

Cowichan Campus

BULLETIN

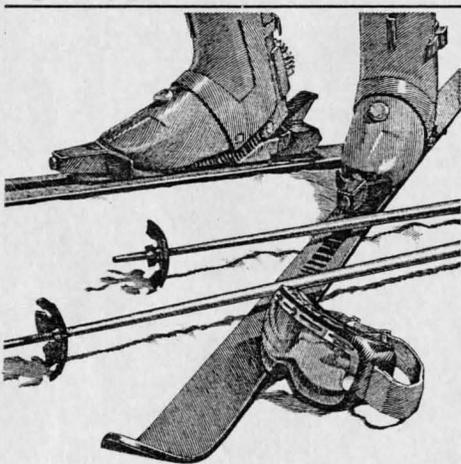
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WELL DONE..

KRIS HARVEY

successfully completed her Industrial First Aid recertification with an "A" grade.

SKI TICKETS



A limited number of College/Mt. Washington ski tickets will be available for sale at Cowichan Campus.

There are several restrictions which apply - most important being that

you may only purchase the tickets for your own personal use as a college employee (not for your friends, family members, etc.) and payment is to be made in cash.

Prices are reduced, and several combinations of tickets are available over the season. Details should be available from Enise by the end of this week.

Tickets can still be purchased at the Gym in Nanaimo. The gym is open from 7:00am to 11:00pm weekdays and also on most weekends to accommodate special events.

TELEPHONE BOOKS

The Second Annual CVRD and BC Tel Telephone Book Recycling program is under way.

As an Environmental Initiative they will pay 10 cents for each telephone book collected by the campus.

Old telephone books will be stored in the staff room pending pick up by Advance Waste Systems. So bring in your old books from home, neighbours, friends, office, etc. etc.

STAFF WORKSHOP

A repeat workshop for staff is being offered by Student Services:

Topic: Family Violence and Instructor Response

Monday, January 18th, 1993

8:30 - 9:00am

Room 205

This workshop is open to all staff and will deal with strategies on how to support students who are in crisis. All staff members who were unable to attend the December workshop are encouraged to attend this repeat session.

THANKS

Christmas seems a long time ago - but it isn't too late to say "thanks" to all those who worked hard on making the staff Christmas party a success - to those who shared tasty goodies with us - to those who decorated the campus and to everyone who added to the Christmas Cheer at Cowichan.

Assault/Sexual Assault Preventative Measures

General

- Pay attention to what is happening around you. Trust your instincts, and act as though they are absolutely accurate.
- Learn assertive skills. Make assertive statements such as 'Go away' or 'Get out of here' as loudly as you can, if you are hassled.
- Use the word 'NO' if you want to say no, and match your body language to your words. Avoid smiling when saying 'no'—it undermines what you are saying.
- Consider enrolling in a self-defense course that covers emotional, verbal, and physical self-defense. Be aware of your options, and develop your skills in using them.
- Resistance that is **LOUD, CLEAR, FIRM, and EARLY** has been shown to deter may would-be attackers, particularly those without weapons. At the point would-be attackers have made their intentions clear, they have not yet committed a serious crime, and it may be easier for them to look for a less troublesome victim.

At Night

- Walk with another person in dark places, and to your vehicle. Drive them to theirs.
- Walk with your keys in your hand to minimize searching for them while standing by your vehicle. If they are held with a key between each finger, they can be used to defend yourself.
- Walk with confidence and purpose, with your head up, and looking around you. Seeing what is happening gives you some time to respond.
- Consider buying a backpack in which to carry your books, which allows your arms to be free.
- Lock your vehicle. Look inside before getting in.
- Wear comfortable clothing that allows you to move, and shoes that will allow you to easily run or kick.
- Be aware of escape routes, phones, safe places.
- If you feel in imminent danger or are attacked, draw attention to yourself. Yell or roar, rather than screaming.
- Be aware of the location of campus outdoor emergency phones, especially in the areas you frequent. Know the emergency number for use on campus internal phones—2222.

With People You Know

- Be aware that 60% of all sexual assaults are committed by a person known to the victim/survivor.
- Be aware that a large percentage of sexual assaults involve alcohol and that times when you or people you're with are drinking require heightened awareness and even clearer communication.

If you are assaulted on campus and there is no one around to assist you, call for help on either the outdoor emergency phones, which are linked directly to emergency services, or on any internal phone by dialing 2222.

For your own safety, familiarize yourself with the location of emergency phones in the areas of the campus where you could be after hours.