



March 2012



**HIGHPOINTS:**

Around Campus This Month

Service and Support Featured Areas:  
Chaplain Services D2030  
Community Legal Services SC2001

What You Need to Know Right Now!

Inspiring Story: Meet Nana

**Important Dates:**

Feb 27 – Mar 2 Reading Week

March 19<sup>th</sup> Last day for full-time students to withdraw with divisional approval for most programs/courses and not receive an F grade for 15 week. A 'W' grade may impact progression in some programs

March 20: First Gen gathering at the Outback Shack. RSVP to Deb

March 24: Fanshawe OPEN HOUSE

March 26 Mid-term grades available for most Winter term 18 week programs

March 28 First Nations – End of Year Gathering in J Gym, 11:00 – 2:00 pm

**First Generation website info:**

[www.fanshawec.ca/1stgen](http://www.fanshawec.ca/1stgen)

Deb Bomans, First Generation Student Success Advisor.  
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**Around Campus This Month:**

As the saying goes 'in like a lamb and out like a lion'. March is such a changeable month – there can be warm spring-like temperatures or late seasonal snowstorms. This unpredictability can also be true for students at this point in the semester with midterm outcomes and upcoming course commitments. Don't let the wool get pulled over your eyes – it's your time to roar!! Our First Generation Team is here to support and connect you to meaningful opportunities here at Fanshawe College.

**Chaplain Services – Room D2030**

Chaplains are appointed to the college from local faith communities to serve the students and staff of the college. Campus ministry opportunities exist for students who desire to join and participate in a faith community. Throughout the academic year there are a number of events planned to engage students in dialogues and discussions to help students navigate the maze of life. Chaplains are also available for pastoral counselling and care, and can link students with churches and other faith communities while students are in school. Office hours are posted at the [Chaplain Centre](#) in D2030.

**Community Legal Services – Room SC2001**

Full-time post-secondary students are eligible for free legal services. The cost of these services is subsidized by the Fanshawe Student Union. [Community Legal Services](#) has been contracted to provide these services on campus. To make an appointment, contact CLS directly at 519-661-3352 [www.law.uwo.ca/cls/](http://www.law.uwo.ca/cls/) or visit SC2001.

**What You Need To Know: March – Looking Ahead**

- ✓ Stress increases as major assignments come due
- ✓ Mid-term results of 'S' Satisfactory or 'U' for Unsatisfactory reflects student performance to date (see your profs or SSA)
- ✓ Financial stress as OSAP loans/funds run low
- ✓ Reading Week (Feb 27 – March 2) provides a break from scheduled classes. Fanshawe is open, resources available
- ✓ Spring fever makes it more difficult to focus on studies
- ✓ Offers of acceptance are given out for those starting 'new' programs in the fall
- ✓ Summer job search or career planning continues



### Wellness Tip:

March is Nutrition Month in Canada. Nutrition has a huge impact on overall health and well-being. Get the real deal on your meal. Check out:

<http://www.dietitians.ca/Your-Health/Nutrition-Month.aspx>

### Healthy Recipe:

#### Broccoli and Leek Soup: (serves 4)

- 1 leek, pale section only, sliced
- 2 garlic cloves, crushed
- 1 big potato, peeled, chopped
- 1L (4 cups) water
- 2 vegetable cubes, crumbled
- 1 large broccoli, florets
- 1/4 cup fresh parsley leaves
- 1/4 cup fresh basil leaves
- 1/4 cup low-fat sour cream

### Method

1. Heat a large saucepan over medium heat. Spray with olive oil spray. Add leek. Cook, stirring occasionally, for 5 minutes. Add garlic and cook for 30 seconds.
2. Add potato, water, veg cubes to leek mixture. Bring to a boil. Reduce heat to low. Simmer 10 minutes. Add broccoli. Simmer 10 minutes or until the broccoli is tender. Set aside to cool slightly.
3. Blend broccoli mixture, parsley and basil with a hand blender until smooth. Stir over medium-low heat until heated through.
4. Ladle soup into serving bowls. Top with sour cream & croutons.

In your travels you may have heard the story of The Starfish Thrower. A wise man walks the shoreline looks for inspiration for his writing. He meets up with a young lad and asks him why he is throwing starfish into the ocean. The lad tells him the sun is up and the tide is going out – if he doesn't throw them in they will die. The older man in his wisdom tells the lad there are thousands of starfish along miles of beach - he can't possibly make a difference. The young lad throws yet another starfish into the ocean and says *"I made a difference to that one."* In this instance who embraces wisdom? Who indeed is the teacher?

Years ago Nana's family left Ghana for a better life, eventually settling in Toronto. He was the youngest of four, raised by a single mom in a neighborhood where gangs, drug dealers and negativity were his reality. After high school he went to college but dropped out after one semester. No focus, no motivation, no success. He worked at factories, restaurants and cleaning jobs, and spent two years partying to the negative. He stopped listening and didn't care about his life. People 'didn't exactly mistreat' him but talked down to him, told him he was no good. And so, he lived the expectation...

Then his grandfather who basically raised him, died. He always told Nana *"keep your head up... Canada is a big country, and if you're not careful you will never fit"*. His death changed Nana's perspective. *"I realized by the grace of god it could have been me dead on the street. I have a healthy body but I've been abusing it. I want better; I want human beings to realize their goals and dreams. I want to be that person that puts smiles on someone's face"*. He began going to church again – Pastor French became his role model. He was the first person to whom Nana truthfully shared his story. He prayed with him, gave him hope and made him promise to find and research 5 college programs. He challenged him to share 2 reasons why. Nana did that and found for Developmental Services Worker he listed more. For the first time he got really excited about his future. He interviewed Fanshawe, felt the warm welcome and positive vibe. He fell in love with the DSW program, potential career opportunities, and the option to transfer to university. His mom was shocked he was moving away from Toronto but ultimately understood his need to start fresh. When Nana confided that the sky was the limit, Pastor French told him the sky was the starting point.

And so began his journey at Fanshawe. Nana's first placement was at the Boys' & Girls' Club of London where he worked with adults with disabilities. He was forced to stretch and grow beyond his comfort zone. He worked with amazing people like Miriam of whom he says *"I want to be like her, she has a passion for what she does."* He felt welcomed, comfortable and humbled there. *"It's a great place to work!"* The adults are still asking about him. Currently at John Paul II he acknowledges another stretching environment. And the relationship isn't always about school; it's about spending time with the kids. According to his supervisor he is already making his positive imprint.

Nana feels he is not here by chance, he is here for a purpose and that purpose is to serve and help people in need - in need of guidance, of protection, of inclusion as truth, and of advocacy. Nana wants all people to be accepted and valued for who they are without discrimination; those small changes eventually add up to something bigger in the life of another. His ultimate goal is to have his own organization to support people with disabilities whether it is here in Canada or in his homeland of Ghana.

He beams for another reason – he and Vivian will welcome their first born child this fall. He wants to be a better person, be the best dad ever, and do right by his family. For Nana it's another chance to teach and to be taught.

*'When we become throwers of the stars, we too, have the power to change the world.'* I believe Nana will - one beautiful starfish at a time.