The Salmon Run at Goldstream Provincial Park

November is the prime month to go and watch the salmon running at Goldstream Provincial Park. We are fortunate to be located only a 25-minute drive from a world class spawning river. Every autumn, millions of Pacific salmon forge their way up the streams of the Pacific Northwest to spawn and die. In Goldstream specifically, salmon appear about mid-October, and may be seen for about nine weeks, the dates varying from year to year.

Tips for salmon watchers:

- Avoid wearing bright colours, especially red, pink, and purple which salmon see very well.
- Try to find viewing sites that are up high (top of banks, bridges) to increase visibility, while staying on the trail. Small children can see better up on your shoulders.
- Avoid moving quickly, and approach the riverbank quietly. Find fish that are actively building nests and watch for the spawning behaviour.
- Start your visit at the Nature House. Learn more about eagles and other birds of prey, catch one of the free interpretive programs, or watch the slide show that explains the Bald Eagle life history.

Please note that the Graduate Student Society is running a family trip to Goldstream on Saturday Nov 4th. Details can be found here http://gss.uvic.ca/events-calendars/gss-events/events/view/1234.
Mark your calendars! On Monday December 11th, during our morning program, a librarian from the Greater Victoria Public Library will be joining us to present a special Winter Storytime.

**Baby & Me Storytime**

**A Program for Babies with their Parent/Caregiver**

Storytelling and music for babies from 0 – 18 months -

Baby & Me Storytime will run on Wednesday afternoons from 1:00 pm – 2:00 pm starting Wednesday, November 1st, and will run for 6 weeks ending on Wednesday, December 6th.

Please register by emailing the Family Centre at familyc@uvic.ca.

This program is best suited for babies up to 18 months of age; however, if you have a sibling preschooler that would be coming along, please let us know.

**Garbage and Recycling Committee in Family Housing**

Are you passionate about sorting your recycling? You’re not alone!

Would you like to be involved in brainstorming ideas and getting the word out so that more of our garbage is sorted correctly?

One of our very own Lam Circle residents, Rebeca Macias Gimenez, would like to form a committee to address this issue. Please email family@uvic.ca if you are interested.

**IT’S STORYTIME**

**COMMUNITY MARKET**

FREE GROCERIES - MONDAYS
5:45 - 7PM
Our After School Program runs on Tuesday afternoon from 3:30pm til 5pm. This is for kids who are in Grades 1-6. We will often be outside for this program so please remember to send your kids dressed appropriately for the colder weather. Warm jackets, hats, gloves and good footwear please. The kids will be happier to play and be involved in the activities when they are warm enough.

Pancake Breakfast
Come and join us for a pancake breakfast
UVic Family Centre
Saturday November 18th
9:00 - 10:30am
A great opportunity to get to know some of your UVic family community and enjoy a delicious breakfast. There will also be a family craft activity.

If you have any questions please do not hesitate to give us a call: 250.472.4062

Many thanks to Joe from Heart Pharmacy and Nurse Natalie for all their hard work at the flu shot clinic. Thank you to all who came and for your patience as you waited. Over 100 people received a flu shot at the Family Centre! If you missed this opportunity and still wish to receive one, please talk to Joe at Heart Pharmacy in the Student Union building.

Welcome to Bangla School
Did you know that Bangla is the seventh most spoken language in the world with 205 million speakers? Every Sunday we are gathering at the UVic Family Centre to learn Bangla. Everybody is welcome to join us whether you already know the language or not! There will be fun activities for people of all ages!

Date: Every Sunday in October to December
Time: 11am to 1pm
Venue: UVic Family Centre

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 6th, 2017
TIME: 5:00-6:30pm
PLACE: The Family Centre
39208-2375 Lam Circle

Please call us if you would like more information: 250.472.4062
**Programs and Events**

**Family Learn and Share**
On Monday mornings from 10:00am-12:00pm 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.

**Nov 6th** – Public Health Nurse, Jane Wismer
**Nov 13th** – Remembrance Day stat. Family Centre closed.
**Nov 20th** – TBA
**Nov 27th** – Multifaith Services

**Early Learning Program:**
Families are welcome to this drop-in program that runs on **Wednesday and Friday mornings from 10:00am-12:00pm**. 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.

**Thursday Drop In:**
On **Thursdays from 1-2:30pm**, feel free to drop by, look through the clothing share, borrow a toy box, enjoy a cup of tea or coffee, and let your children play.

**The Market:**
On **Mondays from 5:45pm til 7pm**, come with a reusable bag and pick up some **free** groceries. The food is provided by Living Edge, in partnership with West Village Church and the Family Centre.

**After School Club:**
School Aged Kids (Grades 1-6) are invited to the Family Centre's After School Club on **Tuesdays 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.**

**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.

**Community Events**

**Festival of Trees. November 15, 2017 to January 2, 2018. The Bay Centre, 1150 Douglas St.**
The Victoria Festival of Trees, held exclusively at The Bay Centre this year, has become a cherished holiday tradition and the unofficial kick-off to the holiday season in the city.

**Gingerbread Showcase. November 18, 2017 to January 2, 2018. Parkside Hotel, 810 Humboldt Street.**
This event brings together professional and amateur bakers from across Vancouver Island and highlights their creativity, while supporting the work of Habitat Victoria. Last year more than $50,000 was raised! 100% of these donations will help build a home for a family living in need of a safe, decent place to live.

**Island Farms Santa's Light Parade. Nov 25th, 4:45pm onwards. Starting in the Inner Harbour and moving down Government Street.**
Begin your Christmas Season in Victoria with the magical Island Farms Santa’s Light Parade! Floats and bands, entertainment and lots of fun for the whole family.

**Craft Cartel. Nov 24th (5-9pm) and 25th (10am-5pm), 195 Bay Street.**
A 2 day Makers Market with over 50 local artists and designers! Live music, and Food Trucks. From clothing, jewellery and fresh handmade donuts to children's clothing, handmade toys and artisanal chocolates there’s so much to choose from for your holiday wish lists.