



Monday, 28th July, 2008

The College elected to prestigious International Board

The College of The Bahamas has been elected to the board of directors of the International Association of Universities (IAU). Elections for the IAU President and Executive Board of Directors were held during the 13th Annual General Conference from July 15 - 18, 2008, hosted by the University of Utrecht. The College of The Bahamas was unanimously elected to the board of directors and will be represented by President Janyne Hodder.

Condolences

Condolences are extended to Fr. E. Etienne Bowleg, Canon Warren Rolle and Natasha Gibson on the recent loss of a relative, Mr. Earle. Bowleg. Mr. Bowleg is the brother of Fr. Bowleg, brother-in-law of Cannon Rolle and uncle of Miss Gibson.

Condolences are also extended to Ardell Johnson of the Physical Plant Department, on the lost of her sister Mary Johnson. The funeral service will be held at the Church of God of Prophecy in Tarpum Bay, Eleuthera on August 2nd at 11:00 a.m.

The College community is asked to remember these families during their time of bereavement.

Warehouse Sale

The College of The Bahamas Warehouse Complex at Gold City, Farrington Road is having a sale on computers, office furniture, including desks, shelves and chairs on Friday, August 15th, from 10:00 p.m. – 3:00 p.m. There will be no holds and deposits. All items will be sold to on a first come, first serve basis. You may even win a prize with your purchase!

New Soccer Coach

The Athletics Department is pleased to welcome Vandyke Bethel as the new coach of the men's soccer programme. Mr. Bethel has worked at several levels of soccer in The Bahamas, including high schools, clubs and the national teams. He has attended numerous FIFA workshops and symposia. He currently serves as head coach of The Bahamas' under 15 girls national team.

The 2008/09 soccer season begins in September; therefore, all male students interested in trying out for the soccer team should email Coach Bethel at vandykebethel@coralwave.com

Take A Book to Lunch!

Under the theme "Take A Book to Lunch," Chapter One will run a lunch time book sale on Fridays and Saturdays between 12noon and 2pm during the month of August. There will be a 10% of sale on leisure books only.

Kinesis Project

Volunteers are being sought to be a part of a unique art show called Kinesis. Kinesis is a photo exhibition hosted by College of The Bahamas alumnus Scharad Lightbourne, September 18-19, 2008 at the Wyndham Nassau Resort Cable Beach. Volunteers are expected to be punctual, professional, well spoken and 18 years or older. You can email your name and contacts to kinesis@thekinesis.com on or before 18th August.

Out of Office

Mr. Wellington Francis will be out of office from Monday, 21st July, 2008 – Monday, 25th August, 2008. All queries are to be directed to Mr. Anthony Burrows, Estate Administrator or Mr. Alexander Darville, Assistant Director Security Department.

Online Registration

All current students at The College of The Bahamas are encouraged to register online for Fall classes. Students have until Friday, 1st August to register online. Persons who register after this time will be charged a late registration fee of \$150.00. Online registration means you can register from your home or on any computer that has internet access. Log onto www.cob.edu.bs and begin your registration process today.

Chapter One Bookstore

Chapter One Bookstore is offering 50% off on all Hooked on Phonics kits, including Reading, Handwriting, Spelling, Math, Spanish, French and Chinese, while supplies last. Cash sales only.

Senorita G. Strachan Memorial Scholarship

The children, friends and relatives of Senorita Gloriana Strachan nee Moss, educator, counselor, church woman and activist, have come together to honour her memory by creating a scholarship opportunity for students enrolled at The College of the Bahamas. A one-year \$2,000.00 award will be granted on the basis of academic achievement and financial need. The recipient must be enrolled at The College of The Bahamas and must have at least 90 credits towards a degree. Full and part-time students are eligible. Preference will be given to single mothers. Download applications from website <http://ianstrachan.wordpress.com/scholarship/>. Send applications to strachantalk@gmail.com or The Senorita Strachan Memorial Scholarship, PO Box SB 52746, Nassau, The Bahamas. The deadline for applications is 30th July, 2008. Call (242) 302-4381 for more information.

Half-Term Dates

The fall half-term will be on 9th & 10th October, 2008, due to the Discovery Day holiday being moved to 13th October.

Young Inventors Competition

The deadline for entry for the National Young Inventors and Innovators Competition has been extended to 31st July. Details are available at www.gocreativebahamas.com

ID Badges

The Office of Admissions is still in the process of taking staff ID photographs. Persons who may have missed their office allotted time are asked to have their ID photographs taken this week.

Events Calendar

Institutional Planning is requesting dates for the Events Calendar for the period August 2008 to July 2009. Please send details of your events to William Fielding at wfielding@cob.edu.bs as soon as possible.

International Conference in Singapore in January 8-10, 2009 (Call-for-papers)

The 2009 International Conference on e-Commerce, e-Administration, e-Society and e-Education invites people to submit papers for its conference on 8th-10th January in Singapore. The conference is organized by the International Business Academics Consortium (IBAC) and the Knowledge Association of Taiwan (KAT). It is sponsored by National Taipei University, Shih Chien University, the Academy of Taiwan Information Systems Research and SIM University, Singapore. Papers must be submitted electronically through the conference website <http://www.e-case.org/2009> and the deadline is 18th August, 2008.

Health Tip for the Week:

Tips to reduce eyestrain

Studies have shown that stress, active nightlife and above all, the fact that most of us spend maximum time in front of the computer lead to dark circles, puffed and tired eyes. Timely treatment is essential for such difficulties.

- Modify your workstation. Adjust your workstation and chair to the correct height. Use proper lighting.
- Match the computer screen to the brightness of the environment. The contrast between the background and on-screen characters should be high.
- Minimize the glare. Use window shades, blinds or drapes to block excessive sunlight or install an anti-glare screen to minimize reflections.
- Take frequent breaks. Full-time computer users should take a 10 minute break every hour.
- Blink more often. Tears in the eye evaporate more rapidly during long non-blinking phases and cause dry eyes.
- Get an eye examination done.
- Re-focus your eyes. Look away from your computer screen every 10-15 minutes and focus for 5-10 seconds on a distant object.
- Exercise even when sitting. Move about or exercise frequently.
- Get sufficient sleep. Fatigue promotes eyestrain.

Safety Tip for the Week:

Jostling through crowded malls while carrying your jacket, juggling countless bags and keeping your child from breaking anything you can't afford to buy, makes you an attractive target to criminals looking to grab wallets, purses and your purchases.

- Never leave your bag or purse in your trolley, however well hidden by goods. A woman should hold her purse close to her body, with the opening facing towards her; when walking with another person, the purse should be held between the two.
- Never leave your purchases unattended, even for a few minutes. Never leave your bag or wallet unattended on a shop counter, not even momentarily. Remember that is when thieves pounce.
- A man should carry his wallet in the front pocket of his pants, rather than in a back pocket or in his jacket. Beware of pickpockets and never keep your wallet in your back pocket.
- Hold your bag tightly. Consolidate purchases into one or two large shopping bags so you can keep track of everything.
- When you can, avoid using revolving doors, particularly the automatic kind. A thief with good timing can grab a purse or package and make a quick getaway in the time it takes you to emerge.

Three grand essentials to happiness in this life are something to do, something to love, and something to hope for. ~ Anonymous

The College of The Bahamas Bulletin is issued weekly. If you have information that is pertinent to The College community, particularly information that requires mass mailing, please send information by noon on the previous Friday to ensure it is included in the next week's edition. E-mail information to bulletin@cob.edu.bs or communication@cob.edu.bs