



Student Newsletter

Vancouver Island University - Cowichan Campus Student Newsletter, Issue #202 November 9, 2012

PRESENTATIONS OPEN TO STUDENTS

You are invited to the presentations by the four short listed candidates for the position of Campus Academic Administrator, Cowichan Campus as follows:

Candidate #1

Friday, November 9, 2012

12:30 – 1:00 pm

Lecture Theatre – Room 140

Candidate #2

Friday, November 9, 2012

4:30 – 5:00 pm

Lecture Theatre – Room 140

Candidate #3

Friday, November 16, 2012

8:30 – 9:00 am

Lecture Theatre – Room 140

Candidate #4

Friday, November 16, 2012

12:30 – 1:00 pm

Lecture Theatre – Room 140



UPCOMING ACADEMIC DATES

Nov 12 Remembrance Day

observed; University closed

Dec 24 – January 1 Christmas/New

Year break; University closed

UNIVERSITY AND CAREER/

TECHNICAL PROGRAMS

Nov 15 First day to submit applications for programs beginning September 2013

Dec 3 Last day of classes

Dec 4–5 Final examination study days

Dec 6 First day of final examinations

Dec 17 Last day of final examinations

Dec 24 Final Fall semester grades due

Jan 7 First day of classes for Spring semester

TRADES

Nov 15 First day to submit applications for programs beginning September 2013

Dec 21 Last day of classes for most Vocational/Trades programs

25–Jan 1 Tues–Tues Christmas/New Year break

Jan 7 classes resume

CAREER

AND ACADEMIC PREPARATION

Dec 10 enrollment commences for next semester

Dec 20 last day of class

Jan 2 classes resume

Jan 10 Last day of semester

Jan 21 First day of classes for Spring Semester

CAMPUS LIFE ACTIVITIES

Nov 14 World Diabetes Day Events

World Diabetes Day is celebrated on November 14 each year in honour of Dr. Banting's birthday who along with Charles Best discovered insulin in 1922 and saved millions of lives worldwide. Today a million Canadians have type 2 diabetes and have no idea. If you think you may be one of them, please get checked.

To promote healthy eating and living lifestyles, Student Services presents:

- Morning nutrition break at campus café: enjoy a free Breakfast on-the-go cookie or Morning Spice Mini Muffin and collect a recipe card to make your own
- Diabetes information available on second floor outside Health Lab. Health Program students from the Practical Nursing and Health Care Assistant provide basic

information about Diabetes at coffee time and lunch break. www.diabetes.ca

Ashley MacIsaac Draw Winners

Winners of the draw for a pair of tickets to see Ashley MacIsaac on Nov 1st:

- Terri – ENGL 067 student
- Susan – Mental Health Certificate student

Hawksley Workman Draw Winners

Winners of the draw for a pair of tickets to see Hawksley Workman on Nov 8th:

- Nelly – ENGL 115 student
- Kalon – SOCW 200B

Enter Draw for Mother Mother Tickets

Enter the draw to win tickets to see Mother Mother on Dec 15 at the Cowichan Theatre.

- Draw closes on Nov 30.

- Draw box on table outside Student Services.
- Open to enrolled students only.

Trip to Nanaimo Theatre Program Performance

A bus of 24 students went to the Nanaimo campus on Nov 7 to see the Fall Theatre Production, *Rosencrantz and Guildenstern are Dead*.

Dec 3 trip to Nanaimo , Shq'aphut Christmas Feast

Do you want to attend the Aboriginal Feast at the Nanaimo campus on Dec 3? The day includes the bus ride, a tour of the Nanaimo campus and lunch all for FREE. Sign up at Student Services by Nov 23. Limited seating.

- Monday, December 3
- 11:30-2:00
- Bus leaves Cowichan Campus at 10:30 and returns to Cowichan Campus at 3:00 pm

STRESS REDUCTION WORKSHOP SERIES

Intro to Mindfulness Meditation

- Wednesday, Nov 21
- 12:00 - 1:00 pm
- Free workshop for students facilitated by Albert Seinen, Counsellor
- Basics in meditation
- Guide participants through Wheel of Awareness

TEST YOUR KNOWLEDGE OF OUR HOME AND NATIVE LAND

<http://v1.theglobeandmail.com/v5/content/features/quiz/remeberanceday07/>

KEYWORDS

Keywords is a monthly column about simple ways to rev up your research!

Fittingly, this first tip is actually about the power of **keywords**.

Keywords express the essential ideas in your topic. Searching by keyword is more powerful than typing a complete sentence or question into a search engine—Google, Google Scholar, or a library search engine. It's useful to make a list of possible keywords and combinations of keywords before you begin searching.

For example, if your research topic is "*Better legislation is necessary to ensure food security*," some possible keywords are "*food security*,"

legislation, laws, "government policy," regulation. You could also list some narrower and related terms suggested by "*food security*": "*food safety*," "*food supply*," *famine, hunger, desertification*, etc. Another approach is to narrow by place, or type of place: *Africa, "developing countries," "Central America," "Vancouver Island," tropics*, etc. Select the keywords that most accurately represent the idea you are researching. For example: "*food safety regulation Canada*." Be prepared to modify your search, or to do several searches with similar terms.

Once you start searching for information, take a close look at some of your more relevant results. Do they suggest other possible keywords, or ways to focus your topic? Don't just look at words in a title, but check the abstract or summary if it is available. Most library databases and search engines list index terms or descriptors, and provide ways to narrow your search results by subject term. Found an article, book, or report that looks relevant? Read it or scan it to find terms to use and/or other ways to focus your research. Often you can find the key ideas and words in a document's introduction and conclusion.

Have questions about research? Ask a librarian: http://www.viu.ca/library/research_help.asp

DONATIONS ACCEPTED FOR COATS FOR KIDS

Lalum'utul' Smun'eem, Child & Family Services, is organizing a "Coats for Kids" drive for childing in the Cowichan Tribes community. The contribution could be financial or actual coats or jackets for children, youth and adults that you no longer use. Financial contributions will be used to buy new coats and jackets or clean used ones.

As we hope to distribute the coats on November 20, we would really appreciate any donation by November 16. If you have a donation, please contact Garret Elliott or any of the Hulithut staff at 250-597-0901 and we will gladly arrange for a pick-up. We will gladly provide a receipt upon request. Hay ch qa. Thank you.



BOOKSTORE NEWS

The Duncan Bookstore is going live! You can now go to www.viubookstore.ca to check the titles, prices and availability of your textbooks. Only a few Fall 2012 courses are listed so far, but come early December, textbooks for Spring 2013 courses will be listed.

We've expanded our gift section and now sell jewelry, computer accessories, including Star Wars mimobot® USB Flash Drives, and a selection of beautiful scarves.

If you'd like to support the United Way, we are selling Bernard Callebaut organic chocolate bars for only \$2.

See you soon, Andrea & Colleen

**EDUCATION PROGRAMS INFO SESSION****Teacher Education: A World of Possibilities**

Come and explore the many and varied opportunities available to teachers in the 21st Century. Learn more about:

- Teaching overseas in the dozens of BC curriculum schools
- Working in online virtual classrooms with students across the world
- Learn more about applying for VIU's teacher education program
- Thurs, Nov 29; Room 220
- 6:30 - 7:30 pm; question & answer period afterwards
- Speaker: Lillian Morton, Education Program Faculty Advisor

CONTINUING EDUCATION

VIU's Continuing Education, Cowichan is offering the following courses for November/December.

Negotiating Board Membership: Vision, Mission, Goals **NEW**

- Thu, Nov 15; 6-9pm

Native Drum Making

- Sat, Nov 17-24; 9:30am-11:30am

Mosaic Magic **NEW**

- Sat & Sun, Nov 17-18; 9am-4pm & Sat, Nov 24; 9:30am-12:30pm

Safety Awareness & First Aid For Childhood Emergencies

- Sat, Nov 17; 8:30am-5:30pm

Managing Your Sheep Flock Holistically **NEW**

- Sat, Nov 17; 9am-3pm
- Employment Standards **NEW**
- Thu, Nov 22; 9am-12pm
- Simply Accounting Year End Review **NEW**
- Sat, Nov 24; 9am-1pm
- Social Media For Business **NEW**
- Sat, Nov 24; 1-4pm
- Fundamentals Of Customer Service
- Sat, Nov 24; 9am-5pm
- MS Excel: Basic Functions **NEW**
- Tue, Nov 27; 6-9pm
- Simply Accounting 2012 Level 2 **NEW**
- Mon & Wed, Dec 3-19; 6:30-9:30pm
- Trades Math **NEW**
- Tue & Thu, Dec 4-Jan 17; 6:30-9pm
- First Aid/CPR - Adult Care
- Sat, Dec 8; 8:30am-5:30pm
- www.cc.viu.ca/ce/

Call us to register today! 250-746-3519 ~ 1-888-747-3519

DO YOU KNOW WHERE THE LOST & FOUND ITEMS ARE KEPT?

Stop by the Welcome Centre if you have misplaced an item or would like to turn in a found item. Items currently in the Found basket:

- Car keys
- Umbrellas
- Clothing
- Jewelry
- Calculators

We ask that you describe your item in detail and produce photo ID.

Thanks, Trudy at the Welcome Centre

**RECYCLE WRITING INSTRUMENTS**

Did you know you can recycle your writing instruments; pens, markers, and highlighters at the Cowichan Campus? There is a collection box on the second floor near the elevator.

NEED A LOCKER?

Go to the **Welcome Centre** to request a locker.

Cost is \$20 for the term, with a \$10 refund at the end of your term once you return the lock.

LOGO CONTEST!!**Vancouver Island Na'Tsa'Maht Group**

Na'tsa'maht is a Salish word that means unity, and refers to working together and being of one mind. "Na'tsa'maht" is often called out during canoe journeys to ensure that everyone is paddling together.

The Vancouver Island Na'Tsa'Maht Group (VING) represents the leadership of Aboriginal or Indigenous departments in public post-secondary institutions on Vancouver Island, including Camosun College, North Island College, Royal Roads University, University of Victoria, and Vancouver Island University. Our institutions are located on the traditional territories of Salish, Nuu-chah-nulth, and Kwa'ka'kawa'kw peoples.

VING represents and practices Indigenous ways of being, doing, knowing, and relating, and from this perspective we support institutional and systemic changes that will benefit the students and communities we serve. Our values include unity, connection, relationships and relational accountability, promoting and creating success for Aboriginal/Indigenous students, and recognizing the presence of spirit and culture in post-secondary education. We gather as a group for the purpose of collaboratively supporting Indigenous student success and enhanced service to Indigenous communities.

We are looking for a logo and are offering **\$800.00** to the successful applicant.

- Artist/applicant must be a full or part time student or recent student (within one year) at a VING institution.
- The chosen logo will represent the values, vision, and protocols of VING as outlined above.
- Applicants must provide their name, address, mobile/ land phone number, email address, and student number.
- Applicants will submit both a colour and greyscale copy of the logo
- All VING institutions will participate in choosing the winning logo
- The decision will be made by April 18, 2013.
- Unsuccessful submissions will be returned to applicants, who will have no further obligations to VING

- The successful submission will become the property of VING, and will be held at one of the VING institutions as agreed to by members of VING
- The artist will be acknowledged on all VING print and electronic publications except posters or flyers that contain multiple logos

Submit digital applications by January 15, 2013 to:

Vancouver Island University: Sharon Hobenshield,
Director Aboriginal Education,
sharon.hobenshield@viu.ca



WORDS TO TRANSPORT YOU

Portal, VIU's resident literary magazine, is inviting submissions from all VIU students for its 2013 edition.

We welcome all previously unpublished works of:

- ∞ —
- Poetry
- Creative Non-Fiction
- Short Fiction
- Scripts
- Graphic Art / Any Original Artwork
- Photography
- ∞ —

Early Bird Deadline (entered into prize draw!):
November 16th 2012 - 11:59pm

Final Deadline: January 11th 2013 - 11:59pm

Please email your submissions to
<viuportal@gmail.com>

For more information please visit our website:
<mediastudies.viu.ca/portal>

Portal, a national publication with a circulation of 750, is available at the VIU bookstore (\$7/copy). Contributors will receive a copy of the magazine at time of publication.

SUBMISSIONS TO THE NEWSLETTER

Students, employees and community members are all welcome to share thoughts, upcoming events, articles, and news in the student newsletter. Email your content to studentnews@viu.ca or if you have a handwritten notice, drop it off at Student Services. Submissions are welcome at any time, but Nov 20 is the deadline for the Nov 26 issue.



Student Services cc.viu.ca/ss
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