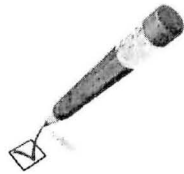


# Your VIU... *Bulletin*

Cowichan Campus Staff Bulletin, October 2010



## Mark Your Calendar For These Cowichan VIU Events



- ~ **Friday, October 15 ~**  
Employee Forum - Academic Plan; 1-3pm in Room 136 Cowichan Campus Boardroom (via conference call)
- ~ **Monday, November 1 ~**  
All Saints Day Potluck 12-1 in the Staffroom
- ~ **Thursday, November 11 ~**  
Cowichan Campus closed for Remembrance Day
- ~ **Thursday, November 18 ~**  
Coffee with Dr. David Witty, Vice-President Academic and Provost; 12-12:30 in Room 205
- ~ **Monday, November 22 ~**  
Townhall Meeting with Dr. Ralph Nilson; 3:30-5:30 pm in Room 156
- ~ **December 3 or 11 Tentative**  
dates for VIU Cowichan Employee Christmas Celebration

## VIU Cowichan Employee Christmas Celebration

Your 4Cs Committee is busy planning this year's Employee Christmas Celebration. More details to follow soon. Mark your calendar for these tentative dates: Dec 3 or Dec 11.



## Finding Dawn

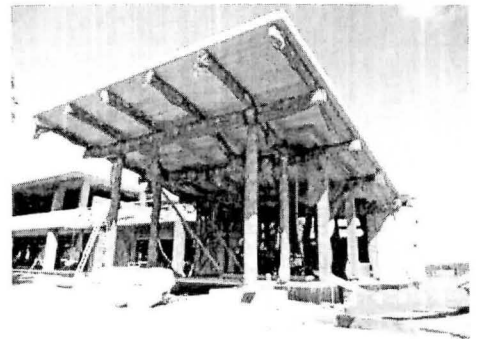
Directed by acclaimed Métis filmmaker Christine Welsh, the film is a compelling documentary that puts a human face to a national tragedy.

**Wednesday, October 20**

12:30 in Room 162

Everyone welcome to view the film and discuss the issues. For more information contact Maria Gomes, Human Rights Advisor

## Cowichan Place Campus - In Progress



### The journey continues...

Current project information, including design documents, meetings, forums & events are updated to this website:

[http://www.viu.ca/facilities/Campus\\_Development/Cowichanplace.asp](http://www.viu.ca/facilities/Campus_Development/Cowichanplace.asp)

## Where Were You On October 31, 2001?

Left to Right: Kai, June, Kerry, Janeane, Jane, Audrey



## All Saints Day Potluck 2010

As Halloween falls on a Sunday this year we will not be having our traditional Potluck/Costume party...instead we will be having an All Saints Day Potluck on November 1. In the Staffroom at noon.



### 4Cs

The Cowichan Campus Celebration Committee (aka "The 4Cs") is the liveliest meeting group on campus. We plan social events to promote employee engagement – and have fun together!

This creative and enterprising group is just starting up again and would like to invite anyone interested in participating to join in and bring your ideas. Commitment is minimal as we typically meet only once a month at 3:00pm on Tuesday or Wednesday. Please consider joining us and let Trudy know that you are interested.

Below are a few of our past events:

- ~ Wednesday Walk
- ~ Halloween Potluck
- ~ Secret Co-Worker
- ~ Annual Christmas Party
- ~ Chocolate Extravaganza
- ~ Secret Co-Worker Disclosure
- ~ Giving Thanks Potluck

Thanks, Trudy Bagnall



**VIU**  
COWICHAN

### *Cowichan Staff Bulletin*

*Please share with those not using email.*

*Next Submission Deadline:*

*November 8; 9:00am*

*Production, Design & Editing:*  
*Trudy Bagnall*

*Email: [trudy.bagnall@viu.ca](mailto:trudy.bagnall@viu.ca)*

### Pennies For Presents

Cowichan Campus will once again be joining the News Leader/ Pictorial's penny drive to raise money for WAVAW, the Salvation Army, Cowichan Valley Basket Society, Harvest House in Chemainus as well as the Lake Cowichan and Mill Bay food banks. The penny jars have arrived on campus at Reception, Credit Programs, Centre for Continuing Studies, Student Services, and the Library.

~ Thank you!

### Coffee Break Fund-raiser

The students of the Employability Skills class would like to thank everyone for joining them in supporting the Alzheimer Society. They very proudly counted \$90.60. The second year students were extremely pleased because last year there was just over \$60.00 collected for the same project. The money will be sent off and well used by the organization.

~ Thanks again from the class.  
Deb Provencher

### Ways You Can Help Our Students

Very quietly, for many years, the team in Student Services has been bringing in non-perishable food to give to students. A small supply is kept in a cabinet in one of our offices. We do not advertise this to students but on occasion, when a student discloses the dire circumstances in their life, this small supply of food can help. We have a good supply of food right now.

There are students who could use a small hand "up" in other ways. Donations of cash or gift cards in small denominations would be very appreciated. The cash is also used for items that allow students to be here such as bus passes, calculators, and locks for the lockers – small purchases.

Students who do not have access to the Student Union Emergency fund because they do not pay student society fees or the Emergency Loan fund as they don't have means to repay within 30 days (usually by student loan) are helped by this tiny fund. Donations are always gratefully accepted.

~ Submitted by June Karstad  
Student Services

### Attention Cowichan Campus Employees

Please see Trudy at Reception to sign a Waiver/Photo Release form giving VIU permission to use any current or historical photos that may include you.

~Thanks, Trudy



## Stand Up For Mental Health Comedy Event

Tuesday, October 26th

The comedy show **Stand up for Mental Health** comes to VIU's Cowichan Campus October 26th with a mission to find the funny in a disease that afflicts 20% of Canadians. What's so funny about mental illness? Well, not much, if you are struggling with symptoms of depression, anxiety or alcohol abuse. But, the amazing thing about this show is that the comics manage to bust through barriers of public prejudice, stigma and discrimination.

Stand up for Mental Health features comics who have learned to use their personal experiences to develop riotous and provocative stand-up routines and, in doing so, manage to open hearts and minds. This event will feature not only their stand up acts, but also present a screening of the award winning PASSIONATE EYE film "Crackpot" which documents Stand Up for Mental Health's story, followed by a facilitated discussion. What we will end up with is an open, frank, compassionate and lively discussion about mental illness—and mental health services - including on campus.

Everyone is welcome to attend the free show Sponsored by VIU Student Services and Healthy U Committee:

**When:** Tuesday, October 26th, 6:30 to 9 pm

**Location:** Clemclemaluts Theatre, Quw' utsun' Cultural and Conference Centre, 200, Cowichan Way, (next door to VIU's Cowichan Campus)

## Anthropology Of Homelessness Project ~ Ends Today

Cowichan Campus students, Liz Tiffin, Olivia Rooke, Kirsten Boettger and Erin Woof, are gathering donations for Somenos Transition House for their Anthropology of Homelessness course project.

They will be preparing comfort bags provided to women leaving Somenos Transition House. Donation boxes are available in the Library and in Credit Programs The project will run until **October 15**.

Below are lists of items they are collecting:

New items:

- ~ Toothbrushes
- ~ Toothpaste
- ~ Feminine hygiene products
- ~ Hair brushes
- ~ Hair elastics
- ~ Razors
- ~ Toiletries (soap, moisturizer etc.)
- ~ Gift cards for grocery stores (Safeway, Super Store, Country Grocer, Thrifty Foods etc.)
- ~ Note books
- ~ Pens
- ~ Snacks (e.g granola bars)
- ~ Toilet paper
- ~ Cleaning supplies (Windex, Lysol , dish detergent etc.)

Gently used items (clean and in good repair):

- ~ Pajamas
- ~ Housecoats

Thank you for supporting students in supporting our community.

~ Helene Demers  
Department of Anthropology

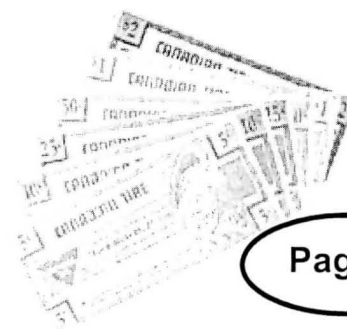
## Canadian Tire Money Donations

Time to search through your glove compartments and junk drawers. The Anthropology of Homelessness class needs your Canadian Tire money donations again. This is our third year of collecting Canadian Tire money as part of the community outreach commitment in Anth. 316. Canadian Tire generously matches the funds we collect each year and gift cards are provided to a local service organization.

If you are a Cowichan Valley resident, one of the many ways you can support Warmland House is by participating in the Good Food Box Program which Warmland recently took over from Providence Farm. The Good Food Box is put together monthly with a mixture of fruits and vegetables from the local Farmers Market. The cost is \$10.00 and it can be purchased at the front desk of Warmland House located at 2579 Lewis Street, Duncan.

Please send your Canadian Tire money via the intercampus mail to Helene Demers, Cowichan Campus. A big thank you for the envelopes of Canadian Tire money that many of you send throughout the year - I've already got a nice stash for this semester's donation.

~ Helene Demers  
Department of Anthropology



## Centre For Continuing Studies ~ Cowichan

Christine Scott, a columnist for the Campbell River Mirror newspaper thoroughly enjoyed "Walk With A Medicine Woman" coordinated by our own Janet Germann. (See the article below) Congratulations Janet on providing another intriguing and successful course in the Cowichan Valley!

### LIFESTYLES

FRIDAY, OCTOBER 1, 2010 | CAMPBELL RIVER MIRROR | A17

# Feeling the power to heal within local native plants

Arms raised to blue skies, the medicine woman calls down a blessing as we form a circle around her.

Under a warm September sun, autumn's first leaves fall like golden manna and we follow her into the woods, this woman wise in the ways of her ancestors.

I've joined a healing arts excursion sponsored by Vancouver Island University, seeking to

learn how coastal aboriginal groups used wild plants for food and healing. Our guide is Della Rice Sylvester, a 60-year-old grandmother from Cowichan Tribes, raised by her own grandmother, who taught her herbal wellness passed down through generations.

Stopping at a mossy site, Della describes how she once helped female relatives construct a birthing lodge with a bed of moss layered with sword ferns. Moss is at once soft, spongy, dry and absorbent – qualities not lost on this land's first inhabitants.

Turning a fern frond over, we're shown tiny, powdery dots – the plant's spores (reproductive structures).

"Spores are soothing to the body," she adds, with a recommendation to layer sword fern fronds under bed-sheets for a restorative sleep.

We've reached the riverbank. The timbre of Della's voices rises as she calls on the water spirits. Water is life, she

says, and this vital element of nature is involved in every cultural ceremony.

Yellow dock and burdock are weedy plants, easily found in abundance at beach driftwood zones or waste places where the ground is untended. We tear off a piece of leaf and chew it, then apply the mash to our skin. We're told it's one of the best ways to take the pain out of nettle itch or insect stings. First Nations people also used its broad green leaves as food wrap; today Della uses it like cabbage, filling it with rice to make rolls.

Deep into the forest now, we come across a patch of devil's club, and our medicine

woman approaches with awe. We're in the presence of greatness beside this giant

native plant, a ginseng relative. Della asks

all assembled to lay hands over the great

thorny leaves to feel the power within.



Christine Scott  
Island Wild



CHRISTINE SCOTT/THE MIRROR

Participants lay hands over devil's club during a healing arts excursion with a medicine woman.



Armed with pernicious thorns in its entirety, the plant was essential to aboriginal peoples and still considered strong medicine today. Teas or infusions made from the bark and roots are said to boost the immune system and alleviate arthritic pain. Compounds made from the inner bark are still taken to treat diabetes. Since walking with the medicine woman last weekend, I've filled jars with snowberries to rub into arthritic joints. Brewed Oregon-grape root tea for energy, and chewed on licorice fern root instead of mints. I've cleaned and wiped fresh-caught salmon with bracken fern fronds (water makes it mushy), and hung vanilla leaf sprigs to scent the house. But if I get a small cut, I'll reach for a bandage instead of wrapping the wound in spider webbing. You can take someone into the forest, but you can't discount the lure of a modern medicine cabinet. E-mail Christine: wildernesswest@shaw.ca.

## VIU Automotive Department ~ Nanaimo Campus

Winter is fast approaching and it's time to have your cooling system flushed and inspected. The V.I.U Automotive Department is currently performing cooling system flushes. We are also doing automatic transmission flushes, power steering flushes and brake system inspections and repairs. Please call local 6453 or return this email and we will call you and arrange an appointment. Include in your email, your local telephone number, as well as the year, make and model of vehicle.

For more information on having work done on your vehicle in the Automotive Department, please refer to this web page: <http://www.mala.ca/automotive/CustomServiceAgreement.asp> Thanks for your continued support of the Automotive Department students.

~ Regards, Dean Cadieux, Department Chair/Instructor, Automotive Programs

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