



# Student Newsletter

Vancouver Island University - Cowichan Campus Student Newsletter, Issue #194

December 9, 2011

## IMPORTANT DATES

Dec. 5: Last day of classes for University and Career/Technical programs. Also, Spring 2012 ABE Registration begins for returning ABE students (students currently enrolled in Fall 2011 ABE)

Dec. 6-7: Final examination study days for University and Career/Technical programs.

Dec. 8: First day of final examinations.

Dec. 12: Spring 2012 ABE Registration begins for new ABE students

Dec. 19: Last day of final examinations.

Dec. 23: Campus closed at 2 pm

Dec. 24-Jan 2: Christmas/New Year break.

Dec. 27: Final Fall semester grades due.

Jan. 3: First day of classes for Spring semester.

Jan. 10: Last day of active wait-list for Spring semester courses.

Jan. 16: Last day to drop a Spring semester course without having to pay for it.

Jan. 17: Spring semester fees will be calculated based on course enrolment as of this date.



## THE LEARNING CENTRE

Please note that the Writing Centre will not be offering services in December. In January, writing support for University Programs students will resume. Learning skills counselling and workshops will also resume in January on Tuesdays. Support for upgrading students continues until December 15 and resumes January 3; please see the schedule posted outside the door of the Learning Centre.

## WHY A SNAP FITNESS GYM IS RIGHT FOR YOU!

For a fast, convenient and affordable fitness workout, choose Snap Fitness - the clean, comfortable close-to-home gym with everything you need to get results. Join today and get started on a fitness plan to help you get fit, feel great and be well:

- Student membership rates: if a student signs up for 3 months and automatic rebilling, the gym rate is \$34.95 per month.
- Industry's best fitness equipment, including cardio, strength training equipment and more
- Access to convenient 24 hour gym every day of the year
- Free Fitness Assessment (\$100 value)
- Free "Basic 8" workout routine training
- Free equipment orientation
- Free Personal Webpage
- Free Fitness Challenges
- Free Online Nutrition & Meal Planning
- Free access to over 1,300 locations worldwide
- No long-term binding fitness club contracts, no hassles
- No waiting lines for fitness equipment or crowded parking lots
- Clean, comfortable, safe environment
- Fast fitness workouts, friendly place
- Personal training services to get you started on a fitness program for better results

More information on Snap Fitness can be found at [www.snapfitness.com/duncanbc](http://www.snapfitness.com/duncanbc) and on Facebook at [www.facebook.com/SnapFitnessDuncanBC](http://www.facebook.com/SnapFitnessDuncanBC).

We are located at 2 - 361 Trans Canada Highway, Duncan, or call us at 250-748-0001.





### “SAVING SEEDS AS IF OUR LIVES DEPENDED ON IT”

The Central Island Seed Savers Network held its second meeting on November 5th, 2011 to discuss how the group can collaborate to

achieve its mission - “to improve the quality and quantity of food seed for the Central Vancouver Island Region”.

A key topic addressed at this meeting pertained to the formulation of a seed bank for Central Vancouver Island’s farmers and growers. Discussing ideas of how best to save seeds for the future and what models of seed banking would be appropriate for the region, the network members decided that a seed directory would best secure seed availability for regional farmers and growers.

While the seed directory is being compiled, a series of other initiatives are also underway. Firstly, the network plans to produce public resources that will outline how gardeners and growers can best source local seeds and where information on the practice of saving seed can be sourced from. These resources will be made available at regional Seedy Saturday and Sunday events in 2012.

Secondly, public awareness on the importance of seed saving, as Dan Jason says, “as if our lives depended on it”, is also at the top of the agenda. According to network member, Joy Story, “the practices and procedures for guaranteeing seed viability is what all gardeners and growers need to understand to keep diversity and purity in the seeds we are collecting”. In accordance, network members are enthused to support the current work and partnerships with Cowichan Green Community and Farm Folk City Folk, and plan for future workshops and/or panel discussions on the subject.

For information on the Central Island Seed Savers Network or details on any of its initiatives, please contact Jen Cody at [jenandbearit@gmail.com](mailto:jenandbearit@gmail.com)

### BOOKSTORE SALE



Andrea & Deb from the Bookstore would like everyone to know:

*All 2012 Wall Calendars, Agendas, and Planners are now 20% off at the Bookstore!*

### CREATING MUSIC

Hello my fellow students. My name is Noel Laforest. I make computer music such as techno, hardcore, and mellow songs. I would like to share my passion for music with all of you. I would like to introduce you to the software I use to create music, called Fruity Loops9 aka FL Studio. I would like to show how I work with loops to build patterns for songs. I’d like to talk about how I express myself through the songs I make. A meeting was held on December 8th. If you are interested in creating computer music or would like more information email me at [bubba\\_night\\_rider@hotmail.com](mailto:bubba_night_rider@hotmail.com). I hope to hear from you.

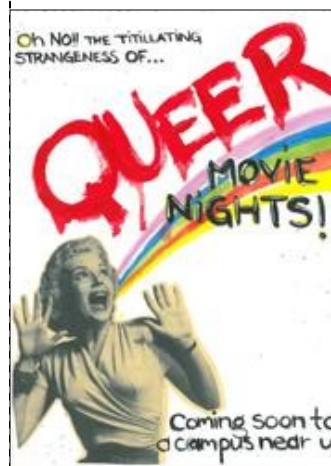


### OUT ON COWICHAN CAMPUS

The *Out on Cowichan Campus* group welcomes the LGBT community and allies to an open film series. The night will feature Queer films, followed by a discussion period.

Our goal is to bring together the LGBT community and allies on the Cowichan campus, and create a space for discussion, support and fun.

Starting in January: films, times and location to be announced.



### SUBMISSIONS TO THE NEWSLETTER

Students, staff, faculty, administrators and community members are all welcome to share thoughts, articles, and news in the student newsletter. As long as the material would be of interest to Cowichan campus students, we’re happy to include it.

We now have a new method of contributing your articles. Email articles to [studentnews@viu.ca](mailto:studentnews@viu.ca) and the person who is composing the newsletter will collect your articles there. If you have a handwritten notice, please drop it off at the Student Services department.



Student Services [cc.viu.ca/ss](http://cc.viu.ca/ss)  
Email: [studentnews@viu.ca](mailto:studentnews@viu.ca)  
Telephone: 250-746-3509 Fax: 250-746-3559