

NEWS & VIEWS

University of Victoria Student Family Housing Newsletter



APRIL 2005 ISSUE 94

Dealing with Exam Time Stress

by Karen Lee Pickett



Classes at UVic end on Friday, April 8th, which

signals the beginning of everyone's favourite time of term -- exam period.

Exams this spring run from April 11 - 27, weeks that will be stressful for most students as they study for tests that evaluate their comprehension of a term's

worth of lecture and instruction. Dealing with exams is hard enough, but students with families have special challenges. Here are a few tips and suggestions for getting through exams without blowing your cool.

Be firm about your study hours. Tell your family that you have set aside special time to study without being disturbed. Stress is increased if you are constantly worrying about getting enough time to do your work. If you can delineate clear hours each day for study time, then you can take more enjoyment from doing other things with or for your family.

Talk to your kids. It's worth taking the time to give children an explanation for your extra work hours or higher stress levels. Telling them that this time will not last forever may help with short tempers and frayed patience.

Don't forget UVic Counseling Services. They have many programs and groups designed to help students manage stress, as well as one-on-one counseling, peer counseling, and learning skills services. <http://www.coun.uvic.ca/>

Take frequent breaks. You will absorb more information if you study for short periods punctuated by frequent breaks. Stand up, stretch, get a drink of water, make a pot of tea. Removing yourself from your books for a few minutes gives your mind time to absorb what you are studying.

Don't forget to exercise. Walking is best -- even if you only have time to go around Lam Circle, a short walk can give you a real boost. Getting fresh air and engaging the body in physical activity clears the mind and awakens the senses -- always a boon to good studying.

Walk the labyrinth. Labyrinths have been used for meditation and contemplation for centuries. On Monday, April 11th, 7 - 9:30pm, "Learn to Walk the Labyrinth: A Sacred Path Workshop" will be led by Henri Lock and Louise Taylor at the Interfaith Chapel.

Plan a fun family outing or event for when your exams are all done. This way the whole family will have something to look forward to!

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Family Centre Hours for April

Tuesday 9am - 7pm

Wednesday 7am - 3pm

Thursday 7am - 8:30am &
1pm - 6pm

Welcome * Willkommen

Bienvenue * Bienvenido

Bem Vindos * Witamy

Maligayang Pagdating



Celebrate the New Solar Year - Noruz!

by Mahmood Tara

March 21 is the first day of the rebirth of nature (spring).

The moment the sun crosses the equator and equalizes

night and day is calculated exactly every year, and families in many countries gather together to observe the rituals. It has been celebrated by all the major cultures of ancient Mesopotamia. Sumerians (3000 BC), Babylonians (2000 BC), the ancient kingdom of Elam in Southern Persia (2000 BC), and Akadians have all been celebrating it in one form or another. What we have today as **Noruz** with its uniquely Iranian characteristics has been celebrated for at least 3000 years and is deeply rooted in the traditions of the Zoroastrian belief system.



continued on next page

Housing Office Q&A

by Steve Fitterer



This month, Steve addresses a pervasive problem in Family Housing: mold.

You may have already found traces of mold lurking in the darker crevices and corners of your home, perhaps along a window ledge, on your bathroom tiles or under the kitchen sink. Excess humidity in the home provides a perfect environment in which mold can flourish, leaving tenants vulnerable to allergies, respiratory problems and illness. The de-humidistat in each Family Housing unit is a useful tool in controlling changing levels of indoor moisture as our weather moves from a rainy West Coast winter toward a temperate summer. Your de-humidistat will indicate the recommended humidity level, but remember, as the climate changes, so do moisture levels in your home. Experts suggest that the average indoor humidity level should be 30% to 50%, and 30% if the temperature drops below -10 degrees Celcius.

If you find mold in your home, it is important that you treat it properly, safely applying a chlorine bleach product or white vinegar to the affected area until no stain, smudge, discoloration or musty smell remains. The best way to remain the master of the mold is to clean and maintain your home regularly, keep all materials (bathroom tiles, windows etc.) as dry as possible, frequently ventilate open areas, and maintain appropriate humidity levels. Take a second look at your de-humidistat! Turn the dial. You may create an even more comfortable and healthy living environment for you and your family.

For more information on humidity control in your home and mold prevention contact your local health safety official, or take a look at the following Internet site:

http://www.cmhc-schl.gc.ca/en/burema/gesein/abhose/abhose_ce08.cfm#smallclean

News & Views Still Needs Your Help!



Thank you to Nadine Cruickshanks and Mahmood Tara for their submissions this month. They will both receive prizes to recognize their contributions. We hope to double the number of submissions every month, and they've gotten us off to a great start. Here are some suggestions for

what you could contribute: a recipe, an opinion, a question, a drawing, an inquiry, a story, a poem, a viewpoint, a piece of advice. The email is fcnews@uvic.ca, or you can drop your submission off in the envelope on the board outside the Family Centre. The deadline is the 20th of the month. We look forward to hearing from you!

Noruz continued

Noruz is considered the major civil celebration of the year. In several countries (mainly in Iran), Noruz brings special traditional activities and ceremonies, "Haft Seen" is the most famous. "Haft Seen" is a traditional table decorated with at least seven or "Haft" symbolic objects, nutrients or plants beginning with the Persian letter "s" or "Seen". They often consist of hyacinth ("Sonbol"), red apples ("Seeb"), the spice sumac ("Somagh"), garlic ("Seer"), vinegar ("Serkeh"), coins ("Sekeh"), Bohemian olives ("Senjed"), and a dish of germinated wheat or barley seeds ("Sabzeh").

The hyacinth blooms in the springtime, symbolizing the rebirth of nature. Red apples provide color as well as representing the First Fruit, from the time of Adam and Eve. Sumac is said to be the spice of life and garlic is believed to chase away evil spirits. Vinegar is a symbol of fermentation, having originated as grapes and undergone many transformations. The coins represent wealth and hopes for prosperity. The germinated seeds represent the fertility of the land in spring. The Holy Book of the household is placed on this table. On the table are also placed a mirror for the reflection of life, candles representing the light of life, goldfish in a bowl as a sign of living form, a painted egg for each member of the family, and traditional pastries and bread to symbolize a plentiful year.

The family gathers around the table holding hands at the specific time of Equinox, which varies every year. As they wait, they place a sweet in their mouth and a coin in their hand. At the moment of transition into the New Year or "Sal Tahvil", family members embrace each other. A traditional meal is served made of steamed rice with chopped parsley, dill and chives served with fish, known as "Sabzi Polo Mahi".

Modern Iranians celebrate the New Year for thirteen days. The first few days are spent visiting older members of the family, other relatives, and friends. Gifts (usually brand new money bills) are exchanged; sweets and feasts will be consumed. At the last day, "Sizdah Bedar" is the "thirteenth outing" and is the finale to the Noruz celebrations, when Persians symbolically renew their life. The thirteenth day of the New Year is considered to be unlucky and in order to partake in a final cleansing, people leave their homes and depart into the countryside. They spend the whole day at picnics with the family, enjoying the fresh air. Single women tie blades of grass together, while wishing that in the coming year they will tie the knot in marriage. The planted seeds of "Sabzeh" are thrown into a flowing stream of water, symbolizing ongoing fertility.

We wish all our best for all the families celebrating this special event.



Big Thanks!



The Family Centre wants to thank all of our sponsors for the April 1st No Foolin' Breakfast. We have had donations of door and raffle prizes and donations for activities and supplies on the day of our event. This is a list of our confirmed sponsors, and there are more to come. Please see the May News & Views for a full listing of all April 1st sponsors!

Banfield Flowers
 Bodega Ridge Resort
 Butchart Gardens
 Cedar Hill Recreation Centre
 Cinecenta
 Crystal Pool and Fitness Centre
 Dairyland
 Dusting Divas
 Gordon Head Recreation Centre
 IQ Bistro
 The New VI
 Oak Bay Recreation Centre
 Ocean Expeditions Whale Watching

Pepper's Foods
 Saanich Fire Department
 Saanich Police Department
 UVic Alumni Association
 UVic Athletics and Recreation
 UVic Bookstore
 Uvic Campus Security
 UVic Facilities Management
 UVic Food Services
 UVic Graduate Student's Society
 UVic Interfaith Chaplains Service
 Villages Pizza

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.

A huge thank you to some of our excellent

volunteers: Mahmood Tara for continually keeping our web site looking good; Shannon Jones, Lisa Kishkan and Sam Vatcher for keeping the Thursday morning breakfast club running; and Karla Magana, our excellent office helper. Thanks to each of you for your time and dedication!

Also a big thank you to Lisa and Karen, our tireless News & Views editors. You gals are doing a great job, and the university community, especially Family Housing and the Family Centre, appreciate your insight, commitment and patience!



Pepper's Foods is a proud community supporter of the UVic Family Centre! They are one of our major sponsors for the April 1st No Foolin' Event and also a big support to the Family Centre Breakfast Club and Community Kitchen throughout the year. Big thanks from the Family Centre for all the support!

CHILDREN'S CORNER

CHINESE JUMP ROPE

First you begin with the rope around the ankles of two children. Another child jumps in the rope with both feet. Then the child jumps out of the rope with both legs straddling each outside rope. Next, the child jumps from side to side. (Straddling each side of the rope.) Then the child jumps on the rope. Then out again. Finally, the child takes the rope, crosses it using their legs, so that their legs are inside of an x. Then the child has to jump out and straddle the rope. With each jump, if they land on the rope when they are not supposed to, then they are out. Or if they are trying to land on it and miss, they are out. Once

Skip into Spring! you accomplish the ankles, you move up to the waist, then below the arms, then finally the neck (I have never seen it go that far.) With each sequence you say, "in, out, side, side, on, in, out."

For more rhymes and games, check out www.gameskidsplay.net.

Jumping Rhyme

I had a little puppy,
 His name was Tiny Tim.

I put him in the bathtub, to see if he
 could swim.

He drank all the water, he ate a bar of soap.
 The next thing you know he had a bubble in
 his throat.

In came the doctor, (person jumps in)
 In came the nurse, (person jumps in)
 In came the lady with the alligator purse.
 (person jumps in)

Out went the doctor, (person jumps out)

Out went the nurse, (person jumps out)

Out went the lady with the
 alligator purse.

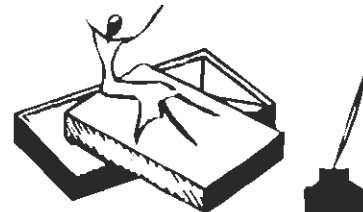
(person jumps out)



Literary Mama Seeks Submissions

Literary Mama features writing by mother writers about the complexities and many faces of motherhood. We seek top-notch creative writing: fiction, poetry, creative nonfiction. We also look for quality literary criticism about mother-centric literature, book reviews, and profiles about mother writers.

Send submissions to editor Ericka Lutz, fiction@literarymama.com.



At Literary Mama, we publish writing with fresh voices, superior craft, and vivid imagery. Please review our Mission Statement and read the work on our site to find out what we like. Our specific submission guidelines can be found on our web page:

www.literarymama.com

Although we usually accept writing by self-defined mother writers on the topic of mothering, we seek submissions for three special issues from people other than self-defined moms (as well as self-defined moms) on topics intimately related to mothering.

May: Mother's Day Month: We seek writing that is about mothers from the child's perspective, or from fathers, partners or other family members about the mothers they love

June: Father's Day Month: We seek writing that is about fathers from the child's perspectives; about the relationships between fathers and mothers and husbands and wives; about husbands as fathers; and by self-defined fathers about fathering and mothering (including lesbian or transsexual parents who identify as fathers).

Good-bye and Au Revoir!

R.N. students **Janine** and **Sascha** will be finishing their practicum after April 1st and would like to take this opportunity to thank each and every family for making their learning experience so memorable over the past three months. There will be a **Goodbye Luncheon on April 5th** from 12-1pm at the Family Centre – well, actually just grilled cheese sandwiches and carrots... but hey, it will be fun! See you there!

As well, **Christine Savard**, who has been our volunteer storytime reader and super craft leader and French teacher will be having her last story time on April 12th at the Family Centre. We will miss you Christine -- thank you for all your patience, time and caring. *Bon chance* in the future with whatever you do!

Buy, Sell, or Donate

CASH FOR YOUR BOOKS

April 11 – 28, Mon – Fri: 9am – 4pm; Saturday: 11am – 4pm
Sell your textbooks back to the Uvic Bookstore for cash and a chance to win great prizes! We pay 50% of the book's new price for books that will be used in the summer and fall terms. If the bookstore isn't buying, the wholesale company will offer you the North American wholesale price. You can then choose to sell now, or wait to see if the book is used for a course later. The buyback list is updated daily.

Calling All Toys and Books!

Do you have books or toys your kids have grown out of? Books from last semester that you are tired of looking at, but the bookstore won't buy them back? What about books you have never even read or toys that nobody plays with... are they taking up much-needed space? Donate them to the Family Centre!

Parenting Connections

HEY MAMA: Come check out the new parenting chat group at the Women's Centre in the Student Union Building on Tuesdays from 2:30 - 4:30. All moms welcome with or without the kids! For info, email ssharris@uvic.ca.

Bringing Our Children Home Community Action Group invites you to attend a Community Forum -- "Working to reconnect Aboriginal children to their families, communities, & cultures."
March 31st, 1:30-4:30pm at Wilna Thomas Cultural Centre, Lansdowne Camosun College. For more information, email Angela Antoine at atha@uvic.ca.

Success By 6 is an early childhood partnership between MCFD, Savings and Credit Unions and United Way. The initiative is dedicated to ensuring children ages 0-6 have access to initiatives that support their healthy growth and development as well as raising awareness of the importance of the early years. This is notice of a free family swim event which signifies the launch of this initiative in our South Island community. For more info on Success by 6, please check the web site: www.successby6bc.ca

Does anyone have any interest in attending a **first aid class**? The Family Centre is thinking about hosting a general first aid class but we want to make sure there are people who would take it. Please call or email us if you are interested.

Family Centre Hours for April:

Tuesday 9am - 7pm

Wednesday 7am - 3pm

**Thursday 7am - 8:30am &
1pm - 6pm**

Family Centre 472-4062



Community Events

Swan Lake Program

April 2 & 3: Fossil Fair and Open House, Victoria Paleontology Society

Come and view fossil animals and plants from Vancouver Island and other parts of British Columbia. Activities for children include fossil rubbings, a sandbox fossil dig, and looking through microscopes.

At Swan Lake Christmas Hill Nature Sanctuary, 3873 Swan Lake Road, 10 a.m. to 4 p.m. Donations greatly appreciated. For more information, contact Ann Scarfe at 479-0211.

Vancouver Island Aboriginal Education Career Fair

April 19th, 9am-3pm, Lunch provided. Door Prizes. For more information or to register please contact Angela Antoine (250) 472-4486 or email atha@uvic.ca

International Friendship Group

This UVSS club is sponsored by International and Exchange Student Services (IESS). This is an ESL conversation club for those wanting to practice their English with friends! It takes place on Saturdays from 10 - 12 at Clearihue A301. The group is free for students and their partners, and it is casual with no tests. For more info, contact Daniel at ifg@uvss.uvic.ca.

Success By 6 Free Family Swims

You and your families are invited to free family swims, sponsored by South Vancouver Island in partnership with municipal recreation departments and Thrifty's.

Sunday, April 3rd, 10am - 12pm at Gordon Head Pool

Saturday, April 9th, 12 - 1.30pm at Esquimalt Pool,
and 11am - 1pm at Crystal Pool

Sunday, April 10th, 11.30am - 1pm at Juan de Fuca Pool

Family Centre Events

Community Kitchen

Tuesdays 4:30 to 7pm

Community Kitchen is a group that gathers to cook together to make food for their families and learn new recipes! Some of our latest feasts have included delicious food like prawn pancakes, pakoras, bhajjias, chow mein, pizza and sushi. Please drop in or call the Family Centre to let us know if you will be joining us.

Playgroup

Tuesdays & Wednesdays. A time for parents and children to visit and play with friends and neighbours.

Storytime

Tuesdays, 10 to 11am, April 5 & 12 only. Volunteer mom Christine makes storytime fun with crafts, activities, and of course, stories!

ESL Club

Tuesdays, 2:30 to 4:30pm. Come practice your English skills! This new club is being generously supported by the International and Exchange Student Services.

Breakfast Club

Wednesdays & Thursdays, 7 to 8:30am. Stop in on your way to school or work for a warm breakfast and lively conversation.

Homework Club

Thursdays, 4 to 6pm. Kaitlin, Young, Billy and Anna are ready and available to support you with homework troubles, math problems, science questions and more. Join them for games, crafts and lots of laughs as well!

Knitting Night

Fridays, April 8 & 22, 7 to 9pm. Calling all knitters and handworkers! Come and chat and work on projects in a fun and relaxed atmosphere.

Daylight Savings Time Begins on

Sunday, April 3rd. Don't forget to spring
clocks ahead one hour!



News & Views Updates Available by Email

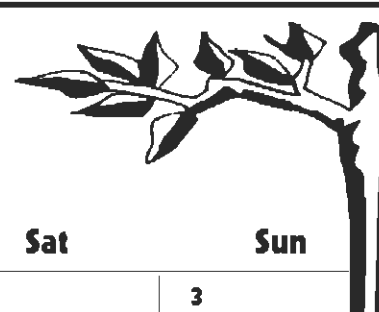
Please email familyc@uvic.ca if you would like to receive updates from the Family Centre including info about workshops, sales on campus, family-friendly events and news, as well as the monthly newsletter. This is a great service for families living both on and off campus!

Bike Thefts in Family Housing!

Recently several bikes have been taken from outside townhouses. Please keep an eye out, report any suspicious behaviour to Campus Security and
LOCK YOUR BIKES!

April 2005

see reverse for event details



Mon **Tue** **Wed** **Thur** **Fri** **Sat** **Sun**



Deadline for ordering Good

Food Box



Pick up Good Food Box at
Family Centre



1



No Foolin' Event

2
10-12: ESL Group

Swan Lake Event

3
**Daylight Savings
Time begins –
Spring Forward!**

Free Family Swim
Swan Lake Event

4	5 10-11: Storytime 11-12: Playgroup 2:30-4:30: ESL class 4:30: Community Kitchen	6 7-8:30: Breakfast Club 10-12: Playgroup at Complex B	7 7-8:30: Breakfast Club 1-3: Drop-in 4-6: Homework Club	8 7:00: Knitting Night <i>UVIC CLASSES END</i>	9 10-12: ESL Group Free Family Swims	10 Free Family Swim
11 7-9:30pm -- Labyrinth Workshop	12 10-11: Storytime 11-12: Playgroup 2:30-4:30: ESL class 4:30: Community Kitchen	13  7-8:30: Breakfast Club 10-12: Playgroup at Complex B	14 7-8:30: Breakfast Club 1-3: Drop-in 4-6: Homework Club	15	16 10-12: ESL Group	17
18	19 10-12: Playgroup 2:30-4:30: ESL class 4:30: Community Kitchen	20 7-8:30: Breakfast Club 10-12: Playgroup at Complex B	21  7-8:30: Breakfast Club 1-3: Drop-in 4-6: Homework Club	22 7:00: Knitting Night Earth Day	23 10-12: ESL Group	24 Passover Begins
25	26 10-12: Playgroup 2:30-4:30: ESL class 4:30: Community Kitchen	27 7-8:30: Breakfast Club 10-12: Playgroup at Complex B	28 7-8:30: Breakfast Club 1-3: Drop-in 4-6: Homework Club	29	30	