



THE COLLEGE OF THE BAHAMAS BULLETIN



HELP HAITI NOW!

The first student rally to raise funds for a special relief effort for the victims of the killer earthquake in Haiti was a success and another rally is scheduled for Tues. Jan. 19th at 2p.m. at the mini bandshell. You can continue to help by contributing to a special account established at the Business Office. The funds will be forwarded to NEMA which is coordinating the national disaster relief effort for Haiti.

You may also donate clothing and non-perishable items and bring these items to the Campus Life department for the Bahamas Red Cross relief effort for Haiti. For more information contact Latifa Forbes in Campus Life at ext. 4576 or latifaforbes@cob.edu.bs.

THE BIGGEST LOSER

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.

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.

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

Monday, January 18th, 2010

NOTICES

Free Piano Class

Today, January 18, from 4:00 p.m. to 5:30 p.m., the Music Department, in conjunction with the Nassau Music Society and the Ars Nova Club, will host a public Master Class with guest artist Colleen Lee. Members of faculty and staff who would like to attend are invited to do so. The class will be held in the PAC. For further information, please contact Dr. Christy Lee, COB music faculty member, at 302-4508.

Carnival Fun At a Discount

R.A.C. Amusements, the operator of the Holiday Carnival, invites all College faculty and staff and their families to the Carnival at a discounted rate on the following nights: January 18th - 21st and January 25th - 28th. The cost is \$10 per person, per evening to cover entrance fee and unlimited rides. If you or your family members choose not to ride the cost is \$4 for adults and \$2 for kids under 12. The hours are 5:00 p.m. to 10:00 p.m. each evening. Please take your ID to receive the discount.

Dunkin Donuts Moving In

Dunkin Donuts is scheduled to open a new location in the premises left vacant by Starbucks, adjacent to Chapter One bookstore, with a May 1st opening date expected. Structural changes are scheduled to begin on February 1st in order to meet the franchise's operational needs. An earlier opening date is possible if circumstances permit.

Marathon Bahamas

Interested in participating, volunteering or supporting Marathon Bahamas 2010? If you are, visit www.marathonbahamas.com for more information on how you can be a part of the fun. The marathon takes place on Sunday, February 14th, 2010.

ATHLETICS

MEN'S VOLLEYBALL IN FLORIDA

The academic year 2009/10 is the first year COB introduced men's volleyball as a varsity sport. The team participated in its first ever volleyball matches this weekend in Tampa, Florida. Despite an 0-3 record, the team played very well in its first intercollegiate competition and won the admiration and respect of the coaching staff at Warner University. Congratulations to Coach Mark Humes, his team and others who helped to establish the team.

WOMEN'S VOLLEYBALL

Their inaugural season into the New Providence Women's Volleyball Association (NPVA) ended last night with a playoff lost to the Lady Truckers 25-11, 25-13, 25-17. Congratulations to Coach Jenny Dotson and her team for making the playoffs in their first year.

WOMEN'S BASKETBALL

COB women's basketball team will play three games this week.
19th @ 8:30 pm - Lady Cheetahs
21st @ 8:30 pm - Lady Cybots
23rd @ 8:30 pm - Lady Truckers

MEN'S SOCCER

Men's soccer played on Sunday at the Bahamas Football Association (BFA). COB lost to the Dynamos Club 4-1 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

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.

SIDNEY POITIER CONFERENCE, Feb. 23rd-27th

The College of The Bahamas invites critics, historians, filmmakers, artists and cultural practitioners from around the world to participate in an international conference and film festival dedicated to the artistic achievement and life of acclaimed actor, director, author and diplomat Sidney Poitier. For more information e-mail poitierconference@gmail.com or call 302-4381.

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.

Results from the T-Bird Flyers Meet - January 15-16

Rashad McCoy - 1st, shot put 36.45 meters
Jennie Jacques - 2nd, shot put 11.87 meters
Makiya Cargill - 3rd, 100 meters 12.86 sec.
Corlette Pickstock - 6th, 100 meters 13.40 sec.
Yanique Clarke - 2nd, 200 meters 25.23 sec. and 2nd, 400 meters 58.82 sec.
Shanika Riley - 6th, 200 meters 27.51 sec
Women 4 x 100 metres team - 2nd, 50.2558.82 sec.
Shanika Riley - 6th, 200 metres 27.51 sec
Women 4 x 100 metres team - 2nd, 50.25 sec.

CONGRATULATIONS!

Congratulations to Julie Duncanson, a member of our track & field team, who competed in the T-Bird Flyers meet this weekend and qualified for The Bahamas 2010 CARIFTA team with a discus throw of 38.17 metres. This is a remarkable feat for a second year student and Julie will represent The Bahamas later this year.

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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