



THE COLLEGE OF THE BAHAMAS BULLETIN



THE BIGGEST LOSER

Is one of your goals this year to exercise more, to lose weight or to eat well balanced meals? If it is, then the Wellness Centre wants you to compete in The Biggest Loser Competition beginning on January 25th. This three-month long contest is designed to nurture a healthy lifestyle culture. Faculty and staff members at The College representing a school or department are invited to compete in teams of between 4 and 8 persons in order to become the winning team that collectively loses the most weight. A unit can enter more than one team in the contest.

Each team member will receive a wellness assessment, be placed on a personalized exercise regimen, receive a healthy eating plan and then it's up to your team to eclipse the other competitors and become The Biggest Loser. An information session will be held in the Wellness Centre on January 18th at 1p.m.

In addition to bragging rights, the winning department or school will receive a floating trophy and a free three month membership at the Wellness Centre. The team that places first runner up will receive a free month long membership and four free personal training sessions.

For more details and to register your school or department visit the Wellness Centre or contact Bradley Cooper at Ext 4592 or e-mail bcooper@cob.edu.bs. The deadline for registration is January 21st.

THE BIG GIVE

There are just a few more days left for contributions - in cash or kind - toward the Mount Olive Baptist Church Meals on Wheels Programme for shut-ins and senior citizens in the Bain Town community. The deadline is Friday, January 15th. For more information and to make a donation, please contact 302-4300 or 302-4472.

"No Country Should Outsource The Higher Education of Its Citizens."

Monday, January 11th, 2010

MESSAGE TO STUDENTS

Dear Students:

We wish to welcome all of our new and returning students to a New Year and new semester of great possibilities.

Our ongoing goal is to make your experience at The College a rewarding one. However, today, there may regrettably be some disruption to your classes. We wish to assure you, that The College has initiated steps to address this challenge and to ensure that your educational activities proceed with the least possible interruption.

Students are therefore advised to attend classes as scheduled. If you have any questions, you may telephone our help lines: 302-4453 or 302-4463 between the hours of 9:00am to 4:00pm and please also feel free to e-mail either one of us if necessary.

We apologise for any inconvenience caused and solicit your understanding and support in this regard.

Yours faithfully

Rhonda Chipman-Johnson (Dr.)
VP, Academic Affairs
rcjohnson@cob.edu.bs

Colyn Major
VP, Student Affairs
cmajor@cob.edu.bs

ATHLETICS

MEN'S VOLLEYBALL IN FLORIDA

The men's volleyball team will participate in its first ever set of intercollegiate games January 14th -17th in a volleyball tournament at Warner University in Florida. Congrats to head coach Mark Humes for working diligently to establish the men's volleyball programme. We wish them well this weekend in Florida.

SOFTBALL & BASEBALL

Students interested in playing on the women's softball or men's baseball teams are asked to email their names and contacts to athletics@cob.edu.bs or visit the Athletics Department in the Wellness Centre.

MEN'S & WOMEN'S BASKETBALL

Our men's and women's basketball teams will resume play in the NPBA and the NPWBA respectively this week. The men will play the Police Crimestoppers tonight at 7p.m. at the KGL Isaacs Gym and the Y'Cares Wreckers on Sat., Jan. 16th at 7p.m. at the C I Gibson Gym. The women's team will play the Johnson Lady Truckers on Sat., Jan. 16th at 8:30p.m. at the D W Davis Gym.

MEN'S SOCCER

The men's soccer team lost to Lyford Cay, 2-1, on Sunday in the Bahamas Football Association's senior league.

E-MAIL ETIQUETTE

Think twice before hitting "Reply to All." Most often, the original author of the e-mail is the only person to whom you need to reply.

Hitting Reply to All also increases e-traffic as in boxes become unnecessarily full and are unable to accept further e-mail.

EVENTS

BAHAMAS BUSINESS OUTLOOK, Jan. 14th

The 19th Annual Bahamas Business Outlook will be held on Thursday, January 14th beginning at 8:30a.m. at the Wyndham Nassau Resort under the theme 2010-2020: A Decade for Action and Accountability. For more information, contact 322-7505 or email efelder@thecounsellorsltd.com or register online at www.tclevnts.com.

MEET THE WRITER SERIES, Jan. 14th

The School of English Studies, LIMS and Chapter One present Meet The Writer with special guest author Marion Bethel who will launch two of her books "Guanahani, My Love" and "Bougainvillea Ringplay". Thursday, January 14th at the Chapter One Bookstore, 6p.m.-8p.m. The event will also feature entertainment and book signing.

STORY TELLERS CONVENTION, Feb. 19th

The Second Annual Story Tellers Convention will be held on Friday February 19th and Saturday February 20th at the Wyndham Nassau Resort on Cable Beach. Authors, artists and artisans are also invited to participate and sell their wares at the convention. For more information contact Vera Chase at commonwealthwriters@yahoo.com.

LUNCH AND THE LAW 2010, Feb. 26th

The Law Library will host Lunch And The Law on Friday, Feb. 26th on the topic: *Crisis of Confidence: The State of Relations Between The Public and The Bahamian Legal System*. British Colonial Hilton, 8:30a.m.-3:30p.m. Also a silent auction of local art. Register today. For more information call Evania Thompson at 323-5804 Ext. 2247 or email: evaniathompson@cob.edu.bs.

WOMEN'S VOLLEYBALL

Our women's volleyball team is in the New Providence Volleyball Association (NPVA) playoffs which begins on Wednesday at 7p.m. at the D W Davis Gymnasium with COB taking on the #2 seed Johnson Lady Truckers. The Lady Caribs and the Lady Truckers will play the best of three series to determine who will move onto the championship series. Game two is scheduled for Sunday at 3p.m. at D W Davis Gymnasium. Please support the Lady Caribs as they push toward the championship series!

All information to be considered for placement in the Bulletin should be sent to the address below **NO LATER THAN 12 noon on Fridays.**

WEEKLY BULLETIN

The College of The Bahamas
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