

Student Newsletter



Malaspina University-College - Cowichan Campus Student Newsletter, Issue #120 - October 19, 2006

IMPORTANT DATES FOR OCTOBER & NOVEMBER

- Oct 31 - last day to pay overdue tuition for Fall semester to avoid withdrawal from Fall & Spring classes
- Nov 3 - last day for academic penalty-free withdrawal from a Fall semester course or program or to change from credit to audit (or vice-versa)
- Nov 13 - Remembrance Day - College closed
- Nov 15 - First day to submit applications for University and Career/Technical programs starting in September 2007.

LIVING HEALTHY & WELL WORKSHOPS:

Leading a healthy lifestyle entails a variety of activities including healthy eating, healthy stress, healthy change and being active.

The following presentations will be held at Cowichan Campus and will focus on how to achieve optimal well-being. A free, healthy lunch is provided beforehand at 12 pm by Cowichan Campus Recreation.

- Healthy Stress: How to get your degree without losing your mind: Wednesday, Nov 15, Room 162, 12 – 1:30 pm
- Healthy Change: who Moved the cheese? Thursday, Dec 7, Room 162, 12-1:30 pm

Workshops are presented by Wayne Pealo, PhD, full-time faculty member in the Department of Recreation and Tourism & Management at Nanaimo Campus.

Register for workshops by email to: sscasual@mala.bc.ca. or at Student Services.

PUMPKIN CARVING CONTEST

Here's a chance to show off your best pumpkin carving skills and get a chance to win some great prizes too! Pumpkins will be provided for this all day event on October 31st in the Cafeteria. Bring your carving tools or pick some up at Student Services. **Don't forget to wear a costume!**

WHERE ARE ALL THE GOOD JOBS?



Kate McIntosh, representing the Human Resources Office of the Cowichan Valley Regional District, Kate will present a picture of career opportunities with the CVRD at noon on Monday, Oct 30 in Room 162.

Employment opportunities with the CVRD range from entry-level to professional level positions.

Kate will let students know what opportunities exist, and also what the CVRD looks for in employees, and applicants. This will be of interest to students in a variety of programs: CAP (upgrading), Applied Business Technology; Business; Recreation; General University; Trades. More info at: www.cvrld.bc.ca/html/departments/human_resources/index.html

WE WANT YOUR OPINION...

You are cordially invited to attend an Open Forum for Students to discuss the Education Plan for Cowichan Campus and we'll even provide goodies!

Discussion items will include:

- What is your vision of the future of Cowichan Campus?
- What role should we fulfill at the Cowichan Campus in terms of post-secondary education for the Cowichan and Chemainus Valleys?
- What do you see as priorities for educational programming for the next decade at the Cowichan Campus?

The Open Forum for Students will be held on Tuesday, October 24th, 3:30-5 pm in the Cowichan Campus Cafeteria; refreshments will be provided.

BURSARY AND SCHOLARSHIP INFORMATION

Remember to apply for the Malaspina University-College Tuition Bursary. The deadline to drop off your application at Student Services is:

October 31 @ 4 pm

REDUCED FEES FOR STUDENTS

Continuing Education is offering a variety of courses at reduced fees for students with a valid Student ID card (must be currently enrolled at Cowichan Campus). Drop by the Continuing Education office in Building 602 for more info. Register in person at the Registration Centre.

COWICHAN CAMPUS RECREATION

For more information on fitness classes and drop-ins at the Cowichan Centre with reduced fees for students with a valid Student ID card, pick up a handout at Student Services.

LET'S DO LUNCH...

Make a date with a friend, co-worker, or family member and treat yourself to a culinary treat. Lunch is now served in the Frances Kelsey dining room, Tuesday through Friday, from 11 am – 1 pm. You won't be disappointed, and you're also helping to support the Culinary Arts program!

The dining room is located at Frances Kelsey Secondary School in Mill Bay, 953 Shawnigan/Mill Bay Road. Reservations are recommended by calling 743-0548.

BRIGHT LIGHTS BOOK NIGHT

The English Department and Writing Centre present "Bright Lights Book Night". Meet with other book-lovers for a stimulating discussion of great books in a relaxing setting. The next title is *Waxwings* by Jonathan Raban. Everyone is welcome, and refreshments will be served. Tuesday, Oct 24, 7–9 pm at the Nanaimo Campus Library, Writing Centre. For more info, call 250-753-325-2385.

Copies of Bright Lights Book Nights books are available at the Bookstore for a 20% discount.

JOURNALIST REPORTS ON AFGHANISTAN

What is really going on in Afghanistan? What are our troops really doing there, and why are they under so much attack these days? What do the ordinary people of Afghanistan really want?

Independent journalist Anthony Fenton who has recently returned from Afghanistan will speak on these and other questions for MALU STUDENTS AND STAFF ONLY at 11:30 am on Friday, October 20, Building 355, Room 203 and for the general public at 7:30 pm on Friday, October 20 in Building 356, Room 109.

He will give first-hand information about what our soldiers are doing in southern Afghanistan and how the Afghan people feel about Canadians and NATO being in their country. He will also tell us about the Taliban and their activities from direct observation.

The talk will be followed by a question and answer period. This event is free and open to all.

WORLD MUSIC @ NANAIMO CAMPUS

Join us for a free concert of acoustic music from all corners of the earth, performed by students, staff and faculty from Malaspina University College on Wednesday, Oct 25, 7:00-9:30 pm at the Nanaimo Campus, Building 355, Room 203.

Expect satire, political protest, didgeridoo, Middle Eastern dance, Celtic folk, and African-Indian-Latin fusion. Organized by the Liberal Studies Department.

WOMEN'S HISTORY MONTH – FILM SERIES

October is Women's History Month, and a series of films will be shown honouring Aboriginal women.

Singing Our Stories

Three Cherokee women sit around the kitchen table singing, their voices blending effortlessly, rising into the leafy canyon. Rita Coolidge, her sister Priscilla Coolidge and niece Laura Satterfield are among the featured performers in *Singing our Stories*, which profiles some of the First Ladies of North American indigenous music.

The film celebrates a rich *musical* heritage in a journey that takes viewers from the Smokey Mountains of North Carolina to Vancouver Island, from the plains of Alberta to the mesas of New Mexico. **This film will be shown on Thursday, Oct 26 @ noon in the Cafeteria**

A Tribe of One

Rhonda Larrabee's discovery of her aboriginal heritage and how her mother hid it from her. She was not of Chinese and French descent, as she had been told while growing up in Vancouver's Chinatown. Rhonda's birth mother was First Nations. Rhonda then began her journey in finding her identity.

Smudge

For Native Canadians used to praying in natural settings, all the world is a sacred space. But the props of Aboriginal spirituality - drums, chants and smouldering sweet grass - can draw unwanted attention in the city.

Smudge witnesses how a small group of aboriginal women celebrate their rights to worship in the city - their way. **These two films will be shown on Monday, Oct 30 @ noon in the Cafeteria - everyone is welcome!**

