Congratulations to our New Ambassadors

The International Student Center would like to congratulate and introduce our new International Student Ambassadors for the Spring semester.

Tianqi (Lily) Zheng
China
Major: Accounting
Campus Involvement: International Culture Exchange Club
Interests: Reading, Painting
Favorite thing about Cañada: Calm environment

Andres Cuellar
El Salvador
Major: Kinesiology
Campus Involvement: Soccer team
Interests: Soccer, movies, food and traveling.
Favorite thing about Cañada: friendly people and amazing campus.

Staying Safe over the Winter Break

If you are staying in the U.S. during the winter break, make sure that you have an emergency contact information and health insurance card with you at all times.

To download a copy of your health insurance card, log onto: http://studentinsuranceusa.com/id-cards/international.

Remember that you should always have health insurance when you are in the U.S. Medical care is expensive in the U.S. and having health insurance dramatically decreases the cost of health care.

The Health Center will be closed during the winter break. You can find a list of health care providers that accept your health insurance here: www.providerlookuponline.com/UHC/po7/Search.aspx.

Have a great winter break and stay safe!

Important Dates

Friday, February 14
Online Scholarship Application Deadline
http://canadacollege.edu/financialaid/scholarship.php

Wed, December 18
Last day of the Fall semester

Wed, December 18, 3-5pm, Bldg 8 Reception
End of the Year Party

Mon, January 13
First day of the Spring semester

Mon, January 27
ADD/DROP deadline

Mon, January 6, 3:15pm, Bldg 8
New International Student Welcome Reception
Come say hello and meet new international students at Cañada.

Wed, January 29, 12:30-1:30, Bldg 9-106
Transfer Workshop for F-1 Students

Saturday, February 15
Deadline for buying health insurance:
www.studentinsuranceusa.com
Travel Tips during the Winter Break

If you are traveling during the winter break, it is important that you are prepared to present the following documents to the Customs & Border Protection (CBP) officer when re-entering the U.S.

- Valid passport (expiration date must be at least 6 months into the future)
- Valid F-1 visa stamp in your passport
- I-20 with a travel signature from Supinda on the bottom of the last page dated within 6 months
- Proof of financial support
- Proof of registration in the upcoming Spring semester (recommended)
- Proof of SEVIS fee payment, download at www.fmjfee.com (recommended)

If you do not have all the necessary documents to re-enter the U.S., you may be sent to secondary inspection where a CBP officer will review your SEVIS record more closely. They may issue you a Form I-515A indicating that you do not have all the necessary documents to re-enter the U.S. If you receive an I-515A, please make an appointment to see Supinda as soon as possible, you will be responsible for sending your immigration documents for review within 30 days.

Extending your F-1 Visa

If you are travelling outside of the U.S. during winter break, your F-1 visa must be valid when re-entering the U.S. If your F-1 visa is expired or you do not have an F-1 visa stamp in your passport because you were approved for a Change of Status, you must extend your F-1 visa at a U.S. embassy abroad, preferably in your home country. In order to extend your F-1 visa you will need to take the following steps:

1. Schedule a visa appointment at a U.S. embassy in your home country. Find the nearest U.S. embassy here: http://usembassy.state.gov/. You will need the information on your I-20 to request a visa appointment online. You may find visa wait times here: http://travel.state.gov/visa/temp/wait/.

2. You will need the following documents:
   a. Original passport valid at least 6 months into the future
   b. Original I-20 showing current program of study
   c. Original transcript (Please request an original transcript from WebSmart.)
   d. Original financial documents showing funds for the remaining period of study (If you have a financial sponsor, a letter from your sponsor stating that they will provide funding for your stay while in the U.S.)
   e. Copy of your SEVIS fee receipt (You may print a copy at www.fmjfee.com.)
   f. If you submitted a Change of Status application, original Change of Status Approval notice.
   g. If you are on OPT, original OPT approval notice and/or EAD card. If you have an employer, you should request a letter verifying your employment.

3. Show up to your visa appointment on time. If you are denied an F-1 visa, please ask for documentation indicating the reasons for the denial. Scan the letter and send a copy to caninternational@smccd.edu for further instructions. Schedule another visa appointment and repeat the process again.

4. When entering the U.S., make sure that you present your passport and I-20 to the Customs & Border Protection CBP officer.

5. Please check in with ISC within 10 days of entering the U.S. and provide a copy of your new F-1 visa and I-94 record (www.cbp.gov.i-94).
My Experience as an International Student Ambassador

Written by: Marina Andrijevic

Serving as an International Student Ambassador, has been a valuable experience for me. I know how learning a new culture and school system can be confusing and sometimes frustrating. My goal was to share my experience with other international students; give them courage to overcome obstacles they might have and help them ‘walk’ smoothly through the school year.

As an ambassador, my duties were not only to help students, but our project director, Supinda Sirihekaphong, and to build my leadership, research and technology-use skills.

Even though my goal was to help students I did not get a lot of chances. I worked only once a week, because of my class schedule. However, when I had interactions with students, I helped with all issues they had from choosing and signing up for classes, wondering about different majors to questions about traveling with F-1 visa. My private email address was available to students and I did email with some students in my ‘out of work’ hours.

I helped Supinda with answering emails, making fliers to upcoming events organized by ISC, answering phone calls, scheduling appointments, and doing specific tasks she asked me to do. Supinda is a great supervisor. She has a lot of patience and understanding for people in the learning process and provides valuable feedback.

I developed myself the most in technology-use. Since I have not used computers except for emails and writing school papers this was great opportunity for me to learn new things. To name a few, I learned how to use Outlook calendar to schedule appointments and organize emails, how to do a mail merge, and how to make flyers.

I responded to many emails from prospective students and often did not use the standard email, but used my judgment to answer specific questions about Cañada.

What I was doing the most was research. I was constantly looking for things that I could write in our newsletter ‘The Olive Branch.’ Searches included upcoming events in the Bay Area, free things to do, upcoming holidays from different cultures and how they are celebrated, etc.

I would highly recommend international students to serve as an Ambassador. It does not take a lot of time, your work schedule is tailored to fit your school schedule. This position gives many opportunities to meet people and make friends, but also to enrich yourself with new skills.

I am grateful for this opportunity and if I could, I would do it again! Thank you, Supinda!
Become an International Student Ambassador

In support of Cañada College’s vision and mission, the International Student Center uses core professional competencies and best practices to provide individualized services for international students, so they can achieve their personal, educational, and professional goals. The International Student Center also promotes understanding and respect for diverse perspectives by providing college-wide opportunities for community engagement and cultural exchange.

The International Student Center is seeking International Student Ambassadors to work 5 hours per week each. Student ambassadors will be paid $10 per hour.

To be eligible for the International Student Ambassador Program, students must:

- Be a current Cañada College student,
- Enrolled in at least 12 credits,
- Have completed at least one semester at Cañada,
- Have at least a 3.0 GPA, and
- Provide at least one recommendation by a Cañada faculty or staff member.

Request an application and recommendation form from Supinda by emailing sirihkaphongs@smccd.edu. Applications and recommendation forms must be submitted by FRIDAY, DECEMBER 13.

With direction from Supinda Sirihkaphong, Project Director, International Support Services, international student ambassador job responsibilities include:

- Take initiative in being knowledgeable about Cañada’s programs of study and student services offices.
- Answer incoming phone and email inquiries in the caninternational@smccd.edu email account and forward specific email inquiries to international student program staff, as needed.
- Gather content for The Olive Branch: International Student Newsletter.
- Post announcements on Facebook, with direct supervision from the Project Director.
- Act as a peer mentor to a group of 2-4 new international students by meeting at least 3 times per semester.
- Assist International Student Center staff with various activities and events including but not limited to orientation, campus visits by international delegations, campus tours for agents and prospective students, international student workshops, and International Culture Exchange Club activities.
- Assist with preparation of international program documents, including acceptance packets, orientation documents, and outreach materials.
- Participate in the college’s international education advisory board meetings.
- Complete clerical tasks such as data entry, photocopying, filing, and other tasks as assigned.

The International Student Center invites you to an

End of the Year Party

Wednesday, December 18, 2013
3:00 – 5:00pm
Building 8 Reception Area

Come early to win a door prize and invite your host family, friends, and favorite professors.

Celebrate the end of the year with good food and good friends with fellow international students.

Confirm your attendance by emailing caninternational@smccd.edu.
A Note of Gratitude

From Supinda Sirihapkaphong

What I like most about working in higher education is that teaching and learning doesn’t just happen in the classroom and with students. This Thanksgiving, I’m grateful for all the positive changes I’ve seen in myself and in my students.

This year has provided me with many challenges that has helped me grow and develop better time management skills in juggling my roles at Cañada College and as a doctorate student at SFSU. I discovered my strengths and limitations that helped me to decide when to ask for help and when to take a much deserved break. What I learned from this year is that, although I play many roles—a colleague, an advisor, a team member and at times a leader—I’ve also learned when to let go, when I come to realize that not all problems are mine to fix but I can still lend a helping hand or a sympathetic ear.

This year I’m also proud of my students for their courage and openness in learning through experience about new cultures and their own strengths and limitations that can be overcome. Another lesson I’ve learned from my colleagues and students is that success happens through teamwork and I’m proud that we made it through together.

I’m grateful for being a part of the Cañada family because the value we place on community and helping each other out.

Important Dates

Sun, December 1
Online Scholarship Application Open
http://canadacollege.edu/financialaid/scholarship.php

Tue, December 3, 4-6pm, Learning Center
JKF University Representative on campus
Fri, December 6, 10am-1pm, Learning Center
CSU East Bay Representative on campus
Fri, December 13, 7:30-9:00pm, Main Theater
Dance Show
Thu, December 12-Wed, December 18
FINAL EXAMS SCHEDULED
Thu, December 19-Sun, January 12
Winter Break

Monday, December 2, 6-8pm, Bldg 9-257A
Narrating Your Dream Writing Workshop
What is your “American Dream”? What stories do you have to tell? In this workshop, explore the power of narrative to help us to make sense of our experiences and make art out of our lives.
www.canadacollege.edu/dreamact/

Thursday, December 5, 3-5pm, Bldg 3-148
International Film Night FREE film and food from Mexico. Join the International Culture Exchange Club’s screening of “Sin Nombre,” a story about a Honduran teenager, who has an opportunity to realize her American dream.
Become a Student Leader: Join the

As the club advisor for the International Culture Exchange Club, I wanted to take this opportunity to say how proud I am of the International Culture Exchange Club.

A successful club takes trust, hard work, and sometimes mistakes. The Office of Student Life and Leadership offers a lot of support to any club or student leader who wants to share their passion with the Cañada community.

For anyone who is interested in being a student leader, I highly recommend you review the Office of Student Life and Leadership’s website at: http://canadacollege.edu/studentlife. There is a lot of helpful information about how to organize a successful event and important procedures including how to request funding from ASCC.

When the new club officers of the International Culture Exchange club where having a rough time planning the International Film Night, the officers organized a team building meeting where they invited Vice President of ASCC, Jolani Moy to present about club procedures. They also did some team building activities and brainstormed how to work better as a team.

After the team building meeting the club officers worked together and were successful in organizing three International Film Nights this semester.

Please join them in the final INTERNATIONAL FILM NIGHT and learn about Mexico and enjoy a FREE film and food.

The International Culture Exchange Club is looking for new student leaders to serve as club officers next semester. If you’re interested in serving, please email caninternational@smccd.edu, with “ICE” in the subject line.

President
Vice-President
Secretary
Treasurer
Publicity Officer
ASCC Liaison
Thanksgiving: An American Holiday

Written by: Marina Andrijevic

Thanksgiving is a true American holiday. There are claims that the first Thanksgiving was held in El Paso, Texas in 1598 but many people trace the origins to the harvest celebration that Pilgrims held in Plymouth, Massachusetts in 1621. Others believe that the first Thanksgiving was in 1623, when rain ended a long drought. Thanksgiving took the form of a special church service.

Thanksgivings after the harvest became more common. However, it was celebrated on different days in different communities. George Washington proclaimed the first national Thanksgiving Day in 1789.

Not everyone sees Thanksgiving as a cause for celebration. Each year since 1970, a group of Native Americans and their supporters have staged a protest for a National Day of Mourning at Plymouth.

Today, Thanksgiving is traditionally a day of giving thanks and for families and friends to get together for a special meal of turkey, stuffing, potatoes, and pumpkin pie.

Hanukkah: Jewish Festival of Lights

Written by: Marina Andrijevic

Jewish communities in the U.S. celebrate the first day of Hanukkah on the 25th day of the month of Kislev in the Jewish calendar. This year that day is November 28. Hanukkah lasts for eight days. The first night of Hanukkah starts with special blessings at sunset the day before the 25th of Kislev. Many Jewish people light candles on a menorah, which holds eight candles for each night of Hanukkah.

Hanukkah commemorates the Jewish people’s successful rebellion against the Greeks in the Maccabean War in 162 BC. A ritual cleansing and re-dedication of the Temple occurred after the Jewish people’s victory. It is believed that there was only enough oil to keep the lamp burning for one day but the small bottle of oil miraculously lasted for eight days. Hanukkah is referred as the Festival of Lights for this reason.

The first day of Hanukkah is the start of a celebratory period in which a four-sided toy called a dreidel is used for games. The first night of Hanukkah is also a night when people sing songs and give gifts to celebrate Hanukkah.

Important Dates

- Tue, Nov 19, 12:00-1:00pm, Bldg 9-106
- Wed, Nov 20, 12:00-1:00pm, Bldg 16-110
- Mon, Nov 25, 12:00-1:00pm, Bldg 16-110
- Tue, Nov 26, 2:30-3:30pm, Bldg 9-106
- UC, CSU & Common Application Workshop
  - Wed, Nov 20, 1:00-2:00pm, Bldg 16-110
- Writing a Personal Statement
  - Mon, Nov 18, 10:00am-1:00pm, Learning Ctr
- CSU East Bay Representative On-Campus
  - Thu, Nov 21, 4:30-6:30pm, Transfer Ctr
- Notre Dame de Namur University Rep
  - Sat, Nov 30

DEADLINE: UC and CSU Applications DUE

MAY YOUR THANKSGIVING BE FILLED WITH ALL THE THINGS YOU’RE THANKFUL FOR!
Extracurricular Activities: Life as a Student Leader

Written by: Cherry Zhang from China

Being involved in school activities teaches important life skills that benefit students in various areas of their lives such as teamwork, diligence, time management and self-discipline. It also gives students a social edge and the opportunity to interact with other students outside of class and make new friends.

When I first came to Cañada College, to be honest, I was extremely homesick. As a result, I refused to talk to people or do any extracurricular activities. I felt that my homesickness was getting worse. However, one day Cassi, my first Chinese friend invited me to join a club she was starting, the International Communication Club. The club was composed of international students. We shared our stories, cultures, and even troubles and gradually, I could feel my changes; I did not miss my home that much and I started to get involve and enjoy my new school life at Cañada College. I also volunteered to be a treasurer of the club and I highly recommend students who are majoring in Accounting to be a treasurer because I think the work of being a treasure is related and helpful to your major.

Later, I became the President of the club. I thought I changed a lot and made many improvements, especially my leadership skills. Also, from this experience I think I have grown from being dependent to independent; naive to professional; childish to mature; and these changes have definitely contributed club activities. This is my last semester and I plan on transferring to UC. I believe that the experience of being active in extracurricular activities will be quite helpful.

Cañada College: Home to the Redwood Symphony

One of the Bay Area’s most notable symphony orchestras is not only based at Cañada College, but is free for all SMCCD staff and students. Professor of Music, David Meckler, interviewed the Founder and Music Director of the Redwood Symphony, Eric Kujawsky. What can you say about Redwood Symphony that would make people want to come to one of your concerts, such as the one coming up on Saturday, November 23 at 8pm in the Main Theatre?

Eric Kujawsky: Having taught at all grade levels, from kindergarten to college, I have seen firsthand that so many people grow up with the false idea that classical music is boring, and too “upperclass.” I think the way it has been traditionally marketed has been counterproductive! Redwood Symphony concerts are meant to be a reenergized approach to a very old art form, one which happens to have works written by men and women still composing today.

When I founded Redwood Symphony in 1985, it was my intention that we would be a very non-traditional kind of orchestra. We’ve tried to innovate in every possible area, from programming to how we dress. In addition to standard repertoire, we feature music written by living composers, and we also do music that is generally considered too risky or ambitious for an all-volunteer group, especially Mahler symphonies, Stravinsky, Bartok, Adams, etc. Our concerts aren’t stuffy, but they are really engaging, informative and eye-opening and our audiences are trending younger and more casual than you’ll see at most orchestra concerts. We’re attracting a healthy combination of both experienced and non-experienced listeners, all ages, who share an appetite for a range of music. Check out redwoodsinfmonsymphony.org to find out what we’ve accomplished (mostly at Cañada College; thank you, CC!)
Diwali: Festival of Lights
Written by: Marina Andrijevic
Diwali (Divali, Dipawali, or Deepavali) is a festival of lights observed on the 15th day of the month of Kartika in the Hindu calendar. Diwali is one of the biggest Hindu festivals celebrated among many people and communities around the world and in the United States.

Diwali is called the Festival of Lights and is celebrated to honor Rama-Chandra, the incarnation of the god Vishnu. It is believed that on this day Rama returned to his people after 14 years of exile during which he fought and won a battle against the demons and the demon king, Ravana. People lit their houses to celebrate his victory over evil (light over darkness).

The goddess of happiness and good fortune, Lakshmi, is also an important figure in the celebration. It is believed that she roams the earth on this day and enters the house that is pure, clean, and bright. Diwali celebrations may vary in different communities but its significance and spiritual meaning is generally “the awareness of the inner light.”

Many women and girls use mehendi, which is a temporary henna decoration, on their palms. It is also common to wear fine jewelry and silk outfits to celebrate this joyous festival. Some businesses celebrate Diwali with Indian sweets and Chai tea. Many homes that celebrate Diwali have assorted sweets, savories and Diwali herbs. Some communities organize firework displays and states such as Utah have proclaimed Diwali as one of their state festivals.

10 Tips on Staying Healthy During Flu and Cold Season

Written by: Marina Andrijevic from Serbia
Free flu shots are offered in the Health Center during regular business hours. On their website you can find the link to the Center for Disease Control's flu prevention tips at: http://canadacollege.edu/healthcenter.

Besides getting the shot, there are so many other things you can do to keep yourself healthy during the winter:

1. Eat Healthy. Remember to eat the recommended 5-9 servings per day of fruits and vegetables.
2. Get enough sleep. This will help manage your stress.
3. Drink more water. Consume at least 8 glasses a day.
4. Wash your hands.
5. Avoid touching your face unless you have clean hands.
6. Cover your mouth with a disposable tissue when coughing and sneezing.
7. Avoid sharing objects like cups, utensils, etc.
8. Exercise at least 3-4 days a week.
9. Limit alcohol intake.
10. Take your vitamins and minerals such as: Zinc, vitamin D, herbal supplements (echinacea, sambucus, etc.) and probiotic. Some studies showed that garlic can help prevent a cold.

All of these are important and valuable tips to follow in order to stay healthy during the cold season!

Being a Student is More Than Just Going to Class and Studying

If you think going to classes and getting A’s is enough to transfer into your dream school, top universities such as UC Berkeley recognize that being a student is not just about gaining knowledge but its also about gaining a stronger sense of yourself. College is the perfect time for you to explore your interests and develop character and leadership skills that will help you become a better student and a better person. That’s why colleges in the U.S. have Centers for Student Life that offers students opportunities to gain leadership skills and while making new long-life friendships.

In selecting students, UC Berkeley takes a “holistic” approach, this means that they look at potential students as a whole person and not just as a student. Here are some things that they look at when reviewing applications:

1. Academic achievement including the number and rigor of courses taken and the grades earned.
2. Personal qualities such as leadership ability, motivation, initiative, originality, maturity and concern for others.
3. Diversity in personal background and experience.
4. Other areas of achievement such as academic, community service, employment or volunteer service, athletic and creative pursuits.

Students are able to demonstrate all of the above by providing transcripts, a personal statement, portfolios (art/music students), and letters of recommendation.

Resource: http://admissions.berkeley.edu/selectsstudents

Dia de los Muertos

Celebrate with the Center for Student Life & Leadership, 10:30am-12:30pm, Bldg 5-350
Monday-Thursday, November 4-7
Dia de los Muertos Altar
Interactive altar on display in the Grove.

Monday, November 4
Face Painting
Learn about the significance of painting faces during Dia de los Muertos and get your face painted.

Tuesday, November 5
Creating Sugar Skulls
Learn the history of sugar skulls and make one too.

Wednesday, November 6
Decorating Sugar Skulls
Learn how to decorate hardened sugar skulls.
An Islamic Pilgrimage

Written by: Khaoula Charabili from Morocco

October 13 was the first day of Hajj, an Islamic pilgrimage to Mecca and the largest gathering of Muslim people in the world. This year it is estimated that 2 million Muslims from all other world will travel to Mecca.

Hajj is one of the five pillars of Islam, and a religious duty which must be carried out by every physically and financially capable Muslim at least once in his or her lifetime. The Hajj is a demonstration of solidarity and devotion of the Muslim people to Allah.

The pilgrimage occurs from the 8th to 12th Dhu al-Hijjah, which is the 12th and last month of the Islamic calendar. Because the Islamic calendar is a lunar calendar, eleven days shorter than the Gregorian calendar used in the Western world, the Gregorian date of the Hajj changes from year to year.

The Hajj is associated with the life of the Islamic Prophet Muhammad from the 7th century, but the ritual of pilgrimage to Mecca is considered by Muslims to stretch back thousands of years to the time of Prophet Abraham (Ibrahim).

During the period of Hajj, pilgrims join processions of people, who converge on Mecca and perform a series of rituals: Each person (1) walks counter-clockwise seven times around the Ka'aba, the black cube-shaped building which acts as the Muslim direction of prayer, (2) runs back and forth between the hills of Al-Safa and Al-Marwah, (3) drinks from the Zamzam Well, (4) goes to the plains of Mount Arafat to stand in vigil, and (5) throws stones in a ritual stoning of the Devil.
Tips for Transferring to UCs

Written by: Cherry Zhang from China
Most transfer students at the University of California (UC) are from California community colleges. In fact, UCs usually admit 7 of every 10 California community college students who apply. UCs work in partnership with the community colleges to make transfer possible and gives community college students priority over other transfer applicants, including those from other colleges and UC's own intercampus transfers. Here are some tips:

1. **Know which courses transfer.**
   One of the best ways to guarantee a smooth transfer from a community college to a UC is to have all courses transfer. The most effective approach is to seek assistance from an academic counselor as soon as possible. Students can also use [www.assist.org](http://www.assist.org) for information on transferrable courses. Not all UCs have the same requirements, so it is essential that students understand which courses will transfer to which UC campus. From there, student can develop a student education plan.

2. **Understand minimum admission requirements.**
   The transfer process is a tedious one but if students already know what is expected of them, this makes the process much easier. The UC website is filled with resources, including how to apply: [http://admission.universityofcalifornia.edu/how-to-apply/apply-online/index.html](http://admission.universityofcalifornia.edu/how-to-apply/apply-online/index.html). Many of the items required for admissions at a UC are the same as with other colleges/universities, such as submitting official transcripts and personal statements, but each school may have its own specific list of items needed.

3. **Find out if TAG applies.**
   Community college students who don’t know what TAG is should make it a priority to find out because it could help make the process of getting into a UC much less stressful. In a nutshell, the Transfer Admissions Guarantee (TAG) is a special program that ensures students get accepted automatically, as long as they meet specific requirements, but not all UCs are a part of this program. Only 7 campuses currently participate in the TAG program: UC Irvine, UC Santa Cruz, UC Davis, UC Santa Barbara, UC Merced, UC San Diego and UC Riverside.

So if you’re thinking about transferring, set up an appointment to meet with a counselor now. You can schedule an appointment by stopping by the Welcome Desk in Building 9, 1st Floor or calling 650-306-3452. See you at Transfer Day, there will be over 50 universities.

The History of Halloween

Written by: Marina Andrijevic from Serbia
Halloween is a holiday celebrated on the night of October 31. The word Halloween is a shortening of All Hallows' Evening, hallow meaning holy or sacred.

Halloween has its origins in the ancient Celtic festival in Ireland. They believed that on October 31, the boundaries between the worlds of the living and the dead overlap and the deceased would come back to life and cause havoc such as sickness or damaged crops. The festival would frequently involve bonfires and masks and costumes were worn in an attempt to mimic the evil spirits or appease them.

The tradition of trick-or-treating goes back to the Middle Ages. The poor folks would go begging on Halloween and receive food in return for prayers for the dead.

Today, Halloween is the United States’ second largest retail holiday behind Christmas. The National Retail Federation projects that Americans are expected to spend $2.6 billion on Halloween costumes for adults, children and pets. Consumers are projected to spend $79.82 per person on costumes and candy and 51.4% will decorate their home or yard, 45% will wear a costume and 15.1% will dress up their pets.

[www.halloweenhistory.org/](http://www.halloweenhistory.org/)

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**Transfer Day Annual College Fair**

**Date:** October 22, 2013

**Time:** 10:30 a.m. — 1:00 p.m.

**Location:** The Grove (Cafeteria/BLDG 5)

From here you can go anywhere!

This is an excellent opportunity to meet with university representatives and explore your options of transferring to a four-year university (CSU, UC, private, and out-of-state universities).

List of the universities is available at

For more information contact the Transfer Center at 650-306-3452 or email Transfer@CSJC.edu.
The Olive Tree: Cañada’s Official Tree

Written by: Ruixuan “Cherry” Zhang
The Hebrew word for “olive tree” is es shemen, which literally means ‘tree of oil.’ The root word shemesh mean “to shine or to be brilliant” like the sun. The olive tree was one of the most valuable trees to the ancient Hebrews. It is first mentioned in Scripture when the dove returned to Noah’s ark carrying an olive branch in its beak (Gen.8:11). Since that time, the olive branch has been a symbol of “peace” to the world, and we often hear the expression, “extending an olive branch” to another person as a desire for peace.

Cañada College has had a special relationship with olives since its inception. Many of the historic olive trees were naturalized from early California plantings and because of that, the olive tree is part of the Cañada College logo.

When the college was built in the late 1960’s, the olive trees were carefully removed during construction and planted in a temporary location under the protective custody of the San Mateo Community College District's Buildings & Grounds experts. The olive trees were replanted in time for the college’s official opening in 1968. Forty-four years later, the trees are thriving and are an integral part of the campus. The graceful leathery olive trees bearing gray-green leaves haven't changed much over the years. However, the College has charged into the future with a brand-new look for its classrooms, state of the art facilities and innovative programs that improve access to higher education and provide the local industry with a highly qualified workforce. (http://olivefest.org/)

Important Dates

Mons, 8:30am-12:30pm; Tues, 8:30-10:30am
Weds, 4:30-6:30pm; Thurs, 8:30-10:30am
Learning Center: Drop-in Writing Tutoring
Students can get assistance for any writing assignment. Whether you are enrolled in Biology or English, History or Speech, Chemistry or Business, ESL or Psychology, we are here to assist you in planning, researching, organizing and writing your paper. From the initial brainstorming through the final draft, we can support you in the entire writing process.

Tue, Oct 8, 1:00pm-2:00pm, Bldg 9-106
UC, CSU & Common Application Workshop
Thu, Oct 17, 1:00-2:00pm, Bldg 6-106
What courses are transferable?
Tue, Oct 8, 1:00-2:00pm, Bldg 5-223
Career Center: Interviewing Essentials
Wed, Oct 9, 11:00am-1:30pm, The Grove
Career Center: Career Fair
Polish your resume and interviewing skills with Bay Area businesses who are hiring.
Tue, Oct 15, 1:00-2:00pm, Bldg 5-223
Career Center: Interviewing Essentials
**Int’l Day of Non-violence**  
Written by: Marina Andrijevic from Serbia

October 2nd is International Day of Non-violence, which was adopted by the United Nations in 2007. It is also the birthday of Mahatma Gandhi. The UN hoped that the day can be used to “disseminate the message of non-violence, including through education and public awareness.”

Will all violence stop on that day and people will live in peace? I am a little sensitive to violence, because I grew up during the Yugoslav war and my country was bombed by NATO the year I started college. I can dream about peace, but the fact that I close my eyes does not change anything. Open the newspapers, watch the news, it is everywhere.

A few weeks ago I was sitting with my friend who grew up in Syria. He was sad and disappointed that chemical weapons were used in the city where he grew up, and I knew what kind of pain he felt. Even though the Syrian government denies it, there is evidence that chemical weapons was used. Reports show that civilians, especially children were trapped by the conflict and are lacking assistance like vaccinations, safe drinking water, shelter, education and psychological support. UNICEF is calling for school and health facilities to be ‘peace zones’.

Let’s hope conflict in Syria will resolve soon. It could start with October 2nd – International Non-Violence Day. What will you do for your community to end violence?


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**Meet with an Counselor to Plan Ahead for Spring 2014**  
Written by: Sandra Mendez, Academic Counselor

The most successful students are those who take responsibility for their own educational progress. This often begins by making an appointment with a counselor.

Counselors can help you clarify your educational and career goals and assist you with the development of a Student Educational Plan (SEP). You will get the most out of your visit with a counselor if you have thought about a few questions, bring necessary documents and learn some basics about college requirements.

Prepare for your counseling appointment by:
1. Planning ahead - Avoid the rush by setting up a counseling appointment well before your scheduled date to register.
2. Be on time – Each appointment is only 30 minutes.
3. Come prepared - Write out any questions you may wish to ask your counselor.

To schedule a counseling appointment, please call our counseling center at 650-306-3452. We look forward to working with you to achieve your educational goal!
International Peace Day

Compiled by: Marina Andrijevic
The International Day of Peace, a.k.a. "Peace Day," celebrated on September 21, provides an opportunity for individuals, organizations and nations to create practical acts of peace.

In 1981, the United Nations General Assembly, by unanimous vote, established the International Day of Peace (IDP) which stated in part, “...to devote a specific time to concentrate the efforts of the United Nations and its Member States, as well as the whole of mankind, to promoting the ideals of peace and to giving positive evidence of their commitment to peace in all viable ways.” The first Peace Day was celebrated in 1982 on the opening day of the General Assembly.

Since its inception, Peace Day has marked our personal and planetary progress toward peace. It has grown to include millions of people in all parts of the world, and each year events are organized to commemorate and celebrate this day. Events range in scale from private gatherings to public concerts and forums where hundreds of thousands of people participate.

Anyone anywhere can celebrate Peace Day. It can be as simple as lighting a candle at noon, sitting in silent meditation, or doing a good deed for someone you do not know. Or it can involve getting your co-workers, organization, community or government engaged in a large event. The impact if millions of people in all parts of the world, coming together for one day of peace, is immense, and does make a difference.

International Day of Peace is also a Day of Ceasefire – personal or political. Take this opportunity to make peace in your own relationships as well as impact the larger conflicts of our time. Imagine what a whole Day of Ceasefire would mean to humankind.

For more information please visit: www.internationaldayofpeace.org/.

Important Dates

Tue, Sept 24, 11:30am-12:30pm, Bldg 9-106
Mon, Sept 30, 1:00-2:00pm, Bldg 9-106
Transfer Agreement Guarantee Workshop
If you are planning to transfer to UC, now is the time to begin working on your Transfer Agreement Guarantee. TAG applications can be submitted Sept. 1-30. The UC general application period is Nov. 1-30. For more information, go to www.canadacollege.edu/transfercenter/tag.php.
Wed, Oct 2, 11:00am-12:00pm, Bldg 16-110
UC, CSU & Common Applications Workshop

Tue, Sept 24, 1:00-2:00pm, Bldg 5-223
Career Center: Interviewing Essentials
Tue, Oct 1, 1:00-2:00pm, Bldg 5-223
Career Center: How to write a cover letter
Fri, October 4
Deadline: Petition for Degree Completion
Sat, Sept 28, 10:00am-4:00pm
Artistry in Fashion
Featuring great designers, a stylist show, food trucks, Fashion Department Open House, and more! Scholarship fundraiser.
China’s Mid-Autumn Festival

"Zhong Qiu Jie" which is also known as the Mid-Autumn Festival, is celebrated on the 15th day of the 8th month of the lunar calendar. Mid-autumn is a time for family members and loved ones to congregate and enjoy the full moon - an auspicious symbol of abundance, harmony and luck. Adults will usually indulge in fragrant moon cakes of many varieties with a good cup of piping hot Chinese tea, while the little ones run around with their brightly-lit lanterns.

"Zhong Qiu Jie" probably began as a harvest festival. The festival was later given a mythological flavor with legends of Chang-E, the beautiful lady in the moon. According to Chinese mythology, the earth once had 10 suns circling over it. One day, all 10 suns appeared together, scorching the earth with heat. The earth was saved when a strong archer, Hou Yi, succeeded in shooting down 9 of the suns. Yi stole the elixir of life but to save the people from his tyrannical rule, his wife, Chang-E drank it. Thus started the legend of the lady in the moon to whom young girls would pray to at the Mid-autumn Festival.

In the 14th century, the eating of moon cakes at "Zhong Qiu Jie" was given a new significance. During the Yuan dynasty (A.D.1280-1368) China was ruled by the Mongolian people. Leaders from the preceding Sung dynasty (A.D.960-1280) were unhappy at submitting to foreign rule, and set out how to coordinate the rebellion without it being discovered. The leaders of the rebellion, knowing that the Moon Festival was drawing near, ordered the making of special cakes. Baked into each moon cake was a message with the outline of the attack. On the night of the Moon Festival, the rebels successfully attacked and overthrew the government. What followed was the establishment of the Ming dynasty (A.D. 1368-1644).

Today, moon cakes are eaten to commemorate this event.

Celebrate Peace by Joining

The International Culture Exchange (ICE) Club participated in Cañada Club Rush sponsored by ASCC on September 12. The Club had its first meeting and are already busy planning events. If you’d like to participate, please attend

ICE Meetings
Every 2nd and 4th Thursday, 2:00-3:00pm
ASCC Meeting Room, Building 5-35

The meetings are one hour long, with half an hour to discuss club business and half an hour to participate in LEXIS: Language Exchange with International Students where you can teach fellow club members your language.

ICE is planning International Film Night on these days:
Wednesday, October 9 featuring Germany
Thursday, November 7 featuring Japan
Thursday, December 5 featuring Guatemala

PEACE DAY SF
NOON to 4
UN PLAZA
1150 Market St @ Hyde St
www.PeaceDaySF.com
The Olive Branch

Cañada College International Student Newsletter

VOLUME 2, ISSUE 14 FALL 2013, SEPTEMBER 6

BUILDING 5, ROOM 229

INTERNATIONAL STUDENT CENTER

Kim Lopez
lopezk@smccd.edu
Dean, Counseling, Advising & Matriculation

Supinda Sirihekaphong
sirihekaphongs@smccd.edu
Project Director
International Support Services

Cañada College
Building 5, Room 229
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Fax: (650) 381-3518

If you’d like to share your culture and experience by contributing to The Olive Branch, please contact Supinda.

INSIDE THIS ISSUE

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Employment Workshop for F-1 Students

History of Labor Day

Compiled by: Marina Andrijevic

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of the U.S.

The form that the observance and celebration of Labor Day should take was outlined in the first proposal of the holiday — a street parade to exhibit to the public "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for the celebrations of Labor Day. Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday.

The character of the Labor Day celebration has undergone a change in recent years—the holiday also symbolizes the end of summer for many Americans, and is celebrated with parties, parades, and sports events.

The vital force of labor added to the highest standard of living and the greatest production the world has ever known and has brought us closer to the traditional ideals of economic and political democracy. It is appropriate, therefore, that Labor Day pays tribute to the creator of so much of the U.S.'s strength, freedom, and leadership — the American worker.

www.dol.gov/laborday/ and www.history.com/topics/labor-day

Important Dates

Saturday, Sept 8
Last Day to Drop with no “W”
Tuesday, Sept 10, 1:00-2:00pm, Bldg 5-223

Employment Workshop for F-1 Students
Thursday, Sept 12, 12:30-1:30pm, Bldg 9-106

Transfer Agreement Guarantee Workshop
If you are planning to transfer to UC, now is the time to begin working on your Transfer Agreement Guarantee. TAG applications can be submitted Sept. 1-30. The UC general application period is Nov. 1-30. For more information, go to www.canadacollege.edu/transfercenter/tag.php.

Thursday, Sept 12, 2:15-3:00pm, STEM Center Scholarship Information Session
Do you have a 3.5 GPA or higher? Are you transferring to a four-year university next fall? Find out how you can get nominated for the $30,000 Jack Kent Cooke Scholarship and other scholarships for transfer students.

Tues, Wed & Thurs, Sept 10-12, 11am-1:30pm
ASCC Welcome Back Week
ASCC is welcoming students to campus with games, prizes, food, and information about various services on campus. Sign up for a club during CLUB RUSH on Spirit Thursday.
Employment Options for F-1 International Students

There is a misconception that international students are not allowed to work while in the U.S. on F-1 status. Here’s a list of opportunities and eligibility:

On-campus Employment: International students are allowed to work on-campus for no more than 20 hours per week during the semester (students may work more than 20 hours per week during semester breaks). Students may apply for positions at the Bookstore, Library, Learning Center, and SMCCD District Office. International students are not eligible for U.S. government work study positions.

Off-campus Employment

a. Curricular Practical Training (CPT)
After completing two semesters on F-1 status, students may be eligible for CPT authorization for internships/work experience related to your field of study as listed on your I-20. Students must register for cooperative education/practicum units. Students are still limited to 20 hours per week during the semester. Students must have an employment offer and request an I-20 with CPT authorization from ISC before working.

b. Optional Practical Training (OPT)
After completing two semesters on F-1 status, students may apply for OPT authorization from USCIS. The application process takes up to 90 days and has a fee of $380. If approved, students obtain 12 months of authorization within your field of study only. An employment offer is not required and OPT may be done before or after completing an associate.

c. Severe Economic Hardship
After completing two semesters on F-1 status, students may apply for authorization from USCIS, if students prove an unforeseen severe economic hardship, such as theft or death/illness of a sponsor. The application process is the same as OPT. Employment under Severe Economic Hardship is granted for 12 months and work does not have to be within the student’s field of study.

Fun FREE Events Around Town

Compiled by: Marina Andrijevic

Music on the Square
Fridays until September 27
6:00-8:00pm
Courthouse Square

View all of our Downtown and Parks concert schedules: www.redwoodcity.org/events/musiconthesquare.html

Movies on the Square
Thursdays until September 26, 2013 at Sundown Courthouse Square, Redwood City
www.redwoodcity.org/events/Movies.html

Kiwanis Farmers Market
Saturdays until November 30, 2013, 8:00am-12:00pm
850 Winslow Street, Redwood City near Caltrain Station

Fiestas Patrías
September 16, 2013, 4:00pm-8:00pm
Courthouse Square, Redwood City

This FREE event features LIVE music, dancing, great authentic Mexican food, and a flag ceremony!

September Hot Harvest Nights
Live Bands at the San Carlos Farmer’s Market near the San Carlos Caltrain Station
Thursdays, September 5 and 12, 2013, 4:00pm-8:00pm
Enjoy the finest San Carlos has to offer, featuring specialty foods, musical entertainment.

Employment Workshop

For F-1 International Students

Come learn about:

- F-1 employment regulations
- Resume Writing
- Career Center Services
- Cooperative Education
- American Business Etiquette

Tuesday, September 10
1:00pm-2:30pm
Building 5-223

Sponsored by: CRUS, Career Center, and Cooperative Education

Please confirm your attendance by emailing caninternational@smccd.edu.
Safety on Campus

The Public Safety Department are committed to providing a safe and secure environment for students, faculty, staff and community members that supports and enhances the educational mission of the college.

The campus Public Safety Officers are here to help you. Your safety is our first priority. Please help us by being alert, security conscious and involved. If you have a problem, concern or would like to report an emergency, violation of school policy, or criminal action, you should contact the Public Safety Department immediately. They can be contacted from any campus phone at extension 3420 or by calling 650-306-3420.

Lockdown Drill

Wednesday, September 4

When the alarm sounds:
- If you are outdoors, enter the nearest building.
- Lock classroom and office doors.
- Turn off all lights.
- Stay out of sight from any windows.
- Silence any phones and remain quiet and calm.

AlertU

On WebSmart, sign up for text messages of any campus emergency through AlertU. Emergency situations may include fire, earthquake, power outages, and severe weather. Messages may provide warnings and instructions on how to proceed.

Remember, your safety is our priority.

Important Dates

- Fri, Aug 30: Last Day to ADD Class
- Fri, Aug 30: Last Day to DROP Class with partial refund
- Fri, Aug 30: Deadline to Check In with Supinda
- Mon, Sept 2: NO CLASS: Labor Day
- Sun, Sept 8: Last day to DROP without a “W”
- Tue, Aug 27 & Sept 3: 3:15-5:00pm, Bldg 2-10
  ASCC Student Government Meeting
- Wed, Aug 28, 12:30-1:15pm, Main Theater
  Convocation: Come celebrate the start of the semester with the Cañada community.
- Wed, Aug 28, 12:00pm, Bldg 16-110
  Transfer Center Workshop for Int’l Students
- Thu, Aug 29, 3:30-5:00pm, Bldg 5-354
  Inter-club Council Club Orientation
- Wed, Sept 4 & 18, 3:30-4:30pm, Bldg 5-354
  Inter-Club Council Meeting for all Clubs
International Culture Exchange is Looking for New Club Officers

The International Culture Exchange student club is looking for new officers for the Fall 2013 semester:
President  Vice President  ASCC Liaison
Treasurer  Secretary  Publicity Officer

The International Culture Exchange Club is all about sharing different cultures with the Cañada community. All Cañada College students, staff, and faculty are invited to join, share and learn about our diversity through our regularly scheduled programs including:
- LEXIS: Language Exchange w/International Students
- International Film Night: Free foreign films and food

Interested in being a student leader and sharing your culture with others? Email Supinda the Club Advisor at sirihekaphongs@smccd.edu.

If you are interested in becoming a club officer, please attend the Inter-Club Council Orientation on Thursday, August 29, 3:30-5:00, Bldg 5-354.

Center for Student Life and Leadership Development
Building 5 Room 354
Get involved in student government and clubs on campus. Be a student leader!

Welcome Back Week Activities
Tuesday, Sept 10 and Wednesday, Sept 11
11:00am-1:30pm, The Quad
Free entertainment, food and prizes.

Thursday, Sept 12
11:30am-1:30pm & 5:30-7:00pm, The Quad
SPIRIT Thursday: Show your school pride by wearing your Cañada College gear.

Club Rush: Learn about student-run clubs and sign up to be a member. Clubs include:
International Culture Exchange
Frisbee Club
Salsa Club
Robotics Club
Christian Club
Mathematics Club
Spectrum Alliance
Political Awareness Club
Associated Students of Interior Design
Phi Theta Kappa: Community College Honor Society
Women in Science and Engineering

Join ASCC, Your Student Government

President: Aisa Aisa  Vice President: Jolani Chun Moy
Treasurer: Open Commissioner of Activities: Jessica Loi
Secretary: Maria Ayala Commissioner of Publicity: Anan
Kashaulein Senator: Ivan Evans Senator: Claire Marie Sharif
Advisor: Geovanna Moreno Advisor: Maria Maggi

WE’RE STILL LOOKING FOR MORE SENATORS!
Fall 2013 Orientation for New International Students

Cañada College welcomes 11 new international students from Chile, China, El Salvador, India, Iran, Slovakia, South Africa, and United Kingdom this Fall. The new students attended a 3-day orientation the first week of August. President Larry Buckley and Vice President Gregory Anderson welcomed the students at a Welcome Lunch and the students learned about the Counseling Center and the Office of Student Life & Leadership Development.

The students were also welcomed by Professor Jeanne Gross who presented about U.S. classroom expectations and academic integrity.

International Student Ambassadors Cherry, Kali, and Marina also gave a lot of good advice to international students since they also have experienced the challenges of being an international student.

We wish all international students much success in the upcoming Fall semester!

Important Dates

Mon, August 19
First Day of Class
Friday, August 30
Last Day to ADD Class
Friday, August 30
Last Day to DROP Class with partial refund
Friday, August 30
Deadline to Check In with Supinda

Wednesday, August 14, 11:00am, Bldg 5-223
Makeup International Student Orientation

Wednesday, August 14, 12:00pm, Bldg 5-223
Health Center Tour for International Students

Wednesday, August 21, 12:00pm, Library
Library & Learning Center Tour for Int’l Students

Wednesday, August 28, 12:00pm, Bldg 16-110
Transfer Center Workshop for Int’l Students
International Student Program is Now a Part of Counseling

In order to improve international student services at Cañada College, the International Student Program is now a part of the Counseling Center. This change will bring a stronger connection with International Student Program staff and counselors to help international students reach their educational goals.

Kim Lopez is the Dean of Counseling, Advising & Matriculation at Cañada College. Prior to joining Cañada College, she served as the Director/ Counselor of the EOPS/CARE, CalWORKs & Student Support Services programs at the College of the Siskiyous in Weed, CA.

Kim had many opportunities to live abroad over the past 30 years. She was an au pair in Barcelona, Spain, taught English as a Second Language in Taipei, Taiwan and also was an Upward Bound Director in Kosrae, Micronesia.

She earned her BA in Psychology from the University of California, Santa Barbara and her MA in Counseling at Cal Poly, San Luis Obispo.

We hope you had a wonderful summer break and are ready for the Fall semester. Here are a few tips to make sure that you start your semester off right!

1. Check in with Supinda by submitting a check in form with your updated contact information and copies of proof of health insurance and any updated immigration documents. You must check in with Supinda before the ADD deadline, Friday, August 30.

2. Enroll in at least 12 credits. Please be aware that only one online class counts towards full-time enrollment and any dropped classes do not count towards full-time enrollment. If you are unable to register in 12 credits, please meet with Supinda to discuss if you are eligible for authorization for a reduce course load.

3. Meet with a counselor. Whether it is to complete an associate’s degree or transfer to a 4-year college/university, a counselor will make sure that you are on track to achieving your educational goals.

4. Attend all your classes and stay engaged. If you need any help, ASK! Ask your professors, ask a counselor, or ask Supinda. We will help you in any way that we can and may recommend getting a tutor at the Learning Center in Building 9, 2nd Floor.

5. Not feeling well? The Health Center is free and open to all Cañada College students. They can help you if you have a headache, need a nap, have a cold, are missing home, or are feeling overwhelmed with the first few weeks of the semester. The Health Center is located near the Grove in Building 5-303.

Tips on How to Start Your Semester Off Right