Territory Acknowledgement
We acknowledge with respect the Lekwungen-speaking peoples on whose traditional territory the university stands and the Songhees, Esquimalt and WSÁNEĆ peoples whose historical relationships with the land continue to this day.

Family Centre News

What’s New at the Family Centre

We are happy to introduce you to two practicum students Hana from the Camosun College Community, Family & Child Studies Program and Victoria from the School of Nursing here at UVic. They have been with the Family Centre for some time and we are lucky to have their help and knowledge and experiences they bring to the Family Centre.

We have started our ESL classes on Thursdays from 12:30-2:30 pm with volunteers coming in and teaching the classes. We are happy to say the class is now being held on Friday nights as well starting at 6:30-7:30 pm.

You can find out all about the Family Centre including the monthly calendars, newsletters, programs, events, services and all the other great things happening at the Family Centre on our Facebook page or on our webpage https://www.uvic.ca/familycentre/

Family Centre Programs

| Monday (every other Monday): Community Market | 6:00pm - 6:45pm |
| Mon, Tues, Wed, Thurs: Early Learning Drop In Program | 9:00am - 12:00 pm |
| Thurs. Conversation Club | 12:30 pm-2:30pm |

*Check the Family Centre’s Monthly Calendar for Special Events

Don’t miss out on community gatherings!

Starting in October Mondays: Early Learning Drop in 9:00 am-12:00 pm

For more information please check out our Facebook page, https://www.uvic.ca/familycentre/or contact us at familyc@uvic.ca.
Welcome to Winter!

Josephine and Rebecca are happy to continue welcoming families to the Family Centre as 2019 comes to a close. We are excited for the crisp winter weather and some new activities at the Family Centre. This fall we are introducing a new community activity – the Cooking Club. Every second Wednesday a different volunteer from our community will come to the Family Centre and teach us to prepare a dish that we will then enjoy together! For our first Cooking Club we had falafel! (Recipe page 3) We are looking forward to a wonderful close to 2019 with all of the UVic families!

All the best,
Josephine and Rebecca

Websites and Organizations

UVic International
Website: https://www.uvic.ca/international/inbound-students/index.php
Overview: Offers helpful information for international students coming to UVic including topics on immigration, studying at UVic, health insurance and much more.

UVic Multifaith Services:
Website: https://www.uvic.ca/multifaith/index.php
Overview: Offers prayer through appointed faith representatives for multiple faiths. Mediation groups, pastoral counselling, weekly activities, workshops and community gatherings. See website for event calendar.

UVSS (University of Victoria Students’ Society) Food Bank and Free Store
Website: https://uvss.ca/foodbank/
Overview: Located in basement of Student Union building. Confidential service to offer extra supports for students and their families.

VIRCS (Victoria Immigration & Refugee Centre Society)
Website: http://www.vircs.bc.ca/
Overview: Immigration, post-secondary international students and settlement services: housing, social benefits health care, income tax, work permit applications, labor market services, and English language.

Inter-Cultural Association
Website: http://www.icavictoria.org/
Overview: An association that connects immigrants/newcomers to resources, support, education and programs. English as a second language courses available.

Henderson Recreation Centre
Website: https://www.oakbay.ca/parks-recreation/facilities-rentals/recreation-centres/henderson-recreation-centre
Overview: Close to UVic, Henderson recreational centre offers a variety of sports, leisure activities and programs for all ages.

International Bursaries

Bursaries are awarded to international undergraduate and graduate students who experience financial crisis during their school year. All applicants must make an appointment with a Financial Aid Officer in Student Awards and Financial Aid (University Centre) to discuss their extenuating circumstances and eligibility. Please contact finaid@uvic.ca to make an appointment.
November/December Dates

**Sun Nov 3rd**  
Daylight Savings Time Ends  
(Turn clocks back 1 hour)

**Mon Nov 11th**  
Veterans Day / Remembrance Day  
(Family Centre Closed)

**Nov 11th – 13th**  
University Reading Break

**Fri Nov 22nd**  
SD 61 Pro D Day / Pro D Day Camp at the Family Centre

**Thurs Nov 28th**  
American Thanksgiving

**Friday Dec 6th**  
SD 61 Pro D Day / Pro D Day Camp at the Family Centre

**Sunday Dec 8th**  
Bodhi Day

**Fri Dec 20th**  
Family Centre Closes for the Holidays

**Mon Jan 6th**  
Family Centre Reopens

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**Falafel**  
Courtesy of NAME

- 3.5 cups chickpeas*
- 3 eggs
- 1 tbsp salt
- 3 cloves garlic
- 1 bunch cilantro
- 2 bunches parsley
- 2 bunches green onion
- 1 tsp Arabic 7 spice
- ¼ tsp baking soda

*Soak chickpeas overnight or for a minimum of 12 hours

Put all ingredients into a food processor except for eggs, baking soda, salt and spices. Blend ingredients together until fine, add in remaining ingredients, mix by hand and then form into small balls.

Heat oil on high and when hot carefully fry chickpea balls on medium until brown on the bottom, then turn over and fry until the other side's golden brown

Cool on cooling rack or paper towel

Serve with pita, cucumber, tomato, onion, lettuce, olives, tahini and/or tzatziki with mint

Makes enough for 8-10 people.

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**November 11th – Remembrance Day**

Remembrance Day is a yearly memorial day that is observed in many Commonwealth countries, including Canada, to remember those who died in military service, and honour those who served in wartime. It is observed across Canada each year on 11 November — the anniversary of the Armistice agreement of 1918 that ended the First World War. On Remembrance Day, public ceremonies and church services often include the playing of “Last Post,” a reading of the fourth stanza of the poem “For the Fallen,” and two minutes of silence at 11 a.m. Wreaths are laid at local war memorials and assemblies are held in schools. The red poppy is a symbol of Remembrance Day that was inspired by the poem “In Flanders Fields,” written by Lieutenant-Colonel John McCrae. Red poppy pins are sold by the Royal Canadian Legion and worn by millions of Canadians in the weeks leading up to and on 11 November (Canadian Encyclopedia, Remembrance Day in Canada, October 3, 2018).

Early Learning Drop In:
Families are welcome to this drop-in program that runs Monday, Tuesday, Wednesday, and Thursdays from 9:00 am–12:00 noon. Learning through play is encouraged in an environment that promotes children’s inherent love of learning and sense of wonder. Each morning session includes a snack, story and outside play.

Public Health Nurse:
Once a month on a Tuesday we have a visit from a Public Health Nurse for immunizations and wellness checks for children 5 and under. Please contact Lisa at Lisa.Halliwell@viha.ca to request an immunization appointment for your child at the Family Centre.

VIRCS:
Victoria Immigration & Refugee Centre Society will be coming once a month to the Family Centre during a morning drop in time. This gives families an opportunity to speak face to face and ask questions on their programs and services. November’s visit will be November 12th, 2019 at 10:00 am. Stop by for a coffee and meet our new friends.

The Community Food Market:
On every other Mondays from 6:00-6:45 pm (see calendar), come with a reusable bag and pick up some FREE groceries. The food is provided by Living Edge, in partnership with West Village Church, the Kappa Beta Gamma Sorority, and the Family Centre. Lottery style approach, no need to line up.

Conversation Club:
We have a TEFL (Teaching English as a Foreign Language) facilitator leading a group through different topics. Kids are welcome and the coffee is on for our Thursday afternoon session! The Club meets every Thursday from 12:30 – 2:30 and every Friday at 6pm (no children for the evening class)

33rd Annual Calico Christmas Market
Address: Spectrum Band Christmas Craft Market, 957 Burnside Rd W
When: Nov 9 & 10, 10am – 5pm
Admission: $5 (children 12 & under free)
Details: Over 90 artists come from around Vancouver Island. Enjoy shopping, food and holiday fun for the whole family.

Vic Reconciliation Dialogue 2 UN Declaration of Rights of Indigenous People
Address: Victoria City Hall, 1 Centennial Square
When: Mon Nov 18, 2019, 6-8pm
Admission: Free
Details: The Dialogues will provide opportunities for Indigenous and non-Indigenous people to come together to share their ideas and stories, and explore how we as a community can make the culture, history and modern reality of local Indigenous Peoples become present and apparent throughout the city, and understood and valued in people’s everyday lives.

Community Arts Program
Address: Our studio at the Downtown Community Centre, 755 Pandora Ave
When: Every Monday, 1:30 – 5:00pm
Admission: Free
Details: The Community Arts Program is a low-barrier, cost free program for adults looking to express themselves through drawing, painting, crafts, etc.
https://downtownvictoria.ca/event/community-arts-program/2019-12-16/

New at the Family Centre
VIRCS Victoria Immigrant & Refugee Centre Society will be stopping by once a month during morning drop in. This wonderful community service will have a representative at the Family Centre to answer any questions or provide families with information on their services and programs. Welcome VIRCS to the UVic Family Centre!