

NEWS & VIEWS



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BE SAFE- BE SEEN

By Fiona Puszka. Personal Safety Coordinator, Campus Security Services

Walking and bicycling are convenient for getting around campus, and Autumn is an important time to reinforce pedestrian safety. Reduced visibility on dark, foggy, wet days makes it difficult for drivers to see pedestrians and bicyclists. Here are a few tips to help you arrive at your destination safely:

1. Don't jaywalk. Cross or enter streets at marked crosswalks only.
2. When using a crosswalk, stop at the curb and look left-right and left again for oncoming vehicles. Cross when it is clear.
3. Try to make eye contact and make very sure the driver sees you before crossing.
4. Wearing earphones impairs your ability to hear and react to unseen traffic
5. Use extra caution while walking at night and stay on trails and sidewalks.
6. Wear light colored clothing, it is easier to see in the dark.
7. Wear reflective materials and carry a flashlight.
8. In case of an emergency on campus, use the direct dial Help Phones located outside buildings. Visit our website <http://web.uvic.ca/security> for a complete list and map of all our Help Phones.
9. Drivers should be especially alert to pedestrians on campus. Pedestrian safety on the roadways is the responsibility of every driver.
10. Drivers should always follow the street signs and speed limits and stop for pedestrians in a crosswalk.
11. In parking lots, be especially careful of pedestrians emerging between parked cars.
12. Cyclists also share the road and may take the entire lane when hazards, road width or traffic speed dictate.

UVIC takes the issue of campus travel safety very seriously. Campus Security Services continues to work with other departments both on and off campus to improve pedestrian safety.

Family Centre Weekly Programs

Monday – Family Learn and Share	10:00am-12noon
Monday – Mom's Time Out	7:00-9:00pm
Wednesday – Early Learning Program	10:00am-12noon
Thursday – After School Program	3:30-5:00pm
Friday – Early Learning Program	10:00am-12noon

In addition to weekly programs, the Family Centre is open Mondays 9-2pm and 7-9pm, Tuesdays 9-2pm, Wednesdays 9-2pm, Thursdays 2:30-5:30pm and Fridays 9:30-12:30pm. For more information contact the Family Centre through Facebook or by email: familyc@uvic.ca.



Find us on Facebook



Hi folks, my name is **Carmen Chandler** and I am one of the new work study students for this school year. I am currently in my 3rd of the teacher education program with a focus on elementary education and passion of one day being an outdoor education specialist. I also love to cook, so if you ever feel the need to share a recipe I'd love to learn it! I am looking forward to learning about all the diverse cultures that are represented within the Family Centre.

Remembrance Day

November 11th is Remembrance Day. It is a day to remember and mark the efforts and sacrifices made for peace around the world.



My name is Taylor Davies and I am a third year commerce student at the University of Victoria. I love to learn, be adventurous, exercise, travel, and spend quality time with loved ones. I hold family and loyalty in the highest regards; my word is my bond. I believe that time is the most essential aspect in our lives and seizing every minute is paramount for success and happiness.

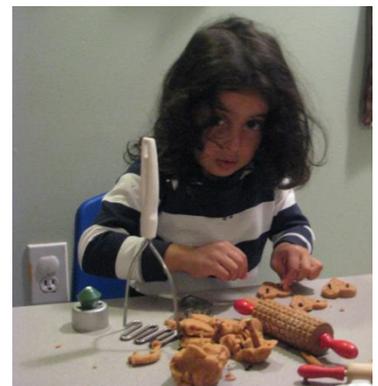
Celebrate National Child Day

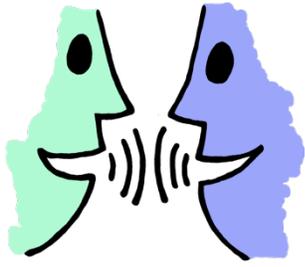
National Child Day is celebrated in Canada on November 20 in recognition of the UN Declaration on the Rights of the Child and the UN Convention on the Rights of the Child. For more information visit: <http://www.unicef.ca/en/our-work/article/celebrate-national-child-day-2015>

Pumpkin Playdough

“Mmm, it smells good,” was one young child’s comment as we enjoyed ‘pumpkin’ playdough at the Family Centre in October.

To make your own ‘pumpkin’ playdough combine 2 cups flour, one cup salt, 1 tbsp. cream of tartar, 2 tbsp. vegetable oil, cinnamon, 2 cups boiling water plus food colouring to create an orange-brown colour. At the Family Centre children enjoyed adding cinnamon sticks and cloves to their creations!





Are you new to Canada? Is English your second language? Looking for places to improve your English conversation skills? Read on....

On campus

Global Community Conversation Partners Program

The Global Community Conversation Partners Program provides students, who have English as an additional language, with opportunities to practice, build confidence, and improve their conversational English skills. One or two students, who have English as an additional language, are matched with a Global Community Conversation partner. Global Community Conversation Partners are students and staff members who are proficient in speaking English. The Global Community Conversation Partner makes arrangements with the student(s) to meet for a minimum of 1 hour every week throughout the term. To apply to participate in this program, please complete the online application: <http://www.uvic.ca/international/students/home/global-community/conversation-partners/index.php>.

Off-campus

"Speak Well" English Conversation Program

"Speak Well" English Conversation Program is a free English program to practice your English through small and informal group discussions with Canadian volunteers, as well as learn important English skills. Amongst these skills include such as pronunciation, grammar and new vocabulary. It is ideal for young or mature adults who are immigrants, refugees or international students. Free Childcare provided. Every Wednesday from 7:00-8:30pm at the Gordon Head Lawn Bowls Club (4105 Lambrick Way). For further information, call 250-475-5427.

ESL Youth Drop-In Program

ESL Youth Drop-in Program is a free program designed for 13 year olds and older to join for casual, social engagement with other teens for whom English is a second language. Every Wednesday 6:00 - 9:00 pm at Pearkes Recreation Centre. For more information, call Jason at 250-475-5427 or email jason.jones@saanich.ca.

English Classes at ICA

This program is designed for adult newcomers to Canada who are eligible for LINC (Language Instructions for Newcomers to Canada) and provides English language training for beginners to advanced levels. LINC is government-funded and free for students. To join a LINC class, you must be a newcomer, 17 years old or older, and be a permanent resident or refugee. Classes are friendly, and focus on practical English and information about life in Canada. Childcare is available for preschool children of LINC students. If you are interested in joining a LINC class, please come into the ICA main office at 930 Balmoral Road, or call us at 250-388-4728 for more information. Remember to bring your permanent resident card and other immigration documents with you when you come to the ICA office. A Settlement Worker will help you fill out the forms for English class and will also set up an appointment for an assessment to determine your English level.

By Melody Wang

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. Programs this month: November 2 – Erica from the Campus Community Garden, November 9th - Public Health Nurse, November 16th - Campus Security.

Early Learning Program:

Families are welcome to this drop-in program that runs **Wednesday and Friday** mornings from **10:00 am to 12:00 pm**. Learning through play is encouraged in an environment that promotes children's inherent love of learning and sense of wonder. Each morning session concludes with a storytime with songs/music as well as an opportunity for outdoor play. **The Early Learning Program will not be running on November 11th.**

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**. 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. **Please make sure your kids are dressed for the outdoors.**

Mom's Time Out!

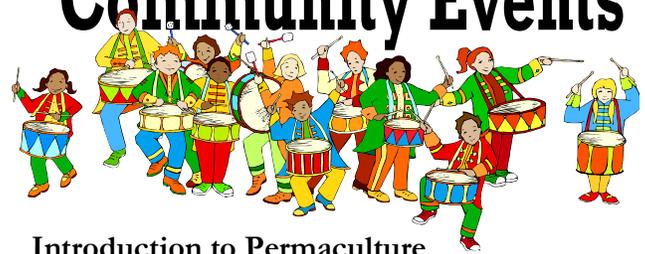
Do you need a 'time-out'? The Family Centre is open on **Monday nights from 7-9pm** for women to get together, have a cup of tea and chat. Feel free to come for half an hour or stay for the whole time. If you don't have children – don't let the name deceive you! You're welcome. (Note: Nursing infants welcome.)

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 join our Facebook group or send us an email at familyhousingbookclub@gmail.com.

FAMILY CENTRE CLOSED: NOVEMBER 11TH.

Community Events



Introduction to Permaculture Campus Community Garden November 4th, 2-4pm

Join a permaculture garden tour, learn about permaculture principals, and engage in soil building to cultivate a healthy abundant ecosystem.

Saanich Sunday Hikes Blenkinsop Green to Bow Park November 22nd, 1-3pm

Discover the beauty of Saanich Parks right in your backyard. These free guided hikes are open to adults of all ages. Please wear sturdy and supportive footwear. Meet by Don Mann Excavating on Lochside trail.

Island Farms Santa Claus Parade Government Street November 28th, 5:45pm start

Bring the family to this festive, annual parade to celebrate the holiday season. Enjoy an array of dazzling floats and marching bands that travel along the magically lit Government Street from Victoria's Inner Harbour to Chatham Street.

Slug Day Swan Lake Nature Sanctuary November 29th, 12-3pm

They're slimy, they're slippery and super cool customers. Discover the mysterious world of slugs with games, slug goggles and slime making.

Seed Saving 101 Sub Building, Upper Lounge December 2nd 4-6pm

Come learn how to save seed on a small scale through various techniques and consider the importance of preserving seed diversity.