



# News & Views



A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVic

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## WINTER CELEBRATION

The Family Centre would like to invite you to join us for a potluck celebration before you head into the winter break. We will provide drinks and invite you to bring whatever snack you would traditionally eat at a celebration. We will have family craft activities and look forward to seeing you there.

**DATE:** Wednesday December 12, 2012

**TIME:** 4:30-6:30pm

**PLACE:** The Family Centre. 39208-2375 Lam

*Please call us if you would like more information: 250-472-4062*



### Clothing Drive

The Family Centre is seeking donations of lightly used children's winter jackets and winter gear for the clothing exchange program. Please bring your donations to the Family Centre during weekly hours.



Have an idea, submission or feedback for the newsletter? We'd love to hear from you. Email [fcnews@uvic.ca](mailto:fcnews@uvic.ca).

### Family Centre Weekly Hours and Programs

Monday	7:00—9:00pm	Craft Group (Knitting)
Tuesday	9:30am-3:00pm	Music and Movement Playgroup: 10am-12noon
Wednesday	9:30am-3:00pm	Playgroup: 10am-12noon
Thursday	3:30pm-5pm	Afterschool Program: 3:30pm-5:00pm
Friday	10am-12noon	Playgroup: 10am-12noon



## Taming Your Holiday Bird

Holiday season is approaching and for many that means –Turkey Time! Every family has their own tricks to master the oversized chicken. My father swears by placing the bird breast down and scalding the skin with boiling water before cooking. Other families pull out the deep fryer; some are even bold enough to attempt the turducken (aka a duck in a chicken in a turkey). Calm your fears and trepidations chefs of family housing. I've gathered a host of tips to help you in your attempt to reach holiday season bliss: the perfect bird.

- Thaw your turkey with time to spare and in the fridge. If you have a frozen turkey it takes approximately 24 hours for every 5 pounds of meat.
- Don't stuff your turkey – the stuffing cannot cook evenly in the cavity of the turkey. Cook it alongside the turkey in a casserole dish to achieve crunchy, evenly cooked stuffing.
- Bring on the spice. Turkeys are big birds. Put your spice of choice both in the cavity and on the outside of the bird.
- Cook the turkey slowly at a relatively low temperature: Roast at 325 degrees Fahrenheit for 15-20 minutes per pound. Remove the turkey when it reads 165 degrees Fahrenheit in the thickest part of the thigh meat.
- Baste the turkey with the pan juices every forty-five minutes to keep the skin moist. If you want to crisp up the skin, in the last forty-five minutes baste the turkey with oil or butter.
- Give the turkey a break – after removing the turkey from the oven, cover it with foil and let it rest for 20-30 minutes before you carve the meat. In that time the meat will firm up and the juices will re-absorb, making the turkey easier to slice and taste juicier.
- Troubleshoot – if your turkey is nice and brown but has not reached 165F internal temperature cover it loosely with foil to slow down the external cooking process.

But my favorite part of turkey dinner is the leftovers. Use the scraps to make stock, eat turkey sandwiches for days or, our family favourite, bake a turkey potpie. Happy festivities (and eating) this holiday season! - *Avril Nagel*

### December Holidays

**Hannukah – December 8th-16th**  
**Yule/Winter Solstice – December 21st**

**Christmas Eve – December 24th**  
**Christmas Day – December 25th**  
**Boxing Day – December 26th**  
**Kwanzaa – December 26th-  
 January 1st**  
**New Years Eve – December 31st**

We would like to say a big “HAPPY BIRTHDAY!” to Myer Horowitz who will celebrate his 80<sup>th</sup> birthday on December 27th. Myer serves on the Family Centre’s Advisory Committee which meets every month to help the staff; volunteers and practicum students discuss and implement ideas on how best to support student families here at UVic. Myer was formerly the president of the University of Alberta and became known for his advocacy for widely accessible early childhood services, something he continues to do today! Myer was made a member of the Order of Canada in 1990, has been awarded nine honorary doctorate degrees and became the adjunct professor of Education at UVic in 1998. We are so appreciative of all the behind-the-scenes work Myer does for the Family Centre and are delighted to have the opportunity to wish him all the best! THANK YOU MYER!



### Holiday Events Calendar

**Tuba Christmas**  
December 1st, 1-3pm  
Market Square



**Snow Day**  
December 1st, 1-5pm  
Centennial Square

**2012 IOEA Truck Light Convoy and Food Drive**  
December 1st  
Multiple Locations

**Deck the Halls Winter Lights Festival**  
December 1st, 5pm-8:30  
Saanich Municipal Hall

**Christmas Lights Across Canada**  
December 6th, 4:30pm  
Parliament Building

**Sea of Lights**  
December 7th, 6:30pm  
Willows Beach

**Caroling in Cadboro Bay**  
December 9th, 6:30-8:30  
Cadboro Bay Village

**Christmas Market**  
December 15th, 11-3pm  
Market Square

**3rd Annual Figgy Pudding Caroling Competition**  
December 15th, 1-4pm  
Bastion Square

Warm up those vocal chords! The Family Centre Choir begins January 9th. The choir will meet 7:30-9:00 every second and fourth Wednesday of the month. . No previous choir experience or music reading skills required. \$30 for the term.

### Challah Recipe

Challah is a Jewish braided bread that is served on the Sabbath and on Holidays. Top it with sesame or poppy seeds, or add raisins to the batter for a sweet touch.

#### Ingredients:

- 2 ½ cups warm water (110 degrees F)
- 1 tablespoon active dry yeast
- ½ cup honey
- 4 tablespoons vegetable oil
- 3 eggs
- 1 tablespoon salt
- 8 cups unbleached flour
- 1 tablespoon poppy seeds (optional)

#### Directions:

1. In a large bowl, sprinkle yeast over barely warm water. Beat in honey, oil, 2 eggs, and salt. Add the flour one cup at a time, beating after each addition, graduating to kneading with hands as dough thickens. Knead until smooth and elastic and no longer sticky, adding flour as needed. Cover with a damp clean cloth and let rise for 1 1/2 hours or until dough has doubled in bulk.
2. Punch down the risen dough and turn out onto floured board. Divide in half and knead each half for five minutes or so, adding flour as needed to keep from getting sticky. Divide each half into thirds and roll into long snake about 1 1/2 inches in diameter. Pinch the ends of the three snakes together firmly and braid from middle. Either leave as braid or form into a round braided loaf by bringing ends together, curving braid into a circle, pinch ends together. Grease two baking trays and place finished braid or round on each. Cover with towel and let rise about one hour.
3. Preheat oven to 375 degrees F (190 degrees C)
4. Beat the remaining egg and brush a generous amount over each braid. Sprinkle with poppy seeds if desired
5. Bake at 375 degrees F for about 40 minutes. Bread should have a nice hollow sound when thumped on the bottom. Cool on a rack for at least one hour before slicing.

# Programs and Events

## Playgroups:

On **Tuesday, Wednesday and Friday** mornings from **10am-12noon**, the Family Centre hosts fun and energetic playgroups for children under five with their caregiver. Kathleen runs the popular Music and Movement program on Tuesday. On Wednesday and Friday mornings, the Family Centre hosts playgroups with arts and crafts, free play, circle time, and snack.

## After School Club:

School Aged Kids (Grades 1-6) are invited to the Family Centre's After School Club on **Thursdays from 3:30 - 5:00 pm** beginning on September 20th. 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.

## Make and Take:

Need a night out? The Family Centre is open on **Monday** evenings from **7-9pm**. Currently the group is 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!

## Book Club:

The Family Centre has a book club that meets on the third Thursday of each month to discuss a novel chosen by the group. If you enjoy reading and would like to get together with others please come along. To find out more go to our Facebook page.

Our last program before the winter break will be **Friday December 21st**. We will look forward to seeing everyone when our programs start up again on Tuesday January 8th.

In case of emergencies you can always contact UVic Housing at **250-721-8395** or Campus Security 24 hour line at **250-721-7599**.

# Community Events



## **Annual Dickens Fair**

### **James Bay Market Location**

**December 1st, 2-8pm By Donation**

A festive winter market for all ages. Family entertainment with ChoirKids, the O! Ogotogo! Band, Yanik Giroux Performing Arts student vocalists, and VIBESTREET hip hop dancers. Children's activities include meeting the Chicken lady, making a felt craft ornament or string bracelet, and watching spinners turn flax in to linen thread. Quality and affordable handmade products including toys, knits, clothing and artwork. Local groceries and seasonal baking.

## **Stories at Fern**

**December 10th, 7:30-9:30 \$3/\$5**

**1831 Fern Street**

Featuring Victoria Storytellers and guests. For people who love to tell stories, and people who love to listen. All welcome.

## **Kindergym**

**Every Saturday, 9:30-10:30**

**Gordon Head Recreation Centre**

\$3 Drop-in fee

Kindergym is a movement program designed for children and their caregiver to play together. Balls, hoops, ride-on toys, climbers and mats allow children to creatively explore. Staff will lead songs and circle time. Get active together for life. Parent participation required. For children age 6 months – 5 years.

## **Telling Tales, Walking Trails**

**December 30th, 10am**

**Francis/King Regional Park**

Find out how Raven tricked the Crow, where our Island chickadees came from, and much more with a CRD Regional Parks' naturalist on this storyteller's walk through the woods. Meet at the Francis/King Nature Centre off Munn Rd. 5+ years.