

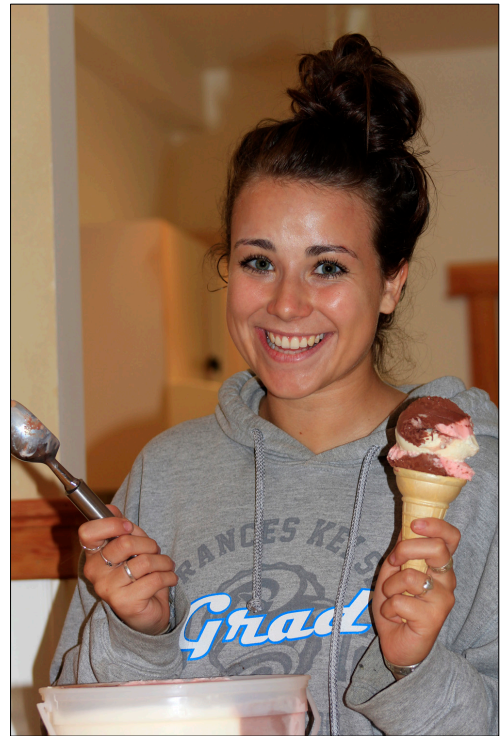
# THE HUB'BUB

News from Cowichan Station: Hub of the Universe

Fall 2014

## My Time at the HUB - By Madison Innes

I've only lived in the Cowichan Station area since 2008 but coming from Metchosin, another rural community in Victoria, this place didn't feel so far away from what I'd grown up with. Tractors still drive down the roads, there are forests right out your front door, and everyone's quick to give you a smile and wave no matter if you know them or not. Although I spent a lot of time exploring the nature in Cowichan Station, it wasn't until this summer that I started learning more about the heritage and sense of community that was developing around me. I had been looking for a new job this summer and stumbled across a "Community Engagement Coordinator" position at the HUB in the Old Cowichan Station School. Since I am a student in the Community Outreach program at Camosun College, I felt that this was a perfect fit! Also, living two seconds away from work is always a plus and before I knew it, I was a new working member at the HUB! For the next eight weeks I spent my afternoons Wednesday-Saturday running a lovely little coffee shop in the newly renovated kitchen. After being a barista for the past four years, this was an easy transition for me, except for scooping ice cream which is a lot harder than you think! I met quite a few lovely members of the Cowichan Station area while working, others were just passing by and thought they'd take a peek. Everyone was very impressed with how we were making something positive out of the closure of the school. While I explained that we were nonprofit and volunteer run, my customers were always excited to see what would be done next in the renovation process, some even asking how they could help out! It was refreshing to see how many people wanted to take the time to contribute to the ongoing process of establishing our community center. I also enjoyed when people who had gone to Cowichan Station School, came in and shared their memories. Since I was not raised here, I learned a lot about the community's history as well as the school's. As well as the café, my jobs consisted of organizing and running a youth movie night and a drop in soccer evening every week. With not much previous experience I was unsure how each program would be received but I was pleasantly surprised! It was slow to start, but each week more and more kids and families would arrive, excited to participate. Youth movie nights ranged in ages but each time everyone seemed to have a great time, filling the gym with laughter. I met some amazing kids at drop in soccer, everyone ranging in skill level and age but enjoying every second of it. These two programs were by far my favorite parts of the summer. The experience I gathered from the eight weeks of working at the HUB only solidified my passion for working with youth and continuing in community outreach. Not only did I enjoy meeting new people from the community, but I really enjoyed meeting all of the volunteers that help keep the HUB the place it is. Everyone was so kind and helpful, making sure I felt comfortable at work, and I really appreciated how much encouragement they gave me to do things on my own. With the lack of experience I had previous to this job, I was so grateful that they pushed me to explore how I wanted to run each program, always asking me for my input. I felt like an equal instead of just an employee. This experience was worth every second and I wish the best to everyone in the Cowichan Station area to continue to build the beautiful community that they have already established so well.



**The HUB CAFÉ – STAY TUNED – WE'RE ON IT!**

Regular Activities @ the HUB					
Activities	Description	Day	Time	Space	For More Info. Contact
<b>Children/Youth</b>					
Scouts Canada	Beavers Ages 5-7	Mon	6:30-7:30	Gym	Marieka at <a href="mailto:meekyis@shaw.ca">meekyis@shaw.ca</a>
Girl Guides	Sparks, Brownies, Guides, Pathfinders	Wed	3:00-8:00	Gym	Janice at <a href="mailto:janicefrueh@hotmail.com">janicefrueh@hotmail.com</a>
Mini-musicians	Parent & tot drop in for music, play & snacks; by donation	Wed	10:00-11:00	Annex	Donna at <a href="mailto:donnaroxburgh@hotmail.com">donnaroxburgh@hotmail.com</a>
<b>Groups/Meetings</b>					
Cowichan Station Discussion Group	Friends of Bill W.	Thur	7:30-8:30	Annex	Rob at <a href="mailto:senk@telus.net">senk@telus.net</a>
Koksilah Farmers Institute		3 <sup>rd</sup> Wed	7:00-9:00	Rec Room	Cathy at <a href="mailto:gibsonmc@telus.net">gibsonmc@telus.net</a>
Senior's Coffee	All welcome drop-in for conversation	Tue	10:30-12:00	Cafe	Pat at <a href="mailto:calveleyinvictoria@shaw.ca">calveleyinvictoria@shaw.ca</a>
West Coast Men's Support Society	Men's Circle	Wed	7:00-9:30	Annex	Grant at <a href="mailto:grant@westcoastmen.org">grant@westcoastmen.org</a>
<b>Health</b>					
FreshStart Fitness  (Drop-ins welcome)	Fitcore strength, cardio & stretch	Tues Thurs	9:00-10:00	Gym	Leah at <a href="mailto:leah@fsfitness.ca">leah@fsfitness.ca</a>
	Fitcore strength, cardio & stretch	Tues Thurs	6:30-7:30		
	Strength & Stretch	Tues Thurs	10:15-10:45		
Yoga with Paulina Kee	6 class - \$70 or drop in \$15; all levels welcome	Mon.	9:30-10:45	Annex	Paulina at <a href="mailto:paulinakee@gmail.com">paulinakee@gmail.com</a>
		Thurs.	5:15-6:30		
<b>Home Learners</b>					
Homeschool Learners Team	Group learning homeschool support ages 6-10	Tues & Thurs	9:30-12:30	Annex	Zane at <a href="mailto:parker.zane@gmail.com">parker.zane@gmail.com</a>
Regent Christian Online Academy	Community classes for home learners elem- high school	Classes at various times through the week			Brenda at <a href="mailto:bfawkes@regentonline.ca">bfawkes@regentonline.ca</a>
<b>Music and Art</b>					
Traditional Square Dancing	SHADY GROVE DANCE BAND & caller, PETER SUSSMAN. Drop-in \$5 all levels, no partner required.	1 <sup>st</sup> Fri	7:30-9:30	Gym	Freda at <a href="mailto:freedeegale@yahoo.com">freedeegale@yahoo.com</a>

## Connecting Community

Join the E-News list. Email [info@cowichanstation.org](mailto:info@cowichanstation.org) and ask to be added.

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<https://www.facebook.com/TheHubAtCowichanStation>  
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Cowichan Station, BC V9L 6M5 (250)746-1794

