

Student Newsletter



Malaspina University-College - Cowichan Campus Student Newsletter, Issue #110 - March 1, 2006

DATES AND DEADLINES

Career & Academic Preparation

- Mar 13: First day of Term 3 registration for **returning** students.
- Mar 31: Last day for applying to **most** University and Career/Technical Programs beginning September 2006. Applications received after this date will be deemed late.

University and Career/Technical

- Mar 1: Students with fees owing will be withdrawn from all Spring semester classes.
- Mar 31: Last day for applying to **most** University and Career/Technical Programs beginning September 2006. Applications received after this date will be deemed late.

ABORIGINAL WOMEN'S WELLNESS CONFERENCE

The second Aboriginal Women's Wellness Conference is being held March 28 and 29 at the Saanich Fair Grounds Annex.

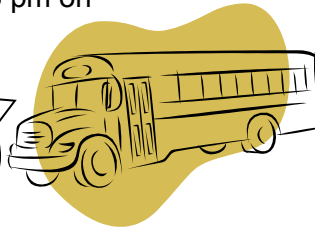
The conference is a joint initiative between several agencies to raise awareness and address health issues and concerns directly related to aboriginal women in this area. If you would like to know more about the conference, contact Lyla Brown in Student Services.

Registration is required for the Conference, so let us know asap if you want to go!

We are organizing a free bus to take students to the conference.

The bus leaves at 8:15 am and returns by 5 pm on both days.

Reserve your seat on the bus at Student Services.



CAMPUS BUS STOP

Science instructor Linda Revere received a response from the CVRD regarding the recent student petition to have a bus stop placed at Cowichan Campus. The letter points out that a bus stop was previously located outside the campus but was abandoned due to safety concerns. In order for the CVRD to place a bus stop at this location, Malaspina would have to construct a safe pull-off area. It was suggested that students use the bus stop at the Duncan Bus Depot in the Village Green Mall.

Thanks, Linda, for keeping us updated on this issue.

HELP WITH INCOME TAX

Yes it's that time of year again. If you would like free help with your income tax, bring all your paperwork to the Learning Centre, Room 131, March 14 - April 28, at the following times:

- Tuesdays, 11:30 -1:00
- Fridays, 11:30 -1:00

No drop offs please. Bring yourself with your papers!

Life Skills Coach Certificate

The Life Skills Coach Certificate Program is an 8-week, full time experiential learning program that

provides opportunities to enhance skills in self-awareness, communication, human relations, and coaching techniques, and follows the renowned *Saskatchewan New Start* approach. This training will prepare you to model, implement, and facilitate Life Skills in your working environment and personal life. The program will be offered at this campus from April 24 to June 16. If you would like more information, call 746-3532 or stop by Contract Services in Building 602 for an information kit.

ABORIGINAL SPORT & TOURISM

Starting on May 8, this course offers an exploration of cultural and social factors to consider in the planning, implementation, and management of Indigenous sport, and recreation/tourism opportunities.

Learn about the historical development of Indigenous sport, aboriginal beliefs and relationships, and managing volunteers. There will also be an Elder component.

This course is part of an Aboriginal Sports Management Certificate Program proposed for delivery starting September 2006.

Priority seating will be offered to Cowichan Tribes members engaged in the delivery of the 2008 North American Indigenous Games.

Call (250) 746-3532 today, or stop by Contract Services in Building 602 for an information kit.

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UPCOMING INFORMATION SESSIONS

Medical Office Assistant Certificate Program

Build your career in the health care field.

- Tuesday, April 4; 7:30 pm
- Program start date: Fall 2006

Public Safety Communications (911 Operator) Certificate Program

Train to work in a fast paced environment where you can make a difference in people's lives.

- Tuesday, April 4; 6 pm
- Program start date: September 2006

Animal Care Aide Certificate Program

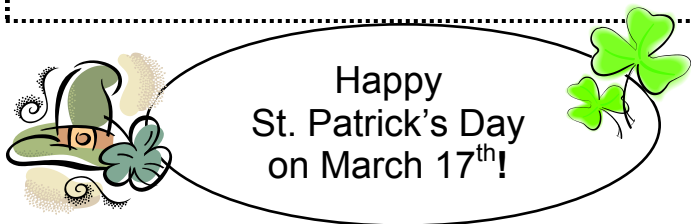
Prepare for work in the fascinating field of Animal Care.

- Monday, April 24; 7 pm
- Program start date: September 2006

Call Continuing Education, (250) 746-3519, to register for the any of the sessions above.

University Courses and Adult Upgrading (ABE)

- Wednesday, March 15; 7 pm, Room 126



Happy St. Patrick's Day on March 17th!

CONGRATULATIONS!

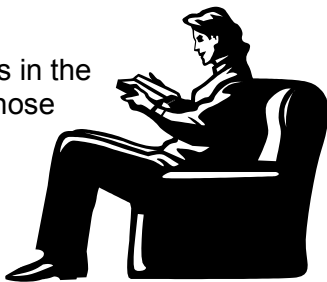
Congratulations to two students in the Reading and Writing Centre whose essays have been selected for publication in a book.

WE LEARN (Women Expanding: Literacy Education Action Resource Network) is holding a literacy conference in March in New Haven, Connecticut.

Sharon Elliott and Cat Glasspoole have been invited to read their essays at the Conference. Needless to say, this is a bit far to travel! However, their work is going to be published in a collection of essays selected from students all over Canada and the USA..

Way to go Cat and Sharon!

Read their essays in the next column...



How Come

As a female, I would like to know where we are on the scale in life and in health. I can remember when I went to a gynecologist and she checked me and then said that she would have to do a pile of tests on me. I looked at her and said, No". Let me explain about this a bit.

My name is Cat. Before I came to Duncan, I lived in Victoria, BC So another gynecologist said he knew something was wrong with me but did not know what to do. He tried all kinds of test on me, but got nowhere. So that's why I said no to this gynecologist! I just wanted a hysterectomy. I was just scared with what was happening to me and I had to make my decision. It was like they were saying they knew my body more than me! You see, I do know my body and no doctor is going to tell me I'm fine when I know different! I myself have started realize they are as human as we are and just doing their job! But maybe they forget who they are too!

Cat Glasspoole

My Family History

I came from a large family in Chatham, New Brunswick. My grandparents had 22 children, one which was my mother, who raised 18 of us kids. My name is Sharon Ann Elliott. I grew up Sharon Ann Mazerolle.

Our history is heart problems and diabetic and cancer. My mother was an intelligent woman. She used a lot of home made remedies. Doctors were fifty miles away. We also had several health problems not having enough food. If you don't eat right, you get health issues. Most of my sisters are diabetic. Their children inherited it.

My ma mere was a little lady who taught us to maintain what we have – to get plenty of rest, drink plenty of water and eat onions and garlic to prevent colds and flu. My mom lost 2 kids due to pneumonia. We kids also were taught how to take certain barks off trees and boil them down and drink them often to clean out your system.

I myself now have a bad heart and cancer. Also I lost a sister last year due to cancer. Now I am terrified. Two other sisters are diagnosed. One is bone cancer, the other is lung cancer.

I have a lot of faith for I was raised Catholic and believe if you put trust in a higher being you will seek help, whether in your doctors or in self-meds. The saying is we all must die, but we will meet again. Please take good care of ourselves. Don't misuse drugs or alcohol. Treat ourselves with respect. We all deserve happiness.

Sharon Elliott

FINANCIAL AWARDS...REWARDS?

Looking for financial awards for the fall?

If you are advancing from upgrading to a certificate, diploma or degree program in the fall, you might qualify for the *Nora Fulton Gibson Entrance Award*.



Pick up an application from the display case outside Student Services or print from the web:

www.mala.ca/calendar/awards.asp

Deadline to submit: March 15 by 4 pm

MIKE COLEMAN AWARD FOR CITIZENSHIP

This award provides a trophy and \$250 for a Cowichan Campus student who meets the following criteria:

- Has demonstrated good citizenship within the Cowichan community at large and/or the Cowichan Campus
- Is a good all-round student
- Demonstrates a positive contribution to the life of the college or community
- Does not have to be a returning student
- Is available to students enrolled in Access, ABE, University courses, Health & Human Services programs, Technology/Technician programs and Trades & Applied Technology programs.

This is a nice opportunity to acknowledge someone who has made a contribution to our community. If you are a student and would like to nominate another student, pick up an application in the display case outside Student Services. If you have any questions, contact June in Student Services.

GET UNWIRED!

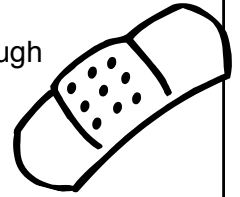
Cowichan campus now has a wireless network. If you have a laptop computer with a wireless network card, you can access the internet and your email from any point on campus. Read about it at the Cowichan

Campus IT page: <http://www.cc.mala.bc.ca/itwireless.htm>



SALVAGE YOUR SEMESTER!

You are **more than half way** through the semester and you realize that in order to meet your academic goals or to pass courses, you need to **make changes**.



This seminar is designed to help you develop a plan that will support your success this semester and in your future studies. Register in Student Services.

**MONDAY, MARCH 13, 12-1 PM
LEARNING CENTRE - ROOM 131, BUILDING 601**

LIFE SKILLS COACH CERTIFICATE

The **Life Skills Coach Certificate Program** is an 8-week, full time experiential learning program that provides opportunities to enhance skills in self-awareness, communication, human relations, and coaching techniques, and follows the renowned Saskatchewan New Start approach. This training will prepare you to model, implement, and facilitate Life Skills in your working environment and personal life.

The program will be offered at Cowichan Campus from April 24 to June 16. If you would like more information, call 746-3532, or stop by Contract Services in Building 602 for an information kit.

ARE YOU TRYING TO QUIT?

Join Lyla and Ruth and the *Smoking Cessation Support Group* in Room 207 on Tuesdays from noon to 1 pm.



Bring your lunch and get info, tips and techniques, laughter and lots of support to help you break the habit and become **"SMOKE FREE!"**

Smoking Cessation Support Group

- Every Tuesday, 12-1 pm
- Room 207, Building 602

Student Activities

Free Swimming

- Every Sunday night at the Aquannis Pool at the Cowichan Centre 7-8 pm. Bring your kids! Your parent! Your spouse! A friend! Come alone! Come with classmate or a class group! Immediate family or one friend can accompany you. Free admission by showing your current student card. The pool is rented for the Malaspina community. Lifeguards will be on duty.



Beat Mid-term Stress

Relax with yoga, skate with the stars, try your hand at lacrosse ... lots of activities are available at *The Cowichan Center* at reduced rates for enrolled students. Drop-ins!

- Beginners Yoga or Continuing Yoga 6-week session
March 1 - April 5: \$28

Drop-ins

There's still room to participate in these sports. Drop-in and receive special rates with your valid Malaspina University-College Student ID card.

Swim or Gym - \$1/session

- Monday to Friday 6:30 am – 8:45 pm;
Saturday 9 am – 5:30 pm; Sunday 2–5 pm

Skating - \$1/session

- Wednesday 6:30–8 pm;
Saturday & Sunday 1:45–3:45 pm

Recreational Lacrosse - \$3/session

- Wednesday 8:30 – 10 pm

Recreational Volleyball - \$3/session

- Monday or Wednesday 7-8:30 pm

Elite Volleyball - \$3/session

INTERNATIONAL WOMEN'S DAY

March 8 is an occasion marked by women's groups around the world. This date is also commemorated at the United Nations and is designated in many countries as a national holiday.



When women on all continents, often divided by national boundaries and by ethnic, linguistic, cultural, economic and political differences, come together to celebrate their Day, they can look back to a tradition that represents at least nine decades of struggle for equality, justice, peace & development.

WE WANT TO HEAR FROM YOU!!!

In this newsletter we have two short winning essays from students at the Reading and Writing Centre. We'd like to include more pieces from students in the newsletter. If you have some comments about your experiences here at Malaspina – or even something interesting you are learning in class – send us a letter or essay.



Keep your writing from one to five paragraphs in length and email it to reeceg@mala.bc.ca. Let's make the student newsletter more of a student newsletter!

HAVE YOU HAD A LAUGH TODAY?

Did you know that laughing can increase blood flow as much as a 15-30 minute workout? A rip roaring laugh increases endorphins, which lift your mood, and researchers think that it boosts the immune system and reduces inflammation.



So...remember to **laugh** today!

Cowichan Campus Student Newsletter

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