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CAMPUS CONNECTION

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Women - it's your weekend - *Spring to It!*



Dr. Susan Biali is looking forward to visiting Fort McMurray and Keyano College.

Daughter, wife, mother, sister, friend, girlfriend, employee - as women we have so many roles to fulfill that it becomes difficult to remember who we are and what we want? Keyano's Syncrude Sport & Wellness Centre is giving you the opportunity to pay some attention to yourself - a whole weekend of attention. *Spring to It!* and attend a two-day fun-filled event exclusively for women.

Spring to It! topics range in variety - *Stress Reduction Techniques, Financial Skills, Meal Planning, 50 Ideas to Help Get You Organized, Belly Dancing, I'm Going Crazy and My Kids Are Driving the Bus, Personal Leadership, Women's Health Education* - and are hosted by the Primary Care Network.

Michelle Toner, Guest Services & Marketing Manager, Syncrude Sport & Wellness Centre, Keyano College, is overseeing the event, along with Karen Larkin, Fitness & Wellness Manager. Both ladies encourage maximum participation from the women of Wood Buffalo.

"This event is meant to empower the women of Wood Buffalo and help them lead the best life they can. Whereas some events focus on women as parents, or wives - this event is about the woman as an individual. We really want local women to put themselves first and to make themselves a priority," explains Toner.

An important component of the event is health and wellness, and not just physical and mental.

"There will be sessions on physical fitness and mental health. However, we will be looking at financial health, goal setting, life balance and so much more. *Spring to It!* is meant to be uplifting and inspiring, as well as full of information and fun," Toner added.

Larkin echoed similar sentiments. She is excited to be part of an event that "has the potential to enhance the lives of local women."

"We are excited to offer such great topics. We expect the participants will leave with a renewed and refreshed look at their lives," said Larkin.

What's more, renowned author, wellness expert, and life coach Dr. Susan Biali will be headlining the event to share insights on sundry topics. Dr. Biali danced her way out of depression and despair and into the life of her dreams 10 years ago. Today, she shares with audiences how a healthier, happier life is possible. Through her candid style, audiences across North America discover themselves opening their minds to new possibilities, enjoying a fresh view of themselves and life itself. She is looking forward to being in Fort McMurray.

"I am just so excited to come and meet the women of Fort McMurray and be a part of this amazing event. I've had a sneak peek at the event program and was thrilled by what I saw - sessions on stress management, athletics, dancing, nutrition, finances and more. I can't wait, and I'm going to personally drop in on as many of the sessions as I can," Biali enthused.

The entire weekend event, which includes a three-hour workshop on Friday night with Dr. Biali, is \$275. To just attend Friday's workshop is \$85. Saturday's activities are only \$195 for the full day or \$125 for the half day. Registration has started.

Visit www.keyano.ca/sswc to register, or call the Syncrude Sport & Wellness Centre at 780-791-7792.

Christine Tucker receives Exemplary Volunteer Award from Keyano Foundation

When Christine Tucker took her friend's advice and volunteered for the Keyano Foundation, she didn't know she would be honoured with an Exemplary Volunteer Award.

Tucker is an accountant for L. Robert Enterprises and has been volunteering for the Foundation's annual mega events like the Golf Classic and Gala. She has also assisted with Theatre fundraisers like the performance of The Nutcracker by the Moscow Ballet in 2009 and the concert featuring Canadian tenor Ben Heppner.

The award was announced during the Foundation's annual Investor's Reception on February 9, and was successfully kept a surprise for Tucker, who was speechless.

Liz Lade was the friend who suggested the Foundation to Tucker, and she is delighted for her friend. The two met at work and have been friends ever since.

"Christine is so deserving of the Exemplary Volunteer Award. She is dedicated, hard working and when Christine commits to volunteering, you know that you have a volunteer for life," enthused Lade, who now lives in Calgary.

Dale Unruh, Chair, Board of Directors, Keyano College Foundation, announced the award and thanked Tucker for her continued support of the Foundation.

"I'm very honoured and surprised," smiled Tucker, who moved to Fort McMurray from Newfoundland six years ago with her husband.

She thanked the Foundation for the gesture and said participating in events is her way of giving back.

"When I moved here I wanted to be a part of the community, and then a friend suggested I volunteer for the Foundation. I enjoy being a part of the events and seeing the bar raised at the end of a successful event. I would encourage everyone to join us; volunteering fulfills you," Tucker explained.

Melane LeBlanc, Annual Giving Manager, Keyano Foundation, has worked closely with Tucker over the years and says she has become an integral part of the volunteering team.

"She's an extension of us. Christine has always provided us with the internal support for all our major events. Her enthusiasm creates a wonderful environment. She makes people around her comfortable and she is devoted to perfection," said LeBlanc.

The award is presented to an outstanding volunteer who helps the Foundation achieve their mission of securing funds and friends for Keyano College. This volunteer is an active member of committees and goes above and beyond what is expected of them.



L-R: Jim Foote, President, Keyano College, Christine Tucker, Exemplary Volunteer Award Winner and Dale Unruh, Chair, Board of Directors, Keyano Foundation. Photo Credit: Greg Halinda.

Wood Buffalo Regional Science Fair seeks judges and volunteers

The Wood Buffalo Regional Science Fair can use the help of a few good men and women.

Slated for April 16 and 17, the Science Fair is hosted by the Wood Buffalo Youth Science Foundation (WBYSF) and has received registrations from 15 school science fairs for the 2010 season.

"We are pleased to announce that more than 2,500 students will be participating in school fairs this year; that's well over twice the number that participated last year and five times the number that participated in 2008," explained Andrew Taylor, President WBYSF.

The WBYSF provided \$7,500 in funding to school science fairs this year and is also assisting schools by helping them find volunteer judges.

"If you have a keen interest in science and can spare a few hours to encourage some of our region's youngest researchers, I ask that you please consider volunteering as a judge at one of the local school fairs," continued Taylor, who is also a Biology Instructor in Keyano's University Studies department.



Judges and general volunteers are also needed for the 2010 Wood Buffalo Regional Science Fair.

"The Regional Fair has expanded to accommodate 150 projects, up from just over 100 projects last year. We estimate that we will require a minimum of 75 judges. Bilingual judges are especially appreciated as this year, for the first time, we will be judging projects in both English and French," continued Taylor.

Judges at the elementary level should have some background in science or science education. Keyano Science and Education students are eligible to judge at this level. Junior and senior level judges should have judging experience, or a minimum of a Bachelor's degree in Science, or experience teaching science at or above a grade seven level.

"We greatly appreciate all the generous support we received from volunteers in the past and we very much hope you'll join us again this year. Please visit our website at www.wbrsf.ca for additional information."

Potential judges are asked to email andrew.taylor@keyano.ca with a brief description of their science, or judging background. General volunteers are needed to assist with registration and the coordination of judges on Friday, April 16; assistance is also required with the awards ceremony on Saturday, April 17.

NorthWord magazine invites you to the launch of their second issue

NorthWord

A LITERARY JOURNAL OF CANADA'S NORTH

The Northern Canada Collective Society for Writers (NCCSW) would like to invite the community to the launch of their second issue of *NorthWord* magazine on Saturday, March 13 from 1 p.m. to 4 p.m. at the Fort McMurray Public Library.

The event will feature a poetry theme, with different stations set-up for various forms of poetry such as group haiku, list poems, and ransom note poems. A special poetry booth will be set-up for poems on demand, where a poet will write a poem for the asking - such as a love poem for your significant other, anniversary or dog.

In addition, random readings from published poets and writers from the magazine and community members will be on the agenda.

The NCCSW is a local group, which publishes and supports the work of writers in northern Canada. Based in Fort McMurray, the NCCSW will publish *NorthWord* twice yearly, rotating editors and themes from issue to issue.

Jane Jacques, English Instructor, Keyano College, edited the second issue and says the stunning calibre of submissions makes the second issue exceptional.

"The second issue is special, in part, because it is the second issue: we succeeded in getting *NorthWord* off the ground, soliciting advertising, and publishing a second issue on time. I really love local artist Margaret Sonnenberg's wonderful cover art, and I think that the stories, poems, and non-fiction offer a terrific variety of great reading. There's something here to satisfy every taste," explained Jacques.

The NCCSW is planning its third issue for release this summer. The theme is *Twist* and the issue will

be edited by Kevin Thornton, columnist for the *Saturday Today* - the weekend edition of the *Fort McMurray Today*.

"A twist can be anything you want. It's the best part of a cocktail, the surprise at the end of a rollicking good tale. A twist is what keeps bread fresh, or what startles us in a show. A twist can be a deformity, or a sprain or strain; it can be an energetic dance, a fresh take on an old topic, a new look at life. Make it fun, make it interesting, make it... twisted," explains Thornton.

Short stories or excerpts from current projects, fiction or non-fiction (3,000 words maximum), verse of no more than 50 lines, along with anything surprising, original, evocative, or inventive can be submitted to the new email address: northword@hushmail.com.

Environmental Sciences instructor initiates collaborative research with AACTI grant



As the Environmental Technology program and the University Studies Sciences programs at Keyano College develop - so does the research goals of our outstanding faculty. Dr. David Smith is one such example. He secured a \$10,000 grant from the Alberta Association of Colleges & Technical Institutes (AACTI) last spring and is busy researching the impact of clear-cut logging in northern Alberta.

Smith, who works in the University Studies department at Keyano College, has been busy studying clear-cut logging in Wood Buffalo National Park, which stretches from the south of Fort Chipewyan into the Northwest Territories (Canada's largest national park). The clear-cutting started in the 1950s and stopped four decades later in the 90s.

Smith is working in conjunction with Parks Canada and the community of Garden River to gather information that will help to improve the quality of wildlife habitat, water and the subsistence lifestyle of local people.

"University Studies at Keyano College encourages inter-agency collaboration, and I'm appreciative of the fact that I have the opportunity to work with a variety of people and organizations," shared Smith.

He is also working on involving students in the project, and says subjects like erosion, ecology, forestry and working with Aboriginal communities are pertinent to them.

"Students have expressed lots of interest in this work and it fits well with our multi-disciplinary approach to Environmental programming at Keyano, which includes, Biological Sciences, Physical Sciences and Social Sciences," said Smith. Environmental Science addresses how plants, animals, humans and the environment interact.

Ann Everatt, Vice-President, Academic, Keyano College, says "engaging in applied research opportunities provides an enriched learning environment for our students and I am delighted that our Environmental Technology and University Studies Science students will be actively engaged in this project."

Smith is also excited to be working with the Aboriginal populations around Wood Buffalo National Park. He presented a public seminar last December in Fort Smith, Northwest Territories to inform people in the community about Keyano's Environmental Technology program.

"I'm especially interested in a respectful collaboration with local people in the communities that surround Fort McMurray. The primary goal of this project is to improve the subsistence lifestyle of people in Garden River. Garden River is a small Cree community on the Peace River, three hours east of High Level," explained Smith.

The Environmental and Conservation Science program is a two-year University Transfer program, which will begin next fall at Keyano College.

Money Matters workshop hailed a success

*By Sarah Imran
Workforce Development Coordinator*

The first Money Matters workshop entitled *Financial Planning for Anyone Who Hates Planning Finances* took place on Saturday, February 6, 2010 and received rave reviews. The workshop was facilitated by Canada's "Screaming Capitalist" Kevin Cork, who presented in his signature humorous dynamic style.

As he entered the room, instead of the usual "Hello, how are you?" Kevin greeted the group with a loud "All YOU financial planning haters!" which set the tone for the day - he kept everyone involved, injecting his rather technical presentation with bursts of unforgettable humour and great stories from his 20 years of financial planning career. All aspects of financial planning from bonds, retirement strategies to mortgage and insurances were covered, and Kevin allowed plenty of time for questions and answers from the group.

The participants described the workshop as "Amazing! Excellent, Very informative and Entertaining!" and expressed that they would like to see Keyano continue to bring financial gurus to Fort McMurray.

The next Money Matters workshop titled *The Joy of Tax, Keeping the Jingle in YOUR Jeans!* will take place on March 13, 2010 and will be facilitated by Lorn Stanners, CMA. A regular tax expert on *Breakfast TV*, Lorn has also written numerous articles for investment newsletters, and publications. He brings 20 plus years of his tax practice expertise and will cover an array of topics, which include: The truth about salaries vs. dividends; How to save money on GST and How to maximize your automotive claims, to name a few.

The cost for the seven-hour workshop is \$198 including breakfast and lunch. For further details or to register, please call 780-792-2688.



L-R: Anthony O'Keefe, Sarah Imran, Kevin Cork, Amanda Main, Mat Espinoza, Ken McLay. We're all holding Kevin's books, "The Money Book" and "The Investment Book", which were given to all workshop participants. Submitted Photo.



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