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CAMPUS CONNECTION

Keyano's Bi-Monthly Newsletter

Summer Solstice Caribbean style!

Get ready to kick your heels up with Keyano's premier summer event, Summer Solstice Picnic-in-the-Park, which will have a strong Caribbean flavour this year.

The free picnic will be held on Friday, June 19 in Doug MacRae Park at the corner of Franklin Avenue and King Street from 4 p.m. to 9 p.m., sponsored by Canadian Natural. Headlining this year's event is the local Venezuelan band Caribbean Son, featuring music that promises to get everyone on their feet enjoying one of the longest days of the year. (See complete story about the band below).

The band is part of a new world music component being introduced to the event this year. Russell Thomas, Director of Marketing & Communications at Keyano College says, "Keyano College is becoming more ethnically diverse each year. We have students and community members who are eager to share their music and culture. Summer Solstice is a great event to make that happen."

Another new feature is the Summer Solstice Star Search, featuring amateur performances from the community ranging from singing and dancing to acting and stand-up comedy. It will run from 4 p.m. to 6 p.m. on the TransAlta stage. The winner of Star Search gets \$750 cash with an automatic bye into the finals of the Petro Canada Homegrown Talent Search at interPLAY, slated for August 7 through 9.

The stage will also be hopping with the Tri-High Jazz Band Showcase featuring ensembles from Composite, Father Mercredi and Westwood high schools.

Winners from the Wood Buffalo Regional Science Fair will be featured in the Science Discovery tent with an opportunity for youngsters to participate in some experiments and demonstrations.

The event will also feature a free barbecue courtesy of PTI Crown Camp Services, face painting and roaming performers.



Register by June 17 for Star Search. Visit www.keyano.ca/solstice to register or call 780-791-4848.

Introducing Caribbean Son - They're hot!

It's the bongos that will make your feet move first, then the rest of you will follow. Meet *Caribbean Son* - the headlining band for Keyano's annual, free summer event, Summer Solstice Picnic-in-the-Park, sponsored by Canadian Natural.

Caribbean Son will play at the event on June 19. Made up of about 16 members, most of whom hail from Venezuela, the group's unique name stems from "*son*, which is one of the most influential, recognized and widespread forms of Latin American music; its derivatives and fusions have spread across the world," explained Freddy Mendez, band spokesperson.

"*Son* is a generic term for the musical family of country music, which originated in Eastern Cuba, and combines the structure and elements of Spanish songs and Spanish guitar with African rhythms and percussion instruments. It was eventually influential in the creation of "Salsa" music," continued Mendez.

Made up of engineers, teachers, accountants and even high school students, most members of the band have been in Fort McMurray for about three years. They came together to keep their traditions alive, so their children could follow them, especially during Christmas.

"On November 18, we celebrate La Chinita, a special mass for the Virgin Mary. It brought us together and then we decided to continue," said Mendez.

Emiro Tenias is the lead singer for the group, while Luis Bravo is the only professional musician with the band, which has performed for different events such as Charity Jam, Full Moon Café and the upcoming Heritage Festival. Summer Solstice is their first foray into playing for a large audience - approximately 5,000 people are expected this year.

"We have prepared 16 songs, with different styles ranging from Venezuelan meringue to calypso. They are dancing numbers; we want everyone to enjoy at Summer Solstice," said Bravo.



Freddy Mendez (front row - first (right) and Luis Bravo - front row - third from right) are looking forward to ensuring everyone has a great time at Solstice.

Keyano the real winner of Survivor Boreal Forest

Out Wit, Out Last, Out Play the competition - some 248 participants did just that in support of the Keyano College Foundation during the ESS First North Catering Survivor Boreal Forest Golf Classic. The event was held on Saturday, June 6 at the Fort McMurray Golf Club and a record-breaking total of \$185,000 was raised in support of Keyano College.

"Not only did we raise more money than ever before with this event, we also saw an overwhelming increase in the number of diamond and platinum sponsors," said Dale Unruh, Keyano College Foundation Chair. "This is emblematic of how our partners feel about the role that Keyano plays in their businesses. A vibrant community college is essential to the growth and development of industry, business and our community."

Participants were given boreal forest names and matching bandanas. Activities took place throughout the course including the "brave the snakes" challenge hosted by University Studies where each member of the team had to hold a snake. The Keyano College Students' Association food challenge brought back fond memories for many, as participants had to eat a typical student meal of Kraft dinner and hot dogs. The tournament also included golf -oriented challenges like hole-in-one, longest drive and longest putt contests.

The Keyano Huskies were also out in full force on the course promoting their Adopt-a-Husky program, raising an incredible \$10,000.

The event also included a Survivor feast prepared by ESS First North Catering, and silent and live auctions highlighted by the Kal Tire Predator Ridge Golf Trip for six that sold for over \$20,000.

The final Survivor challenge was between the winning foursomes of the morning and afternoon flights, Team Buffalo Berries and Team Tamarack. Both groups competed in a chip-off on the stage with Tamarack emerging victorious. They received \$1,000 cash and donated it back to Keyano College.

"As they left the event, our guests were each given a spruce tree seedling donated by Northland Forest Products as a token of our appreciation," said Cindy Amerongen, Keyano College Vice President, External Relations. "The gesture is a symbol of the growth of Keyano College, growth that they continue to make possible through their incredible support."

"The Keyano tournament is always the best we ever attend," said tournament participants and supporters Ralph and Carol Hesje. "Everything is top-notch from the registration to the hole challenges through to the dinner and auction. The day is full of fun and is just the best social event imaginable."

"The success of this event is due, in large part, to our team of golf committee members and event volunteers," said Willy Neufeld, Foundation Board member and Chair of the Golf Classic Committee.

"Keyano faculty, staff and students made the immunity challenges fun and exciting and made the tournament run smoothly. Everyone worked together to make Survivor Boreal Forest a success."



Be Fit Keyano sees a steady growth

Karen Larkin and Natasha Walsh are two happy ladies nowadays, and rightfully so. Both oversee the *Be Fit Keyano* program at the College and are happy to report a steady growth.

Last year (2007-2008) 51 people registered, 65 came on board this year. As well, last year 11 people cashed in their points for prizes; while this year 23 people did so, demonstrating program completion.

The program, which was launched two years ago, is designed to keep Keyano staff active. The point-system was introduced for last year's session and turned out to be an inspiration for participants. Participants were encouraged to record their points - up to one point for every 30 minutes of activity, for a maximum of three points.

"This year people are getting varied prizes, which include iPod shuffles, gift cards for restaurants, gas coupons, theatre tickets and mall dollars - these seem to be the most popular prizes," explains Larkin, Fitness & Wellness Manager at Keyano's Syncrude Sport & Wellness Centre.

"We have some athletic prizes as well: GPS's; heart rate monitors, BOSU ball, and yoga kits," added Larkin.

Be Fit Keyano wrapped up this year's session on June 2, and 24 staff and faculty members attended the lunch held in the Kinesiology class in the Syncrude Sport & Wellness Centre.

Walsh, Be Fit for Life Coordinator at Keyano College thanked Jim Foote, Keyano President for his support for *Be Fit Keyano*, and encouraged participants to continue with an active life-style.

Gail Leeke, Administrative Assistant for Facilities at Keyano College said joining *Be Fit Keyano* was inspiring. Leeke who walks to and from work daily, joined the program last October, and says it encouraged her to make some life-style changes.

"My goal was to lose weight; I am more aware of what I eat now, and read labels carefully. I highly recommend the program," she said.

Leeke cashed in her points for mall dollars and movie passes.

Tammy Huska, Executive Assistant to the President notes *Be Fit Keyano* encourages participants to not only be more active, but to take "baby steps towards your goals. So it's do-able. The point-system helps a lot."

Huska will be enrolling in a fitness course in exchange for her points.

Next session is expected to be launched in early October this year. For more information, contact: Natasha Walsh at extension 8916.



Be Fit participants amassed 5305 points as a group this year with 159,150 minutes of total exercise.

Cafeteria refurbishment plan unveiled

Significant changes are coming to the Clearwater Cafeteria and the food services provided to the College community. An information session was held on May 8 to share the direction and get feedback from staff.

Project Manager Stephen Boyd discussed the findings and recommendations of food service consultant, Dale Burnstad, who was hired to do a comprehensive review of the facilities and current food services operation.

To support the review and redevelopment process, a Food Services Committee comprised of stakeholders from the College's three employee groups was established. An Expression of Interest was sent out, attracting a number of different food service providers. After a series of interviews, the PTI Group was selected to partner with the College on dramatic improvements to the layout, design and aesthetic of the refurbished cafeteria and food services provided to our staff, students and community.

According to Stephen Boyd, Project Manager at Keyano College these changes are focused on improving the quality of campus life, for students and staff.

"We want to enhance the services provided by our cafeteria and improve the environment," he shared. "We also want to prepare for future growth requirements of our food services, while optimizing Keyano's current facilities."

A number of recommendations were made including removal of the wall separating the current cafeteria from the Wall of Light hall, to provide an abundance of natural light in the seating area. Also included was a brand new servery featuring a separate serving and seating area for Composite High School students; making the food preparation area more visible to customers; maximizing food preparation space to provide catering for special events and service to the Bob Lamb Industry Education Centre, Syncrude Sport & Wellness Centre, and Suncor Energy Industrial Campus; and the re-introduction of the cooking program.

"Based on Dale's recommendation, we have engaged the services of an architectural and interior design firm named Abugov Kaspar," said Boyd.

Boyd reported that while the renovation is underway, the entire cafeteria area will be closed in the interest of safety. "PTI Group has been exceptionally accommodating in coming forward with service alternatives during this period," said Boyd. "They will be setting up a series of kiosks throughout the campus to provide basic food and refreshment services while the cafeteria is being renovated."

"We have recognized the need to make dramatic improvements to our cafeteria and food services provided to the College community," said President Jim Foote. "This is a critical component of campus life, and we are taking steps to make changes that will have a lasting positive impact on the quality of life we are able to provide. We are asking for your patience and understanding as we will need to endure some short term inconveniences while the redevelopment takes place."

An information session was held on June 15 containing the final layout, architectural renderings and samples of flooring, paint colours, and furniture. This information is currently on display in the staff lounge.

Proposed layout:



Girl Power and Rowdy Boy in the house!



May has been an eventful month for Keyano's Syncrude Sport & Wellness Centre. *Girl Power* and *Rowdy Boy*, days set aside to celebrate the local youth, turned out to be very successful.

On May 28, the centre hosted *Rowdy Boy* with 288 local fifth graders from 15 local schools. Featured activities included team sports, yoga, hip hop, nutrition, and dry land training with the Alberta Sport Development Centre.

"This is very cool," said Kolton Gable from Greely Road School. Kolton had just stepped out of the first morning session, which featured a boot camp.

Boxing and loving it - the fifth graders had a great time during their visit.

"We had running and biking. I think the Syncrude Sport & Wellness Centre is really cool," he said.

Girl Power, which was held on May 5, saw 317 girls from 15 schools attend sundry events ranging from basketball to hip hop, arts and crafts to modern dance and sports and nutrition.

Both events were made possible through funding from the Alberta Sport, Recreation, Parks & Wildlife Foundation through Keyano's Be Fit for Life Centre, as well as Alberta Health Services - Department of Health Promotion.

The co-organizers of the events were Natasha Walsh, Be Fit for Life Coordinator at Keyano's Syncrude Sport & Wellness Centre and Melanie Vance, Healthy Active Youth Specialist with Alberta Health Services.

"Neither *Girl Power* nor *Rowdy Boy* would have been possible without the gracious donation of space from the Syncrude Sport & Wellness Centre. I would like to thank the Director, the management team and all the staff who have helped to make this event possible," said Walsh.

"It's a natural fit," said Melanie Vance, Healthy Active Youth Specialist from Alberta Health Services - Department of Health Promotion about the collaboration with the Be Fit for Life Centre.

"We have the same goals, which encourage engaging in healthy practices," she said.

"We wanted to expose them to things that they may not otherwise have the opportunity to try. This is also an age where physical activity levels begin to decline. By giving them the opportunity to try new things and to show them how much fun active living can be, we hope they will carry that knowledge with them throughout life and adapt a physically active lifestyle," continued Walsh.

This was the first *Rowdy Boy* day and the second *Girl Power* day hosted by the centre.

Russell Thomas wins Best Actor at Provincial One Act Play Festival



Left to Right: Russell Thomas (Jerry), Kenny Jones (Peter), Erin Flaherty (Assistant Stage Manager), Darlene Mitchell (Director and Stage Manager)

He has a number of titles in our community, and now you can add Award Winning Actor to those titles. Russell Thomas, Director of Marketing & Communications at Keyano College has just won the Best Actor Award at the Provincial One Act Play Festival in Medicine Hat.

The event, held in the beautiful Esplanade Arts & Heritage Centre on May 29 and 30, featured eight plays from across the province including *The Zoo Story* by Edward Albee of Fort McMurray, featuring Thomas and Kenny Jones from Country 93.3. The show was co-directed by Darlene Mitchell and Phil Kersey, with Keyano's Erin Flaherty as Assistant Stage Manager.

Adjudicator Daniel Hall selected Thomas as Best Actor, partly for his successful navigation of the eight-page monologue featuring "The Story of Jerry and the Dog".

"It was an honour to win the Best Actor Award," said Thomas. "I owe it all to having a great acting partner in Kenny Jones, someone who I've grown to infinitely trust on the stage."

If you didn't get a chance to see *The Zoo Story* at WinterPLAY in February, DarKenRus Productions will be remounting the award winning show at this summer's interPLAY Festival, August 7 - 9.

Keyano alum and VPA Acting graduate Michael Beamish was featured in *Gossamer Feast* by Gerald Osborn, representing the Edmonton region. A well-crafted and performed comedy, this ensemble effort garnered several awards including Best Play.

Instructor returns from Esquao Award Ceremony



Angels Among Us - bearing this theme, the 14th annual Esquao Awards were held in Edmonton on May 16, and Keyano's very own Carla Saunders was in attendance, as a recipient in the Trades & Technology Category. The Awards honour outstanding Aboriginal women in Alberta annually and are sponsored by the Institute for the Advancement of Aboriginal Women.

Saunders is an Electrical Apprenticeship Instructor, who has been with Keyano for over two years. Instead of a traditional interview, *Campus Connection* is honoured to present her speech which signifies all that Saunders feels about the award and more.

What a beautiful evening this is. It is gift that I will always cherish. A gift of recognition for who we are. Life is also a gift that has been given to us by our Creator. If we do not treat our lives like a gift, it can sometimes become a burden. It's up to us to decide what we what from life.

I knew from a very young age that God gave me a gift other than just life. It was free will. It's a gift we have all been given. As a child, I continuously promised myself, that when I get out of the hole that I was born into, I'm going to do something with my life.

At the age of 14, I found the courage to leave home. By this time, the damage was severe. But I held on to my promise of doing something with my life.

In order to start living I had to find out what life was.

I prayed and asked God for a sign. Hearing my prayers God gave me yet another wonderful gift. He put me in the hands of an Aboriginal couple, Gerry and Yvonne McKenzie where I spent two and-a-half years as a ward of the court, and had the opportunity to live and to see what unconditional love was and what a family was all about.

They accepted me as I was, they did not pass judgement and they asked no questions. They allowed me to become a member of their family. I will forever remember and love the McKenzies. To this day I still thank God for this gift.

By the time I was 17 I was ready for my life. I left the security of love and headed out west. Arriving in Fort McMurray full of anticipation of starting my life, I took a five-year sabbatical to learn how to function in society and where I learned to love MYSELF. It was an arduous journey back into my past with the help of a psychiatrist, but it was one that I knew I had to take.

I had to put my past into some kind of perspective in order to move on into my future, and also to enjoy my present life. It worked. It worked because I would not allow my dream to die. And I did not give up on myself. Many times I thought it would be so easy to just drop everything and walk

away from life. But what purpose would my life represent then.

For the past 25 years I have lived my life according to me. I've met many wonderful people along the way that have inspired me to keep on the path that I choose for myself. I've met a family that has encouraged me every step of the way. They too took me in as a family member and today they are here with me to help celebrate this awesome event. Thank You Katie Dene for loving who I am.

I really have to thank my husband for being so patient with me; all the late nights of studying that I had to do during the course of my Apprenticeships. Also, the hard times that I sometimes faced when I was confronted by my past, Harrys' love and understanding never let me slip into the pit that I sometimes see at my feet.

I've utilized Keyano College for many years to get what I needed but I never thought that they would ask me to give back to the College. Taking the position as an Electrical instructor at the College has been an incredible journey and a wonderful opportunity to explore an avenue that offers you the world: Education.

Thank you Keyano College for giving me the opportunity to continue in the electrical field and to pass on my knowledge. Thank you for nominating me as a recipient of this most prestigious award. Thank you for this wonderful evening.

Congratulations Carla!

Regional Science Fair finalists return from National Science Fair

By Andrew Taylor, Keyano Biology Instructor and Wood Buffalo Regional Science Fair Chair

The University of Manitoba was host to 474 finalists from across Canada for the 2009 Canada-Wide Science Fair (CWSF) from May 9 to 17.

Three grade eight students from Wood Buffalo were accompanied to Winnipeg by Wood Buffalo Youth Science Foundation Treasurer Vincella Thompson, and President Andrew Taylor.

Maithili Udupa, from Westview School, presented her project "Which Bag Keeps an Apple Fresher?" while Jody MacIsaac and Tabaitha Brett, both from Father Beaugard School, exhibited their project "Cold Snaps" (which examined how long different batteries last in cold conditions). The nine-day event was an incredible experience and included tours of the university labs and locations around Winnipeg; I found the tour of the Boeing production plant particularly interesting.

Youth Science Canada, the organization which manages the CWSF, handed out over \$1 million in prizes and scholarships this year. Gary Kurek, 17, of Bonnyville, Alberta took home the EnCana Best-in-Fair Award as well as 10 other awards worth a grand total of \$46,800. Kurek developed two motility aids, including an electric wheelchair, which converts into a walker. Like most award winners at the Canada-Wide Science Fair, Kurek has been competing in science fairs for several years (in fact this is his fourth CWSF).

Science projects at the CWSF are rather advanced. Many students perform their work in research labs, and several of the senior projects resemble research typically done at a university graduate level.

Maithili, Jody and Tabaitha did an excellent job representing our region. Although we didn't bring home any awards, the girls learned a great deal, had a lot of fun, made lots of friends and have

plans to return next year. We are very proud of their accomplishments and hope to see them again at next year's fair.

I don't see our science fair primarily as a competition. I see it as a means of encouraging young students to think critically and have fun doing some actual science - they are given the opportunity to pose questions about the world around them, formulate answers, and then test those answers. It's my hope that all our participants leave the science fair with a strong sense of accomplishment. I was very pleased to see several students from last year, particularly from the younger grades, return to the WBRSF this year with bigger and better projects. I have no doubt that we will be seeing these students at the CWSF in future years.

The students aren't the only ones that are getting better at doing science fairs. We've learned a lot over the past two years and have plans to further refine our efforts next year. Developing our website and online registration system was a major effort this past year; now that this is done we can hit the ground running in September for the 2010 fair.



Left to right: Andrew Taylor, Maithili Udupa, Jody MacIsaac, Tabaiitha Brett, Vincella Thompson at the closing banquet and awards ceremony in Winnipeg.

Running the Sahara hits a chord with audience



Blake Crossley (front) and Ray Zahab met last year during Keyano's Orientation 2008.

It's about believing in your self and believing there are no boundaries. *Running the Sahara*, a documentary featuring ultramarathoner Ray Zahab was screened at Keyano College, and the audience left touched.

About 185 people attended the screening earlier last month. Blake Crossley, Network Administrator at Keyano College organized the documentary screening, which featured Zahab, Charlie Angle, and Kevin Lin - the latter of whom are elite marathoners as well.

The trio ran across the Sahara, a distance of 7,000 kilometres in 111 days. The expedition started from Senegal and ended at the Red Sea in Egypt. Amid a dangerous sand storm, with winds blowing up to 15,000 feet, fatigue, political problems with border crossings, and only two showers in almost four months the marathoners proved anything is possible, if you only believe.

Directed by Academy Award winner James Moll and produced as well as narrated by Academy Award Winning Actor Matt Damon, the screening was meant to bring awareness to clean water issues in Africa, particularly the Sahara region. Those in attendance enjoyed the beautiful footage and were awed by the arduous journey undertaken by the three strong-willed men.

"The response was absolutely fantastic," enthused Zahab, following the event. "I am so impressed with the community in Fort McMurray and their support."

At one of his low points during the documentary, Zahab is seen deriving his strength from children in Fachi, Niger, an oasis town. "I felt healed," says Zahab in the documentary, who was on the verge of quitting.

Meeting so many different people and coming across the clean water issue in the region, inspired Zahab to find Impossible to Possible (I2P), a non-profit organization which promotes youth expeditions in order to bring awareness to critical social and environmental issues.

Crossley is an ambassador for I2P and Zahab says the former's support has been invaluable. "Blake has been an awesome ambassador to our organization. He arranged for me to speak to students from 20 schools in the Fort McMurray. He fully appreciates the need to impress upon our young people that they can achieve anything they set their minds to," continued Zahab.

So what does Zahab want people to take away from the movie? "I truly would like for people to walk away with the notion that they too can accomplish things in their life they may feel impossible. This journey across Africa taught me that our boundaries are limitless. We just have to believe," he said.

The documentary DVD's sold out following the screening and the event raised over \$2,000, most of which went to I2P.

Check impossible2possible.com for information on upcoming expeditions and the group's recent return from the South Pole.

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