

NEWS & VIEWS

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



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News and Views Celebrates 200 Issues

This month we will be featuring articles and memories from our past newsletters in honour of our 200th issue. As I was reviewing the archives to put together the issue, I was struck by the depth and diversity of the Family Centre programs and supporters over the years and the fact that the people (i.e. You) truly make the community. The article below is a great example. If you haven't already, check out the Family Centre - you won't regret it.

From January 2007, Issue 115

Culture Club with Sun-Young Kim by Pamela Tudge

The Culture Club is a group organized by Tomoko that meets once a week at the Family Centre to exchange recipes, cook a meal together and share life experiences. This month we sat down with one the most active members Sun-young Kim to discuss the group and her life as a new Canadian. Sun-young moved to Canada from Seoul, Korea four years ago. After residing in Saskatoon and Edmonton her and her family drove out west to settle in Victoria and attend school. She has lived in family housing for the last year and currently spends her time taking English classes and being a mom to her three year old son. The culture club has been a means for her to stay connected with other mothers and an important time to discuss issues ranging from parenting in a new country to the stress of school. Many of the participants have spouses that are full time students and it helps to have a space to connect with other people in similar situations. One of the most common topics of discussion is parenting. Sun-young points to some of the challenges international students face at UVic. One of the major obstacles is not having extended family. A chance to discuss and share solutions to these challenges often helps to relieve them and the cultural club has been a great space to do this.

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
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

From October 2008, Issue 133

Big box opening for Family Centre

On Sept. 16, the UVic Family Centre celebrated the arrival of several big boxes of equipment, thanks to a generous donation from the Faculty of Education. Families were on hand for the opening where boxes taller than the young children included new chairs, blocks, painting easels and other needed supplies for the centre.



Lauzon and kids open gifts
PHOTO: Crystal Bergeron

From November 2003, Issue 77

Breakfast Club Has Busy Start

The Breakfast Club is off to a great start! Many children and adults from the community have been dropping by the Family Centre on Wednesday mornings between 7:00am and 8:30am for some good food and company. It's a great way to start your day! Many thanks to the Saint Vincent de Paul Society for their generous donations.

From February 2005, Issue 92

Big thank you from the Muslim families in family housing

To Sonya and all the Family Centre staff for their great support and help they are offering in all our events. Special thank you to Sonya for helping us in our last Eid party by contacting the Childcare Complex B staff to arrange supplying us with their dress-up costumes. Our children just loved them and it was a wonderful addition to the party. Thank you for their generous contribution that put lovely smiles on the little faces.



Family Centre Opens, The Ring, January 1999

Although the following caption and photo are from The Ring, we couldn't help but include it.

Four-week-old Malea Watkins slept soundly in her mother Kalani's arms throughout celebrations marking the opening of UVic's family centre last fall. The centre is a joint initiative between the schools of social work, nursing, and child and youth care to provide support and programs to students and students' partners who are raising children.



From 2011, "After years on the job, the UVic Family Centre's volunteers are definitely part of the family. Once a week for eight years, a group with the Garth Homer Society Community Access Team (CAT), which sets up volunteer opportunities for adults with developmental disabilities, comes to the centre to wash the toys." – **Thank you to our dedicated volunteers from the Garth Homer Society**

From April 2007, Issue 118

Tomoko Okada – Social Work Award Congratulations!!

Tomoko Okada has been nominated for the inaugural UVic School of Social Work Alayne Hamilton Community Social Work Award for 2007. It is something to celebrate. Barb Whittington (Chair of the

Award Committee) explained that Tomoko's lifelong love of learning and her seemingly tireless contributions to the community are just some of the reasons why she has been nominated. In Tomoko's own words, "Supporting newcomers has taught me to respond both to a changing society and to respect the call for justice and to promote human rights." In doing this she has influenced many UVic students to practice in the same respectful way.

From October 2012, Issue 182 **A Wonderful GIFT!!**



The UVic Family Centre is tremendously appreciative of being a recipient of Island Savings Growing Island Families Together (GIFT) Program. Through the GIFT Program, Island Savings has made a commitment to provide funds over a three-year period to enhance the Early Childhood Programming at the Family Centre. As a result of this funding, the Family Centre will be able to add valuable resources to this important campus resource, enriching early learning and play experiences for children.

From August 2006, Issue 110 **My Experience at the UVic Community Garden**

By Umi Kalsom Miswan

Neither my husband nor I ever gardened before. Gardening is like going back to our childhood, when life was simpler and our parents used to grow veggies and food. Then, I didn't have to go to market to buy fresh produce. We just looked around the bush in our back yard and voila! We had everything freshly dug or picked.

Gardening here is becoming a very popular hobby as people are more conscious about healthy eating. Spaces are also abundant here. In Malaysia (where we're from), as more people settle in urban areas, there are fewer spaces for them to pursue this hobby. Unless for those who live in 'kampung' or villages.

We just started gardening about four months ago. Since this is our 'experimental stage', we planted plants that grow easily such as tomatoes, beans, corn, lettuce, onions, carrots and cucumbers. We also planted some herbs: basil, coriander Chinese celery and lemongrass. The most difficult part is to start. Our plot hadn't been tilled for some time. The soil was dry and not well aerated. My best advice for soon-to-be gardeners is expect hard work and don't

hesitate to ask. Other gardeners are very helpful and share a lot of valuable advice and gardening tips.

Community gardening is about working together and sharing. Everybody has different tasks to do. For example, mowing the grass, maintaining tools and the shed, composting and watering, and ultimately, sharing the abundant produce at the end of growing season.

Gardening definitely gives my family a very positive experience. It seems magical to watch tiny seeds grow to sturdy plants. My two children enjoy the dirt and space where they can make mud holes and water the plants. The best thing is the quality time we spend together as a family in the garden.

"He who plants a garden plants happiness."

--Chinese proverb



From April 2005, Issue 94

A Tribute to Bill Collins

by Nadine Cruickshanks

On behalf of the families who live in Family Housing, I would like to extend a heartfelt thank you to Bill Collins and other members of the Facilities Management department. The warm, friendly, and efficient service they provide to our community is very much appreciated. From unclogging drainpipes to replacing leaky faucets or broken door hinges, this crew has provided outstanding service – always accompanied with a warm smile and an interesting story or two. Thank you Bill, and all others who provide such wonderful support and assistance to our community.



Emma Chalifour and her family at the 2009 No' Foolin' event.

Programs and Events

Family Learn and Share

On Monday mornings from **10am-12noon** the Family Centre hosts a drop-in program for families to interact and learn from one another. Each week there is a designated focus topic and facilitator. Please contact us by email, phone or Facebook if you have any questions or suggestions.

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. Expect engaging activities in the main room, along with free play in the toy room. A healthy snack for all to share is provided with coffee and tea for the adults.

Make and Take:

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.

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.

Pancake Breakfast this Month

Please join us at the UVic Family Centre for a Pancake Breakfast on Saturday May 24th from 9-10:30am. There will be pancakes, stories and fun! Wear your pajamas, and don't forget to bring your favourite stuffed toy along!

No kids? No problem!

We welcome ALL UVic families. The coffee is on; see you there!

Public Health Nurse available at the Family Centre



May 12th

May 26th

June 23rd

July 7th

August 25th

September 22nd

October 6th

November 24th

December 22nd

Jane Wismer, Public Health Nurse with Vancouver Island Health Authority, will be at the Family Centre from 10am –12 noon on the dates listed above. She will be here to support you with any health related questions, weigh and measure babies and check immunisation records. Jane will also be able to give immunisations at the Family Centre. Come with your questions about food, sleep or child development. Look forward to seeing you!