot about the university, Victoria, and our unique and diverse community of student-families. As I head into the thick of my PhD program, I will continue to look forward to that coloured paper arriving on my doorstep as a source of information, and hopefully, inspiration. **Kathy Bortolin**

News and Views is looking for a new editor. Do you have editing and computer skills, investment in our student families community and fifteen free hours a month? If so please come and talk to us to find out more. This is a paid position.

The Family Centre is appreciative of the work Kathy has done over the past year on News & Views furthering our goal of creating a supportive community for UVic student families. Wishing you all the best! Thank you Kathy.



MUSIC LESSONS!

Are you interested in taking music lessons right here in Family Housing?

BCRMTA Piano Teacher and Theory Specialist offering all levels of instruction from beginner to advanced.

Contact: cadenzamusicstudio@gmail.com



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.

October 6th: Getting to know each other

October 13th: Harvest Hoopla

October 20th: Games Day

October 27th: Pumpkin Parade

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. The first morning will be **Tuesday October 25th**, 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

Quintessence Breastfeeding Challenge. Saturday October 1st, 2011. Central Branch Library. 10:30-noon. FREE. In 2001, the Quintessence Breastfeeding Challenge began in British Columbia with 856 babies and mothers at 26 sites. By 2009, there were 4,766 babies at 246 sites in 21 countries. In 2011, take part in Victoria's Breastfeeding Challenge at the Central Library. Mothers, fathers, breastfeeding children and siblings welcome. Register online or by phone. 250-413-0365.

Victoria Conservatory of Music. Saturday October 8th, 3pm. Fun-Filled Children's Concert - Carnival of the Animals. Join us for this fun and engaging musical concert presented by Music Corner Ensemble, a talented group of musical storytellers for kids of all ages. Musicians will perform right on the floor interacting with the children during the performance. After the concert children can try out the instruments and meet the musicians. Call 250-386-5311 to find out more or to purchase tickets.



Art Gallery of Greater Victoria. 1040 Moss Street. Sunday October 16th, 2011. Join us for an afternoon of hands-on art making inspired by the colour, form and texture of Canadian Modern furniture, art and design in the Modern Eye exhibition. 2-4pm. Call 240-384-4171 for more information.

Goldstream Provincial Park Salmon Run. From late October through December, some 20,000 salmon make the journey from the Pacific Ocean up Finlayson Arm to spawn in the river they were born in three to four years earlier. Park naturalists offer programs during the weekend at the park's Nature Centre describing the life cycle of chum salmon and their spawning activity. For more information on the salmon run at Goldstream Park, call 250-478-9414 or look at their website www.goldstreampark.com.

