

Volume I, Issue I

# Old Colony Regional

[www.OldColony.us](http://www.OldColony.us)

*Have you been to the Cougars Den  
for breakfast or lunch yet?  
How about dessert?*

*Senior Culinary students  
Taylor Carroll and Mercedes Decker  
prepared this masterpiece  
in preparation for  
the Police Chiefs Luncheon.*



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*Old Colony Regional Vocational Technical High School* is a Level 1 school in Rochester, Massachusetts serving the communities of Acushnet, Carver, Freetown, Lakeville, Mattapoisett, and Rochester. Technical programs are offered in:

- Automotive Technology
- CADD
- Computer Science
- Cosmetology
- Culinary Arts
- Electrical
- Electronics Engineering Technology
- Graphic Communications and Design
- Health Careers
- House and Mill Carpentry
- Machine and Tool Technology
- Welding and Metal Fabrication

Please email [admissions@oldcolony.us](mailto:admissions@oldcolony.us) to learn more about our program of offerings.





# Old Colony *updates*

BUILDING STRONG FOUNDATIONS TO  
ENSURE SUCCESSFUL FUTURES.

## Culinary Hosts Annual Police Chiefs Luncheon

*“The meal was incredible. The desserts were a visual masterpiece. These kids are truly amazing.”*

*- A very happy luncheon attendee*

On Thursday, January 12th, senior Culinary Arts students started a dessert for the Police Chief Luncheon. On January 13th, Taylor Carroll and Mercedes Decker put final touches on the dessert (cover page) and made it look absolutely delicious. Our Chiefs and Resource Officers in attendance from the region made sure to “finish” the desserts at the end of a phenomenal meal.

The dessert consisted of yellow cake stuffed with homemade pastry and Bavarian cream, topped with ice cream and homemade chocolate ganache. Everything, except for the ice cream, was homemade to perfection.

The cakes were baked with a homemade egg and oil recipe and cooled overnight so they would be easier to work with the following day. The pastry cream was made by tempering eggs with steamed

milk and cream. Students then added sugar, vanilla extract, and cornstarch. Once completed, students put the recipe into a 2 inch full hotel pan and wrapped it in saran wrap. The ganache was made by melting chocolate chunks and heavy cream in saucepan, stirring occasionally.

The morning of the luncheon, Taylor and Mercedes popped the cakes out of their molds. They cut the cakes in half and filled each with the creams and prepared a hole in the top half to fill with ice cream. When all the cakes were cut and filled, they were plated and drizzled with caramel sauce. The students filled the holes with ice cream and topped each with delicious ganache and a maraschino cherry.

When did you last dine with us?  
We're here when you're ready.  
Visit us in the Cougars' Den.



*Police Chiefs and Resource Officers from our member districts joined us for the Annual Police Chiefs' Luncheon. Culinary students prepared and served a meal that left our guests more than impressed. We are proud of the efforts of our Culinary Staff and Students and thank them for their contribution and efforts.*



## Old Colony National Honors Society Gives Back

During the 2016-17 school year, the Old Colony National Honors Society has hosted a Trunk or Treat for over 200 trick or treaters, volunteered at GNBVT preparing Thanksgiving meals, and created our We Care Kits for PACE Headstart during the holiday season.

Our We Care Kits were wonderfully received by to close to 300 preschool aged children at PACE Headstart. The Old Colony staff and students were instrumental in bringing this effort to fruition.

# BACK TO THE FUTURE

## Senior Electrical Students install Electric Vehicle Chargers for Rochester Town Hall

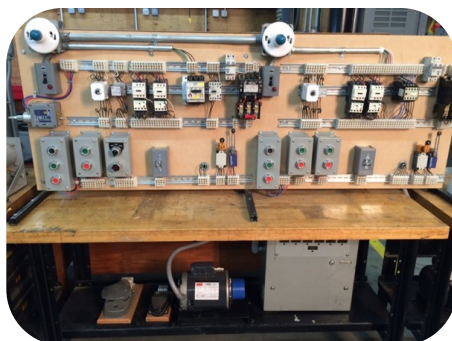
The Senior Electrical class recently completed the installation of electric vehicle chargers for the Rochester Town Hall. While much is the same, our world has changed significantly since the opening of Old Colony Regional in 1975.



The department is also in the process of training students on the installation and design of Photovoltaic Systems (Solar Electric Systems) using our full scale on-site interactive (grid tied) system as a training tool. Students are being exposed to off grid or standalone systems which are used in applications where obtaining power from the serving utilities' grid may not be feasible.

Our Junior class continues to learn about the installation requirements for residential electrical installations using our on-site model house, associated building specifications and blueprints.

During their shop/related classroom cycles, students are trained to perform a complete electrical service calculation to determine the required electrical service size. In addition, students are being introduced to lighting and motor control systems utilizing our custom lighting and motor control center consoles pictured below.



The Sophomore class is learning about the installation requirements and wiring methods for commercial wiring systems such as EMT (Electrical Metallic Tubing) and RMC (Rigid Metal Conduit). During their shop/related cycles students learn how to calculate and fabricate field bends using the appropriate construction tools and safety equipment.



*Electrical Sophomore Student "Cade Genard" fabricating an EMT field bend*



## Upcycle Group

*The world beyond us*

ASK, one of the most powerful words in the English language. The best educators create curiosity in their students. We pray that they'll "ask". Marsha Metivier asked if it would be okay to volunteer her time and start an Upcycle Group. What is that? We are glad you asked.

Wondering what to do with your old plastic bags? Ask Marsha Metivier. Carpentry students constructed two looms for the Upcycle Group to use in their efforts to make mats out of recycled plastic bags for the homeless. The first mat is almost complete (see photo to the left).

You see we're more than just a high school. We're teaching in a school without walls on a regular basis in an effort to teach our students the importance of paying it forward. This is just another example of how OCcreates™ in an effort to better the world "beyond us".

# COSMETOLOGY



**Grade 10:** Once a month students visit the Acushnet and Rochester Senior Centers to perform free manicures on the people of the community. This is a service that Old Colony has provided to our area towns for close to 10 years. Mrs. Charbonneau, who retired in June of 2015, started this program.

**Grade 11:** Juniors are learning new techniques this year. They are now on the "Locks Salon" side of the department. Previously they had only worked on mannequins or their peers. Students are now booking appointments, greeting clients and performing cuts, colors, keratins, highlights, nails, facial waxing, facials and makeup on their clients. They are also performing special effect services such as Ombre and Balayage color. Students are trained in Acrylic nails, manicures, pedicures and gel nails. Our clientele is made up of staff, students and the public. Students are provided the full experience of working in a salon.

**Grade 12:** Our senior stylists continue to staff our "Locks Salon". Their concentration is on their speed and perfection of the task at hand. Students are preparing for their Massachusetts State Board Exam in order to become licensed Cosmetologists.

## Beyond Our Walls:

**October 17<sup>th</sup>** - Grades 10, 11, and 12 attended the "Next Level Hair show" in Providence, Rhode Island. While there, students observed platform artists demonstrating the latest techniques in haircuts, color, hairstyles, and makeup.

**October** - Students participated in "Trunk or Treat". Students "brainstormed" a theme and then decorated 2 cars, wore costumes for that theme and purchased all the candy to be given. This was a Friday night shop activity

**November 30<sup>th</sup>** - Senior students participated in "Cleaning Up" the Rochester Police Department. During the month of November, the Rochester police held a "No Shave November". Officers grew out their facial hair for a \$100 donation and then came to Old Colony's Locks Salon, to have their faces shaved. Our students donated part of the tip money collected that week to the cause. All money was donated to Home Base, a Red Sox Foundation and Massachusetts General Hospital that helps the military and their families with combat-related issues.

**Clean Wave** - Our grade 11 & 12 students are collecting clippings of the hair that they cut from our clients and storing it in a box. At the end of the school year we will be sending the box to *Matter of Trust Organization* which has a program called *Clean Wave*. They are an organization out of California that makes "hair booms and hair mats" used to soak up oil spills in harbors and motor oil spills in storm drains.

**Are you in touch with an alumnus who is succeeding in their field of study, doing something worth highlighting, or making a difference in this world?**

**Please have them contact us so we can highlight them in our next edition of Old Colony Quarterly.**



**TEAMROCKET**  
OLD COLONY ROBOTICS

## Expertise around the Corner

*Robotics Club looks to Graphic Students for Expertise*

When education results in rigorous, relevant, and rewarding opportunities, our students become invested. Sophomores from the Graphics Department had a contest to design a logo for the Old Colony Robotics Club. Hannah Canterbury's design was selected. Read more about our Robotics Club on the next page. Our Graphics Communication and Design students are also doing incredible work highlighted in the newsletter.



# OLD COLONY ROBOTICS TEAM ROCKET

## PREPARED for **NEXT LEVEL**

Old Colony's Robotics Team is in full swing this year, often working into the evening building a pair of robots to compete in the upcoming VEX Robotics Qualifier on January 21st at Bristol Community College. Team Rocket has set a goal to once again qualify for the New England Regional Finals as they did last year. Making up the team are a broad variety of Old Colony's shops including Automotive, Electronics, Graphics, Machine and CADD; all who have discovered how enjoyable it is to build community with each other as they construct their robots.

The collaborative effort is great, the learning intense, and the diverse skill sets brought to the team from the different trade-crafts of their members are a real plus. We welcome anyone who wants to participate to help out in any small or big way that they can - there is never a dull moment, and many hands make light work. Coached by Mr. Mare, Mr. Trimble and Mr. Brush, with a full wind in their sails, our team is cutting through the seas ahead for another successful year.

Best of luck Team Rocket!



Left to right: John Barnes, Jasper Tan, Liz Jerome, Mr. Mare & Tanner Safford

The VEX Robotics Competition is the fastest growing high school and middle school robotics competition in the nation. It presents its engineering challenge in the form of a game where teams compete against each other year round. It is an opportunity for students to come together and learn engineering skills as well as teamwork and critical thinking skills.

## WELLNESS WEDNESDAY

Kudos to Principal Guenette, the Admin Team and the team of incredible teachers who volunteered to run the first ever day of professional development devoted to Wellness. Breakout sessions included CPR Training (Laura Zell); Ideas for Physical Activity Breaks (Geno Busa); Anti-inflammatory Diets (Steve Miranda); Secrets and Lies of Food Labeling (Sam Clarke & Andre Arsenault); Reiki (Beth Botelho & Justine Reed); Yoga (Jocelyn Abaray); Relaxation Techniques (Sharon LaCroix); Allergies, Anaphalactic Reactions, and Epipen Administration (Michelle Humphrey).



Collage provided courtesy of Vanessa Raymond

(choking re-enactment pictured top right)

# Beyond Us *updates*

BUILDING STRONG FOUNDATIONS TO  
ENSURE SUCCESSFUL FUTURES.

## OC CARPENTRY

*OCcreates™ for Carver Fire Department and Apponequet High School*

The Carver Fire Department welcomed Old Colony Carpentry students to the brand new Fire Department Headquarters recently. After the students assembled a newly constructed conference table for the department, Chief Weston and Fire Fighter Wilcox (OC Graduate) gave our students a tour of the fire station and training facility. Chief Weston even trained our students how to use the fire pole (with a smile on his face supervising instructor Doug Sims opted out). A significant number of students in the Senior and Junior class worked on the table, but the following students really played a big roll in the construction of the piece that will represent the work of Old Colony Carpentry students at the Carver Fire Station for years to come:

Amanda Masse, Paul Soucy, Dylan Sullo, Elana Sargent, Andrew Frasier, and Andy Cox.

The Carpentry Department would also like to thank Erin Murray from Graphics for providing the junior class a lesson on applying vinyl decals for the finishing touches associated with the table. The Carver Fire Department provided students with their own Carver Fire Department t-shirts as a thank you for their efforts and contribution.



**Seniors in the Carpentry program traveled to Apponequet High School in Lakeville** to give a trophy display case a "face lift". Students from the Class of 2017 and 2018 both worked on the 1st phase of this project. In the shop the students constructed and finished three mahogany shelves, new mahogany moldings and cut and finished a new plywood back. When we arrived on site the students removed the face frame and sliding glass front carefully so it could be reinstalled. They removed the existing shelving and moldings. The students then installed the new plywood back and mitered and installed the new moldings. After that a few students cut the new shelves down to size while others applied the final coat of polyurethane. The students then drilled new holes to make the shelves adjustable and reinstalled the sliding glass and face frame. Phase 2 will consist of constructing and installing 4 new oak display cases in the hallway next to the Apponequet gymnasium.



# Old Colony Graphics Students Making an **Impact.**

**With the SMALLEST ACTS  
you could make  
A HUGE  
DIFFERENCE**



Sophomores and Juniors from the Old Colony Graphics Department recently participated in the 2016/2017 *CoolScience Art Competition*. We are awaiting information on possible winners. An example of student work submitted for the competition is displayed above. Students were presented with the following prompt:

*Our changing climate presents one of the most important challenges of the 21st century. Science helps us understand how the atmosphere has changed over time and how the future climate might impact our lives. Now, it's your chance to teach others about the science of climate change through art. For our 5th annual climate change artwork competition, we want students and teachers to choose one of the following questions to address with their artwork:*

- *How might your family be affected in the future by a changing climate?*
- *What are you doing to help stop climate change?*
- *How do scientists know the climate is changing?*
- *How are some of the animals in New England being affected by a changing climate?*

The top six entries will be displayed on the Lowell Regional Transit Authority (LRTA) buses in 2017.



## Coming soon! Great Ponds Gallery

Graphic students will be submitting artwork to the Great Ponds Gallery, Lakeville Library. Artwork will be on display the month of March. Please be sure to visit the Lakeville Library to view the work of our students.

The link below shows the results of the Stellwagen Marine Art Contest. Old Colony Students submit artwork annually to Stellwagen Bank Sanctuary and have placed every year! Old Colony Graphics Students recently participated in the Computer Graphics Category and captured three of the top five places with a 1<sup>st</sup>, 4<sup>th</sup>, and 5<sup>th</sup> place finish.

Visit <http://stellwagen.noaa.gov/pgallery/contest2016cgp.html> to learn more.



# Automotive Students Ready to Compete

On Saturday January 14, 2017 students from the Automotive Department along with their instructor traveled to the Marriott Courtyard Marlborough Hotel, in Marlborough, Mass. to compete in the written portion of the Massachusetts State Automobile Dealers Association's annual student automotive technology competition.

The competition is open to seniors and juniors. And each vocational school in the commonwealth is allowed ten students to represent their school. There were an estimated 250 students from across the Commonwealth of Massachusetts at the competition. Only 20 students will move on to the hands-on portion of the competition.

The written portion will consist of an ASE-style exam. With the ten highest combined school teams moving onto the State hands-on competition, held on; Saturday, February 4, 2017, at Mass Bay Community College, in Ashland, Massachusetts.

The following students will represent Old Colony at the 2016-2017 MSADA competition.

Paul Ashley Jr.	Junior	from Freetown
Thomas Bissonnette	Senior	from Lakeville
Emily Brightman	Junior	from Acushnet
Rachael Burns	Senior	from Carver
Lucas Ferreira	Junior	from Acushnet
Owen Furrh	Junior	from Freetown
Noah Goulart	Senior	from Lakeville
Gabriel Piedade	Senior	from Freetown
Owen Reed	Senior	from Rochester
Blake Sud-Martinez	Senior	from Acushnet

## OCcreates™ with CADD

Every year Old Colony Senior CADD students are tasked with completing a Senior Project during the second and third trimester. The projects are industrial design based and have ranged from an interchangeable guitar (The Anytar) to a leisure bench made of snowboards and skis (The Blizzard Bench).

This year one of our seniors will be designing a custom modified bicycle that would be used by a child with physical limitations. See the accompanying flyer to the right for specifications related to the project. We are currently assisting our student with her outreach to organizations that can help identify a child who could use the bike.


This is one of many examples of the rigorous, relevant, and rewarding work taking place as part of the OCcreates™ movement. Our students continue to do real work for the real world with real impact. Thank you for your continued support of our educational efforts.

Old Colony R.V.T.H.S.  
CADD Senior Project

**THE EVERY RIDE:**  
ACCESSIBLE BIKES FOR KIDS

**DESIGNER PROFILE:** My name is Maddie Reed, I am a 17 year old senior in the CAD Drafting shop. I plan on attending the University of Massachusetts Lowell to study biomedical engineering.

The project will consist of creating a custom built bicycle to meet the specific needs of a child that is not readily available in the marketplace.



Following the design process I will be creating technical drawings to allow for fabrication of parts needed to build a working prototype.

**CANDIDATE INFO.**

**WHO:** A child who's physical constraints does not allow them to readily purchase a bike in a retail store.

**COST:** I will be pursuing fundraising and donations to try and cover the cost.

**TIME FRAME:** Prototype completion by March 10<sup>th</sup>.

**YOUR CONTRIBUTION:** Must be able to communicate via e-mail and meet in person.

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x184 Mr. Amaral

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**AD**  
DRAFTING

**Looking to design a prototype? Need help with an entrepreneurial project?  
Talk to our students and see how OCcreates™ for members of our community.**

# OLD COLONY COUGAR ATHLETICS

**\*SPORTSMANSHIP \*COMMITMENT \*PRIDE**



Winter Athletics are off to a great start as the Cougars have challenged themselves by playing up a division to prepare for league play. Your Cougars have played Case High School and Coyle and Cassidy; each Division 3 teams.

At the time of article submission, the Old Colony varsity boys and girls basketball teams are each 1-0 in the Mayflower Athletic Conference. Schedules can be found online at [www.schedulestar.com](http://www.schedulestar.com). Every home game is filled with excitement and a great deal of pride in our Cougars.



Please come out to the "CAGE" and join in the fun!

For more information about the Old Colony Regional Vocational Technical High School Athletic Program offerings, please contact Matt Trahan, Director of Athletics at [mtrahan@oldcolony.us](mailto:mtrahan@oldcolony.us).

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# Alumni Update

## *Where are they now?*



Jacob Pringle is a former three sport athlete and Old Colony Outstanding Athlete Award winner. Jake played 12 consecutive athletic seasons for Old Colony. He was selected as the Standard Times Male Athlete of the year in 2014. Jacob Pringle of Acushnet is attending Newbury College. He is a starting pitcher for the Newbury Nighthawks. Jacob's continued passion for basketball and coaching has prompted him to volunteer with the basketball program under former Celtic Danna Barros.

*Are you in touch with an alumnus who is succeeding in their field of study, doing something worth highlighting, or making a difference in this world?*

*Please have them contact us so we can highlight them in our next edition of Old Colony Quarterly.*



# Computer Science *updates*

## *Project-based Learning for Real World Problem Solving*

*Preparing our students for the real world through real work*

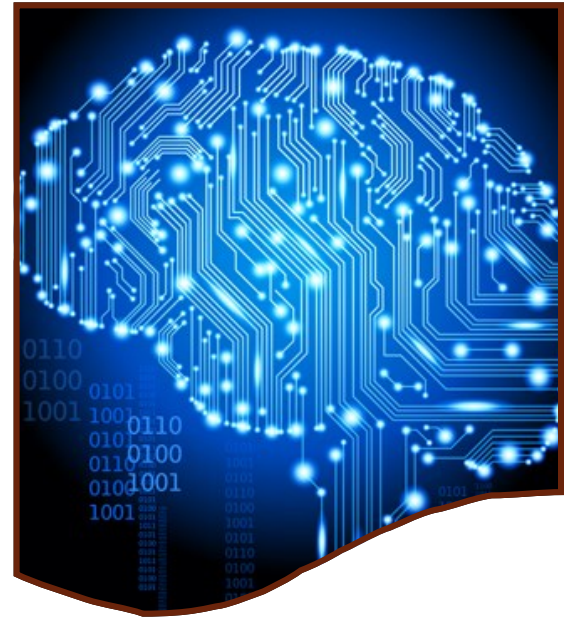
Old Colony Computer Science (CS) students are deep into a number of outreach projects. The seniors are finishing up a new website for the Onset Fire Department, while junior students are building an online ordering system for the Cougar's Den. As part of our junior/senior curriculum, Computer Science students design and develop software that will solve a problem within our school community.

Currently students are working on projects to create online banking (Kyle Corga and Sadie Lombardi, juniors) and payroll systems (Conor Babcock and Troy Hermenau, seniors) to help the CIS, Cosmetology, and CAD Drafting departments. Another student (Zack Fay, senior) is creating a digital sign-out book to be used in Old Colony classrooms. Our entire sophomore class is

collecting data to answer research questions regarding teen social issues related to bullying, social media, and video games.

At the beginning of January, three alumni visited our shop to meet with students. Two of the students are majoring in Computer Science at UMASS Dartmouth and have worked at Slocum Design Studio (Dartmouth, MA). The other student is a Computer Science student at Worcester Polytech and was the first freshman intern to be hired as a software developer by the health service company Optum (Boston, MA).

These students are further examples of the many options available for our Old Colony students when they graduate from high school.



## *Dr. Temple Grandin to Appear at Old Colony Regional Different Kinds of Minds Contribute to Society*



Old Colony Regional Vocational Technical High School welcomes Temple Grandin to our campus on March 11, 2017. Tickets for the event are available at <http://bit.ly/2isRAyB>.

Dr. Temple Grandin, named one of TIME Magazine's 100 most influential people, is the most accomplished and well-known adult with autism in the world. Her fascinating life, with all of her challenges and successes, was brought to the big screen in 2010. Dr. Grandin has been featured on NPR (National Public Radio), ABC's Prime Time Live, The Today Show, Larry King Live, 48 Hours and 20/20. She has been featured in Time magazine, People magazine, Forbes, U.S. News and World Report, and The New York Times.

# Calendar *of dates*

## January

Wednesday, Jan 18th	School Council Meeting at 2:45 p.m. in the office conference room
Wednesday, Jan 18th	School Committee Meeting at 6 p.m. in the cafeteria
Friday, Jan 20th	Dress in your favorite Patriots gear
Friday, Jan 20th	OC SkillsUSA School Competition Assembly at 1:30 p.m. in the gym
Saturday, Jan 21st	Star Wars: Rogue One at 9 a.m. at Flagship Cinemas in Wareham
Thursday, Jan 26th	Old Colony tours from 2-3 p.m. with the Guidance Staff
Saturday, Jan 28th	OC Frosty Runner Road Race at 10 a.m.
Monday, Jan 30th	All School Assembly Morning Assembly 7:45 a.m. in the gym
Monday, Jan 30th	Juniors (who are OSHA trained) eligible for co-op placements



## HABITS OF EXCELLENCE

Congratulations to Cassandra Saniuk, Senior Health Careers student from Freetown. Cassandra competed last Sunday, January 15th at Miss Majorette of Massachusetts at Whitman Hanson High School. Cassandra placed 1st in her modeling routine and then went on for one baton solo. During her solo, she broke her foot and finished her routine. Cassandra placed 2nd overall. Cassandra is currently with the top 5 students in her senior class and has plans to pursue a career in medicine upon graduation.

*"Nobody ever looks back and wishes they had only given 98%."*  
- Anonymous