



THE EXPERIENCE

My internship experience for Sustainability Capstone was with the Cabot Shores Wilderness Resort on Cape Breton Island, Nova Scotia, Canada. My major in Recreation Management with an International concentration and the Capstone requirement is what led me to work at Cabot Shores last summer from June 14, 2011 to August 11, 2011. My work included a series of multidisciplinary projects and jobs, although working in every part of the Resort operation; I focused on sustainable building projects, property maintenance and upkeep of systems, and the team leader for the implementation of short-term and long-term plans and projects for me and the current staff as well as developing forecast plans and project concepts for future staff to complete.

PROJECTS

Projects

The new additions to the lodge near the beginning of my attendance at the resort were recent which called for me to learn about and maintain different projects like examining the 32 sq ft solar hot water heater with a clear day rating in 'Category C' at about 8.9 kWh/day and 30kBtu/day made by Thermo Dynamics Ltd.

addition and of two Cansolair solar hot air panels on the exterior of the lodge was the next project completed. When the sun is out it provides a warm flow of air to heat the main lodge Cansolair Solar Max 240 consists of a four by seven solar collector. It has 15 vertical columns of cylindrical shape which makes the surface exposed to the sun greater. The same cylindrical shape allows the Solar Max to receive solar radiation for a longer period due to the angle of incidence of the sun hitting the solar panel.

Capstone Internship Experience

Cabot Shores

Tanner Freeman
Sustainability Minor Requirement

GOALS

So the goal of the owners and all the staff is to foster a wilderness destination that provides "comfort" to its guests, staff and visitors, while being in ecological harmony with this special place Cabot Shores along Indian Brook, Church Pond, and the Atlantic. The goal is to retrofit the current buildings, structures and exemplify human activities to a more sustainable level. As well as to add additional recreation areas, more gardens, and better equipped building to make the experience more healthy and enjoyable to all. The future planned advancement toward the vision of a "Green Resort"



SKILLS

My entire project set that I was project leader and was participant succeeded. The multiple systems of sustainability that all the projects were based on provided for consideration of all planning and considerations. I have the set plans for the existing project initiatives and future projects. I hope that future employees will tweak and research more ideas and concepts to improve upon the systems to further increase the level of sustainability.



VISUALS



THE OUTCOME

I had little carpentry or structural building experience prior to my internship. I had zero experience with building foundations, laying pavers, or planning and constructing natural stone stairways. I had no prior knowledge to with chickens or what needed to be considered when building a chicken coop in Nova Scotia. I did not know how to build an earthen plastered cob oven or what was required of such a difficult undertaking. I did not know anything about solar panels, solar hot water heaters, or passive heating systems in application or practice. I was clueless to electricity values or concerns and did not understand residential circuitry systems. Now I know the foundation of all these concepts and practices.



SUSTAINABILITY

The Cabot Shores Vision of "Green Resort"

The Cabot Shores Vision of being more sustainable starts with acknowledging the responsibility to be good stewards of the land which Cabot Shores sits. The 55 acres at the main Indian Brook location, 180 acres at Breton Cove, and 6 acres at the Wreck Cove property that all have fragile ecological biodiversity issues. The two of the properties that have buildings and infrastructure are clearly not yet energy efficient, but slowly getting there. The properties have huge populations of moose and a diverse amount of other delicate plant and animal species. Respect and continued stewardship and attendance to air quality and water quality in the outstanding land and pathways of Cabot Shores is very important, as I learned quickly in my first week. For example, while developing wilderness trails that safely allow the guests and other visitors to view wildlife and the magnificence of the wilderness; we worked to mitigate the degradation of the flora and disturbance of fauna.

The benefits of learning a myriad of multidisciplinary dimensions of sustainability has had a profound impact on my view and perspectives on the sustainability paradigm. The take away skill sets, research abilities, and systems understanding in which I now hold due to my involvement with the Sustainability minor curriculum at the University of Arkansas and my invaluable experience during my capstone internships has been a positive stepping stone to my future in my sustainability focused future endeavors.

