

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: Tuesday December 9th, 2014

TIME: 4:00-6:00pm

PLACE: The Family Centre

39208-2375 Lam Circle



Please call us if you would like more information: 250.472.4062



Put a little science into the holiday season. Check out littlebinsforhands.com for Christmas science activities including Christmas tree slime and erupting ornaments. More info at: littlebinsforlittlehands.com/christmas-science-activities-kids-top-10-christmas-ideas-kids/

Family Centre Weekly Programs

Monday – Family Learn and Share	10:00am-12noon
Monday – Make and Take	7:00-9:00pm
Wednesday – Under 5 Playgroup	10:00am-12noon
Wednesday – After School Club	3:30-5:00pm Just December 3rd. Restarts January 7th.
Friday – Under 5 Playgroup	10:00am-12noon

In addition to weekly programs, the Family Centre is open Monday (9:30-12), Tuesday (11-3), Wednesday (9:30-3:00) and Friday (9:30-12). For more information contact the Family Centre through Facebook or by email at familyc@uvic.ca.



Find us on Facebook

Goldstream Salmon Run

By Briar Gotro



On Wednesday my family went to Goldstream to see the spawning salmon. The scientists thought that 30,000 chum would come back from the ocean, but now it looks like 140,000 made it back. When I visited the river I saw more dead ones than alive ones. I saw the insides of one because a guy cut a dead one open. It was gross, but cool. You can tell the salmon apart because male salmon have a bar pattern and female salmon have a striped pattern. Male salmon also have sharp teeth.

If you haven't gone to Goldstream to see the salmon yet, you should go! It is a fun place for kids and adults. The nature house has a lot of cool stuff to do. The fish will be spawning into early December, but go soon if you can. For more information on salmon look for these books at the library: *A Salmon for Simon* by Betty Waterton; *The Salmon Twins* by Caroll Simpson and *Salmon* by Deborah Hodge.

Are you washing your hands properly? On November 24, Jane Wismer, a Public Health Nurse presented on proper hand-washing to a group of over 30 adults and children at her monthly Learn & Share visit. She explained that using ordinary soap (not antibacterial soap), warm water, and friction is the best way to wash your hands at home. After wetting the hands with warm water, bubble up by rubbing the palms together; then place one hand over the other to wash between the fingers. If you have hardened skin on the palms of your hands, form a knuckle with one hand to rub these parts. Finish off with washing the wrists. The lathering process should take as long as it takes you to sing "Happy Birthday" twice. Rinsing thoroughly with warm water is just as important as scrubbing, since inadequate rinsing just moves the germs around on your hands. After her demonstration, several brave adults and children tested their hand-washing techniques with the help of some germ-simulating lotion and a blacklight. After smearing some UV-revealing lotion on their hands, they washed their hands and checked under the blacklight. A few more tips:

- Wash hands after using the toilet, especially the public bathroom, as their doorknobs are one of the dirtiest places! Use a paper towel (or your sleeve, if paper towels are not available) to turn the tap off, and to open the door.
- Wash hands after coming in from the playground
- Wash hands before eating
- Cough/sneeze into your arm, not your hand
- If no soap is available, you can use hand lotion instead


Jane will join us next month at the Learn & Share from 10am -12 pm on Monday, December 15."

It's Flu Season

We always love to see you at the Family Centre. However, if your little one has a runny nose, cough or fever, please keep them home. Thanks!

EVERY MONDAY NIGHT AT THE FAMILY CENTRE:

KEEP
CALM
AND COME TO
MOM'S
NIGHT OUT

<p>The Turmeric Cake (Sfouf) is a traditional Lebanese cake. It's a moist cake characterized by its intense yellow color from the turmeric spice, and it is easy to make you can serve it with your favorite coffee or tea.</p>	<p>-3 cups all-purpose flour -1 cup sugar -1 cup milk -[3/4] cup vegetable oil -[1/2] cup of boiled Anis Water (mix 1/2 cup of boiling water with 1 teaspoon of Anis seeds and let it steep for a few minutes.) -1 [1/2] teaspoon turmeric -[1/2] teaspoon salt and baking powder</p>		<p>Preheat oven to 350°F. Lightly grease a 9x13-inch baking pan with cooking spray, and dust the sides of the pan with flour. In a large bowl, mix all-purpose flour, sugar, turmeric, vegetable oil, water or Anis water, milk, salt, and baking powder for 2 minutes. Pour batter into the prepared pan, and sprinkle nuts (pine or almonds) over top. Bake for 20- 25 minutes or until a toothpick inserted in center of cake comes out dry. Cool cake completely before cutting. <i>– Shared by Nahla</i></p>
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Thank yous

This month we have many acknowledgements for community members and sponsors who have assisted our programs and families over the course of the last two months.



Heart PHARMACY

— OWNED BY NAZ RAYANI —

On Wednesday, November 19, Heart Pharmacy brought the first ever Flu Clinic to over 40 adults and children at the Family Centre. Karen Hutchinson, Zahra Rayanii and Joe Frketic provided convenient access to flu shots for families in the campus community. The event brought children and adults together over play and relaxed conversations. We appreciate the Flu

Clinic team from the Heart Pharmacy and all who came to get immunized for helping keep our community healthy.

Did you know? “Getting an influenza vaccine can help prevent you from getting sick with influenza and from spreading it to others.” (HealthLinkBC, Facts about Influenza) If you have not yet received the flu vaccine and would like to, please talk to Joe at the Campus Heart Pharmacy located in SUB.

-By Mari Imabori

Halloween Success



Thank you to all our wonderful volunteers, Island Savings, Campus Security and UVic Food Services for supporting our Halloween Party once again this year. The weather was kind and over 70 families came out and enjoyed some Halloween fun with us. There was face painting, games, goodie bags, cookies and hot chocolate. The costumes were fabulous! Thank you everyone who participated.

Dr. Arifa Nazneen recently massaged four grateful women at the Monday Learn & Share Program on November 10. The 30-minute full body relaxation chair massages improved circulation, relieved back pain, and gave these moms a much appreciated break. Arifa’s kindness and expertise put me at ease; not only did the massage relax my muscles and warm my body, but my mind also benefitted from the calming experience. Thank you, not only for the massage, but for your continued help, and inspiring us to take care of each other.

- Mari Imabori

Programs and Events

Holiday Closure: December 22nd-January 5th

Family Learn and Share

Dec. 1: Winter Story Time with Vicki Neilson children's librarian from the Nellie McClung branch of the Greater Victoria Public Library. Come with your little one to enjoy a story time.

Dec. 8th: June Saracuse will be with us from UVic Counselling Services. June would like to talk about self-soothing and self-regulation - an important skill for adults to learn and to pass on to their children, in order to help themselves and their children with coping, flexibility and resilience.

Dec. 15th: Jane Wismer, Public Health Nurse, will be with us to weigh and measure babies and talk about any health related questions you may have.

Wednesday and Friday Playgroups:

Families are welcome from **10:00 am to 12:00 pm** to enjoy an engaging morning full of activities. Our goal is to provide children with a rich environment in which they can learn through play.

After School Club:

School Aged Kids (Grades 1-6) are invited to the Family Centre's After School Club on **Wednesdays 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 and crafts. **Last group December 3rd. Restarts on January 7th.**

Mom's Time Out!

Do you need a 'time-out'? The Family Centre is open on **Monday nights from 7-9pm** for women to get together, have a cup of tea and chat. Feel free to come for half an hour or stay for the whole time.

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. To find out more join our Facebook group or send us an email at familyhousingbookclub@gmail.com.

Community Events



Horse Drawn Trolley Rides
Every weekend November 29 until December 21, Throughout Downtown

DVBA Ferris Wheel
Centennial Square
November 29-December 21, Rides are \$2

Caroling Week at City Hall
December 1, 2, 3 and 5, 12-12:40pm

Music in Market Square
December 6, 1-3pm
Enjoy a grand performance of holiday favourites by the Greater Victoria Concert Band.

IEOA Truck Parade
December 6
Owners decorate their trucks and heavy equipment to create this exciting spectacle of light. Expected at Yates and Blanshard at approximately 6:30 pm.

Community Gathering
Jewish Community Centre
3636 Shelbourne Street
December 20th, 2-4pm
Celebrate Chanukah with a secular candle lighting, potato latkes and donuts. Bring along your chanukiah and candles. Everyone is welcome. A \$5 donation from non-members appreciated.

Bring in the New Year
Bear Hill Park, December 31st, 11-1
Out with the old and in with the new. End your year with a hike up Bear Hill. We will enjoy fabulous vistas at the top and toast to the coming New Year with some warm forest tea. Bring a snack, wear sturdy footwear and dress for the weather. Meet at the boat launch parking lot off Brookleigh Rd at 11am. 8+ years.