

CURRENTS

NEWS AND VIEWS FROM COLLEGE OF THE NORTH ATLANTIC

SPRING/SUMMER 2013, Vol. 13, No. 2

Top of his game
Cabinetmaker graduate
recognized internationally

Making a difference
Book donations transform
lives of children

Qatar Extension

CNA-Q commemorates 10 year anniversary
and contract extension



Letter from the editor

In my first Letter from the Editor a little more than two years ago I wrote about circles, and how coming to work at CNA felt like coming home. I also wrote about finding new circles to draw, and now I'm doing just that.

As of this writing, I'm preparing to end my tenure at CNA and start a new adventure as Communications Officer with the City of Corner Brook. It was a bittersweet decision.

On the one hand I'm looking forward to the new challenges that await me, but on the other, I will miss the people and experiences that I've come to know here.

Among my proudest accomplishments is the redesign of Currents. I'm proud to have been part of the team of talented designers and writers who have changed the look and style of your employee magazine and I hope you'll continue to enjoy the stories and photos you find within these pages. I know I'm leaving it in very capable hands.

Please continue to send in your ideas and submissions by emailing them to currents@cna.nl.ca.

In the meantime, enjoy this edition of Currents, where you'll learn more about the School of Business and Information Technology in our centre section. We're also bringing you the story of Leah Benoit, a student who is overcoming adversity with the help of our Distributed Learning service, as well as an article about a graduate who has found her passion in the kitchen. As usual, there are also stories about student success and employee talents.

As I bid farewell to CNA I find myself hoping I've left behind some things that have made the college a better place. I know I'll take with me some things that will make me a better person, and share them with those I meet on my next great adventure.

Gina MacArthur

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Cover photo: CNA signed a three year extension with the state of Qatar to continue operating the Doha campus.

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Full steam ahead

By Glenda McCarthy

Leah Benoit doesn't let anything slow her down. The 27-year-old Conne River native exemplifies what is possible when barriers are removed and educational opportunities are available to everyone.

Born with cerebral palsy (CP), Leah was not certain there were any post-secondary options available to her, but she was motivated to find something that would work for her and that search led her to CNA.

Despite using a wheelchair and living two hours from the nearest campus, Leah has been able to build on her high school success by taking courses for Office Administration through CNA's Office of Distributed Learning and on campus in Grand Falls-Windsor during intercession.

"Leah met with the Coordinator of Disability Services to ask how she might be able to explore her interest in office work," says Grand Falls-Windsor Campus Administrator, Joan Pynn. "She wanted to be a student, to build on her high school education and lead a more independent and productive life. Knowing she would not be able to attend on campus, Leah was interested in distributed learning."

Taking into account Leah's interests, abilities and dreams for the future, the staff at CNA created an educational plan of action. They developed a process to determine when courses might need to be modified, the level of academic support she might require, and how to choose courses which would give her the skills needed to excel in her current position as a Conne River Band Council's office receptionist.

"I was diagnosed with CP when I was six months old," says Leah. "But I did finish high school in 2004. Even though I'm in a wheelchair I'm still working and going to school. I didn't let this slow me down. Like I tell my dad, it's only my legs that don't work."

Leah is very independent. She has her own house which is attached to her father's home; she does her own laundry and cleaning and has a



wonderful outlook on life. Her independence and sunny disposition have followed her to college. A self-described social butterfly, Leah knew Office Administration was the perfect program to suit her personality.

"I always wanted to do something for working in an office. I really wanted to meet new people and be more outgoing. That was always my dream – to do office work. I'm into a lot of computer work – I love computers. I love to meet new people and talk to new people."

For Leah no other school would do – CNA was where she wanted to complete her training. It was a decision she made when she was in Grade 10.

"That was my dream – to go through CNA."

She started her program in December 2011 and makes a lasting impression on those she meets.

Joan says that while Leah has met, and will continue to meet, numerous challenges the difference the CNA opportunity has meant for the quality of her life is immeasurable.

"While Leah has had tremendous academic growth, it is her growth in confidence and her contagious enthusiasm that have had the most significant impact on her, and on those of us who have been fortunate enough to have the opportunity to know her," says Joan.

Leah is looking forward to completing her program in June 2014, and graduating on time with her class.

"I have never met a more motivated student or one with a more admirable work ethic," adds Karen Antle, CNA's Coordinator of Disability Services. "No matter what kind of day I am having, when my phone rings and I hear Leah's happy voice on the other end, I am uplifted!"



Finding *balance*

Skills learned at CNA help graduates turn theory into practice

By Gina MacArthur

Like a lot of students who excel in high school, Roston Gordon felt the next logical step was university. He had an interest in science, so he earned a bachelor's degree in physics, but then found there were few jobs where he could apply it.

"I left university still not knowing what I really wanted," says Roston. "I did some minor jobs in St. John's for the first year – not much of anything, per se, because physics, on its own, wasn't in really high demand. I actually ended up sitting back after that first year and sizing up what my options would be."

That took him back home, where his father was working with the provincial government on environmental remediation for his sawmill site on the Gander River. "I happened to go to a couple of meetings and I said 'Oh my gosh! This is the first thing that really interests me.' So I started looking into places to go study that."

One of the things he was looking for was a hands-on program that would give him some practical skills.

"I had my degree but I had no real experience or knowledge of any one industry out there. My

"Roston was a dedicated, hard-working student with a deep commitment to doing quality work and exceeding expectations. He possessed a rare level of integrity and was not only dependable but always went above and beyond to remain professional and deliver on expectations. He is a born leader who was respected by his peers and by his instructors and co-op employers." – Elizabeth (Libby) Chaulk

dad worked with his hands all his life and I grew up working with him in the woods. So when I went looking for the program that I wanted to study, I tried to find one that was hands-on."

Roston wasn't keen on adding significantly to his student loans, so he looked close to home and found the Environmental Technology program at the Fisher Institute of Applied Arts and Technology (now CNA) in Corner Brook, where he enrolled in 1992. That decision put him on the road to a long term career with the federal public service in Ottawa.

While still a student, he applied for a work term placement at Public Works (Environmental Services) in Ottawa, competing against university students from Ontario. He got the position and then a month before graduation they offered him a contract position.

Roston says his career got started thanks to the skills he learned at CNA, and points to courses that exposed him to the practical sides of science, like hydrogeology.

"Studying how an oil spill would transfer through the crust – I actually used that in my work. We pulled an old fuel tank out of one of the sites here in Ottawa and we had to figure out where the contamination went so we could remediate it."

One of his first projects was the development of a water conservation protocol.

"That's one of my proudest accomplishments," he says. "I started it when I was still a co-op student and it was received so well that in 1997 a group from Australia was here to learn how we conserve water, and they actually took that back as a document that they wanted to use there."

Within two years Roston was moving up the ranks, and later moved into a management position. For the next 10 years he worked on various environmental projects, including managing Public Works' fuel tank systems. Later he was instrumental in developing a suite of best practices, policies and procedures for dealing with halocarbons.

Then in 2011, an opportunity came up at Health Canada, and Roston decided he was ready for a change.

Now he oversees the operations and maintenance of health facilities at First Nations reserves across the country.

"There are 635 reserves that we support," he explains. "We have just over 1,000 facilities and we manage a budget of \$38 million for the ongoing maintenance of these sites."

Roston's original work term placement had been scouted out by CNA's Elizabeth (Libby) Chaulk who was a Student Development Officer at the time.

"Even though it's been years since I was Roston's co-op coordinator he was definitely one of those students you would remember and feel proud to have served," says Libby, who is now the college's Associate Vice-President of Learner Services. She says she's not surprised he's gone on to a successful career.

"Roston was a dedicated, hard-working student with a deep commitment to doing quality work and exceeding expectations. He possessed a rare level of integrity and was not only dependable but always went above and beyond to remain professional and deliver on expectations. He is a born leader who was respected by his peers and by his instructors and co-op employers."

While Libby sings his praises, Roston is quick to point out that she also helped him by teaching him how to apply for jobs and prepare for interviews.

"You don't learn that in university. I've interviewed probably 50 people for jobs over the years and you can really tell those that have had the proper training and it really comes out."

In the end, Roston chalks up his success to the combination of post-secondary education he received.

"I can say that without having my degree I likely would not have been able to become a manager here. I could have moved up the ladder somewhat and made a great living at that level, but would I have been able to take that next step to management? Probably not."

"In tandem for my career it was the best move that I ever made. Without going to (CNA) I would not have gotten the opportunity to learn these specific marketable skill sets, to be employed and to get experience." *EL*



Newfoundland's Cake Boss

By Glenda McCarthy

"I didn't choose cake decorating, cake decorating chose me." Those simple but heartfelt words from Yolande Modica sum up her journey to become known as the Cake Boss of Newfoundland.

The 37-year-old mother of two fondly recalls the first time she decorated a cake while she was a high school student working part time at a local coffee shop. During her morning breaks she would watch the cake decorators work their magic.

"I'd spend 15 minutes religiously every day watching the cake decorators and asking questions. It always intrigued me the way they could whip through the cakes. I finally convinced them to let me have a go at it."

Her big break came during one of the shop's busiest days of the year when a decorator called in sick and they had 80 cake orders to fill. Yolande begged her boss for a chance to help.

"I had just been introduced to it but they let me do it. I just grabbed a cake board, chocolate sponge cake, said a little prayer and went for it. I fell in love with it and after that I was hooked." Before she knew it she was a full time cake decorator. "That's how it all started," she recalls with a chuckle, "with me begging my boss."

After leaving that job, she only considered cake decorating to be a hobby but a few years later she found herself without a job, which ended up leading her back to cake decorating with just a small nudge from her husband.

"I was in the kitchen doing my Christmas baking when my husband suggested I do the baking program," she recalls. "I was a little hesitant going back to school at 33-years-old but when a chef with 24 years of experience looks at you and says, 'you belong in a kitchen,' you take them seriously."

With that decision made, Yolande now had to choose between the Culinary Institute of Canada in PEI or College of the North Atlantic (CNA) in Stephenville.

"I was months away from my wedding and didn't want to go to PEI. We had just purchased a house and were turning a corner in our personal lives. I weighed out all of the options and wanted to stay home so I chose CNA."

She says the fact that CNA is government accredited and came with such good reviews was a deciding factor for her.

"I would say 80 per cent of my friends that have successful careers and well-paying jobs came out of CNA. It was kind of a no-brainer for me. You ask yourself, 'do you want to stay home or do you want to go away?' If you

to create a work area and she hasn't looked back since. As the owner of a successful business she considers herself lucky to do something she loves and finds extremely rewarding.

"I get people sending me photos of them revealing the cakes and I really enjoy seeing the excitement on their faces. It's almost like you instantly become a part of that person's history. The minute that camera flashes you're with them forever."

Yolande says her time at CNA provided a solid foundation to start her business.

"You can build the biggest, most beautiful house in the neighbourhood but it will just crumble if doesn't have a solid foundation. School definitely

"I didn't choose cake decorating, cake decorating chose me." – Yolande Modica

want to stay home, it has to be CNA."

Yolande made the commute from Pasadena to Stephenville five days a week for 18 months. She graduated from both the Cook and Baker programs at Bay St. George campus and had a management job waiting for her at Western Health in Corner Brook.

Six months later she took maternity leave to have her son. She tried going back to work afterwards but arranging day care was difficult with a sporadic work schedule.

Even after giving up her job, Yolande says she didn't wake up one day and say, "I think I'm going to start a business." Top Tier Custom Cakes started small with just a few cakes here and there.

Once the volume of orders started to increase in 2009, a decision had to be made – she either had to keep it small, or go big and jump in head first.

"It literally took on a life of its own and before I knew it our kitchen was a full production bakery. I blinked and then one day I realized I have a little business going."

Within six months her basement was going through a full renovation

prepared me for what I'm doing now. They provide you with a solid foundation – but what you do with it is up to you."

Looking back at her time at CNA, it wasn't coming out with two diplomas, a couple of awards, or a scholarship that is most important for her – it is about the friendships she forged during those 18 months.

"Some of the people I met while I was in there have become my best friends – my extended family. Sure, I have a great piece of paper on the wall, I have a business, and people are calling me the Cake Boss of Newfoundland, but to me that stuff is absolutely nothing if you have no one to share it with," she says.

"From time-to-time I'm in my cake room decorating a cake and I will literally start to chuckle about something funny that happened in school. The memories alone are worth it to me and everything else is just a bonus – it's the icing on the cake!"

For more information about Top Tier Custom cakes, visit www.toptiercustomcakes.com.





TOP OF HIS GAME

Graduate's passion for work turns into international recognition

By Glenda McCarthy



The smell of sawdust and the roar of power tools may not come to mind when you think of creating art, but for Justin Bennett these familiar sights and sounds are all a part of his craft.

The 20-year-old cabinetmaker is at the top of his game, creating beautiful hand-crafted cabinets and furniture from raw materials – a skill he honed at CNA.

Those skills were recognized recently with a bronze medal at the WorldSkills Americas competition in São Paulo, Brazil. The years of hard work and months of preparation paid off, making Justin an internationally recognized cabinetmaker.

But reaching that level of success didn't happen overnight. Justin was lucky to discover his love of wood-work while still in high school, where

“Everything had to be perfect – far beyond what is expected of most students in the class. Justin always chose something that was very difficult and very often he would choose things he hadn't done before, so he was always trying something new.” — Gary Murley



even then his focus and dedication stood out. Gary Murley, Justin's high school shop teacher, vividly recalls the high level of work Justin put into each piece.

“Everything had to be perfect – far beyond what is expected of most students in the class. Justin always chose something that was very difficult and very often he would choose things he hadn't done before, so he was always trying something new.”

Gary recalls the nursery rhyme *“Good, better, best, never let it rest”* and feels there's no better fit than applying it to Justin. “It means you're always trying to improve yourself and he's a good example of that. He's always trying to make it better and every project was more difficult than the previous, every skill he developed was better than the last one he tried.”

When Justin expressed an interest in carpentry as a possible career option, Gary encouraged Justin and suggested CNA's Cabinetmaker program.

“His eyes lit up and it was like that little gold sparkle was in his eye,” Gary recalls, adding he's absolutely delighted to have had the opportunity to watch Justin excel at his craft. “I knew way back then that he had the skills, he just needed to practice. He certainly had it in his heart – there is no mistake about that. I'm not overly surprised at his success but I am delighted.”

It didn't take long for CNA Cabinetmaker instructor Kelly Tompkins to recognize Justin's raw talent.

“Cabinetmaking isn't just about building kitchen cabinets,” Kelly says. “It's about building furniture; it's about working with hand and power tools and creating different pieces of wood work. It's a beautiful environment to work in. It's very rewarding because you're being very creative and working with wood.”

And Justin certainly excels in that environment.

“It comes very natural to him. He's like a sponge and whatever you show him he eats it up and wants to know more,” Kelly continues. “He asks you questions and he's enthusiastic about it. Whatever he learns, he goes out and he practices it and that's the way to hone your skills. Not a lot of people

have that passion like he does.”

Justin has a quiet confidence and level of patience, which shows in his work. But if you ask him about his skills he's very modest, never dreaming the program at CNA would take him so far.

“It's hard to describe the feeling,” Justin says of taking a bronze medal. “It's nice to see the months and years of work pay off and to be recognized that way but I didn't think I would go so far.”

He says when he applied to the Cabinetmaker program it was to see if he could take something he loved and turn it into a career.

“I only took the course because I thought it was a career I would enjoy. I never realized it could take me to the national competition and then Brazil.”

There were five people competing for the medals in Brazil and with numerous spectators it could have been distracting, but Justin never lost his focus.

“As far as crowds go, once I get started at the work I just tune out everything. I don't pay attention to the crowds watching or anyone coming by. Once I start on a project I'm completely wrapped up in it and focused on it. I ignore everything around me.”

That ability to be so focused translates well into his job at Jasper Kitchen and Bath in Corner Brook. While he's never thought of what he does as creating art per se, he does find it extremely gratifying.

“Turning rough lumber into furniture is what drew me to the trade. When you have rough lumber it doesn't look like much – just boards laying around, but when you are able to turn it into something it's very rewarding.”

Kelly describes Justin as a great ambassador for the Cabinetmaker program at CNA, although Justin says he will never get used to people praising his abilities.

“It's a lot to take in. It's nice that people think your work is good and think you're doing a good job.”

Modest words indeed from someone who has been internationally recognized. *u*

Passion for home motivates campus administrator

By Glenda McCarthy

Marilyn Coles-Hayley loves the Bonavista Peninsula. She loves it so much that she has her hand in a lot of pies in the region. From volunteering on a craft committee to being a member of the Rural Secretariat Regional Council; Marilyn epitomizes the meaning of community spirit.

Being the campus administrator of Bonavista campus isn't enough for this busy, energetic individual. She can't resist boasting about her little slice of heaven or the many things the peninsula has to offer visitors to the area.

Marilyn grew up and still lives in Elliston, a community located just a few kilometres from Bonavista. She considers herself fortunate to have lived and worked in the area her entire life, and her passion for the area easily comes across in her many volunteer activities.

"For the groups I've become involved with it's about the passion for the region in which you live," she says.

When Marilyn took on the role of campus administrator in 1991, she says she felt the campus was considered a community college. To her the "community" part of the college was very important and it became an instrumental factor in her decision to volunteer on numerous committees.

"I thought it was really important to get out into the region and represent the campus and the college. I felt it was very important that the community felt this was their college, and I think we've done that very well."

According to Marilyn, that's the reason CNA has campuses in rural areas – to support the regions to the best of their abilities with the resources and

capacities available. Her involvement in the community helps CNA have a finger on the pulse of the community to anticipate what it needs.

Marilyn is on an impressive amount of committees, six in total. Notably, she has been the chairperson of Tourism Elliston since 1997, a group committed to restoring and conserving the natural and built heritage of the Town of Elliston; she is the managing director of the Bonavista Institute for Cultural Tourism (BICT) which is an initiative of CNA; and she volunteers on the Aspiring Discovery Geopark committee which hopes to form the second Geopark in North America.

In her spare time – what there is of it – she likes to spend time with her husband and two children; her 18-year-old son and 11-year-old daughter. With the sheer number of committees she is involved in, it's a juggling act to balance family time, work and her volunteer commitments.

"It's a challenge," she admits. "It means a lot of time outside of a regular work day. It is about doing as much as you can within the time you have. The key to making it work is in knowing where your real strengths are, and taking away the pieces that you feel you can really make a difference with."

In each of her volunteer committees she evaluates the role Bonavista campus can play with what she, as one individual, can contribute. The BICT is a priority – not only for Marilyn but for CNA because of the potential it represents.

The institute is a leading-edge centre for professional development in

"I thought it was really important to get out into the region and represent the campus and the college. I felt it was very important that the community felt this was their college, and I think we've done that very well." – Marilyn Coles-Hayley

the cultural tourism sector in Atlantic Canada. The CNA initiative focuses on assisting tourism operators and cultural providers in delivering world-class visitor experiences. According to Marilyn, it was a long time in the making with the concept dating back to the 1990s.

"As rural college campuses, we are really challenged to build upon the strengths within our regions and to address the needs within our region. Living on the Bonavista Peninsula, tourism is one of our strengths. The concept came forward as a way to build upon those strengths."

In 2001 they started the serious dialogue with funding partners. Fast forward to 2007 and the BICT held its official launch. Since that time it has thrived as a centre of excellence.

"People are out in the region and the region itself becomes our classroom. We work with a number of operators from Trinity to Bonavista and up the Cabot Loop area who become local resource people. Participants go out to these tourist attractions and they have their sessions with the businesses. We call it our living lab."

Looking towards the future, Marilyn shows no signs of slowing down. And although she has no plans for retirement, when she finally does take that plunge, one thing is for sure, she will remain an integral part of the volunteer community – helping people recognize the many unique wonders the area has to offer. *na*



Top to bottom;
Marilyn Coles-Hayley with co-worker Mary Byrne.
Bonavista Institute for Cultural Tourism staff members.
Marilyn Coles-Hayley with her family.



Finding *focus*

Graduate excels in networking, competitions and life

By Glenda McCarthy

When reflecting on your days in college there is normally one teacher who pops into your mind – it could be someone who gave you a little extra encouragement, pushed you just a little more, or simply was a friend during that transitional period in your life. For Brian Forward that person is Jackie Reid.

Brian graduated from CNA's Computer Systems and Networking program at the Prince Philip Drive campus in August 2012 but it took him a while to figure out what route to take in his life.

"I did pretty much everything you could do without an education before I figured out that I wanted one," he says with a chuckle. "No one else really offers anything at all in this field. University doesn't really offer it beyond computer programming and computer science. Friends of mine did the same program and are working in the field and they convinced me to go to CNA."

From the start of the Computer Systems and Networking program he knew he wanted to focus on networking. Jackie not only encouraged that, but suggested he put his skills to the test through numerous competitions. This led to Brian taking gold in the Provincial and National Skills Canada competitions. He followed up those wins by beating out nearly 1,000 competitors from across Canada and the United States to win the Cisco Networking Academy NetRiders Skills Challenge.

"That is a phenomenal achievement," Jackie says. "Almost 1,000 students started off in that process so to come out on top shows the type of dedication he has towards competing and his knowledge base."

The interactive contest is designed by Cisco to give technical education students the opportunity to showcase their IT and networking skills and to recognize excellence among Cisco Networking Academy students. The competition consisted of three rounds, including the final virtual event on Nov. 30, 2012.



Brian was the only Canadian to finish in the top 10 and his prize consisted of a trip to Cisco headquarters in San Jose, California in January 2013 where he had the opportunity to meet with Cisco executives and tour Cisco offices, the Stanford University campus and tourist attractions in San Francisco.

"I'm still surprised about winning that one. I did not expect that at all," Brian says, adding he wouldn't have taken part in these competitions without Jackie's encouragement.

When you ask Jackie about Brian she says there are many positive qualities that come to mind.

"When Brian started the Computer Systems and Networking program you could tell that he was determined to be the best. He has an admirable work ethic and quiet maturity that makes him stand out," she says.

"Brian has a high standard of work and strives for excellence in everything he does. Winning both the National Skills Canada gold medal and the North American Cisco Netriders competition had been a phenomenal experience for him."

Not only that, but he was always there to lend a helping hand to his classmates.

"He was a model student, but he was also a leader in the class who would take the time to help out any student and he took a leadership role in any assignment he was ever given."

Since graduating last year Brian has been employed at Vector Aerospace in St. John's. 

College of the North Atlantic provides training for **Business and Information Technology sectors**

By Glenda McCarthy

The School of Business and Information Technology at College of the North Atlantic is a dynamic, multi-faceted school, recognized for its superior quality of education, teaching and learning excellence. The school enrolls approximately 1,400 students each year and has approximately 120 dedicated faculty with industry experience and a variety of formal education qualifications. The combination of quality programming and industry expertise prepares our graduates to excel in today's marketplace.

Business and Information Technology programs at the college provide students with the opportunities for employment in a wide range of businesses, organization and public sector agencies. The certificate and diploma programs target the skills required to create a well-trained and exceptionally competitive graduate with a unique combination of academic preparation and practical experience.



Bright future ahead

in Business and Information Technology sectors

By Glenda McCarthy



The future for the School of Business and Information Technology is really exciting. At least that's what the school's Dean, Mary Vaughan says when you ask about the prospects.

Not only does the school play a significant part in the scheme of the college as a whole, because it has programs located at many campuses across the province, but for the opportunities it offers to graduates.

"There are so many steps and progressions that students can do and ladder into, and to advance their training and expertise in a certain area. It provides flexibility to students because they can come in and out, work and come back to school while still getting parchments from the college, but it also provides laddering opportunities and advancements on to degrees as well."

Vaughan says CNA's information technology programs are some of the strongest in the country, offering diverse job opportunities globally to graduates.

"The information technology programs are highly technical and graduates are in huge demand with excellent job opportunities. Students can take those universal skills and just go anywhere they want in the world with that knowledge. They are so highly trained and diverse that it's their choice where they want to go."

The major challenge the college faces is educating the public on the job opportunities for information technology, especially since every company and organization is dependent on it for their day-to-day operations.

"We, as a country, have declined in the number of graduates we have been producing. But the job growth has been increasing and is one of the fastest growing fields reported by Federal statistics agencies. That has left for a huge market of untapped potential," Vaughan explains.

"Information technology is not something that is in the basement with coders (programmers) that go in their cave and stay there all day. Information technology is on the ground floor - it's in the board rooms, it's the planning that goes into making huge changes within a corporation, it's the management of knowledge and information within an institution - and it's everywhere. We're trying to show that you're not working in isolation,

you're very socialized and right into the mix of business opportunities."

For the business aspect of the school, she says they are doing some exciting work - not necessarily in terms of what is being taught, but in how it is being taught. Vaughan says through experiential learning students aren't just learning in the classroom but from direct experience.

Instead of sitting in a classroom learning accounting, students are out in the world doing financial analysis, helping balance score cards and working with local groups and non-profit organizations to provide a service that shows student just exactly what they're capable of.

"The students get real life examples and real life situations, but they are also helping people that didn't have this. They are using business ideas and concepts to really help shape the lives of other people... the learning that happens when that occurs is just amazing."

She adds there is a major positive effect from this type of training - it makes CNA students confident, so when they graduate they are ready to tackle the world. "That's what makes our graduates so distinct and so different, how the faculty have taught them."

Business and Office Administration programs are available at 14 of the college's 17 campuses and Vaughan believes this is significant simply because even if a graduate doesn't stay in that field, they could always use the skills from a business diploma in many different facets of life - not just for work.

"It brings your education, training and your experiences within the college into so many different areas that you'll avail upon. I think that's part of what makes it so diverse. It's not just career goals but human development."

Vaughan points out that she has seen human resources policies from companies which clearly define priority will be given to CNA graduates, and she believes there can be no greater endorsement than that.

"They get priority because they are so strong. The demand is strong for the future and people are hiring full classes of graduates," she says.

"Business is one of the top four needs with the mega projects in this province. We need to be able to supply that need so our students have phenomenal opportunities available." *u*





Beyond these four walls

Enactus takes students outside the campus and plants them firmly in the community sectors

By Gina MacArthur

If there's one thing CNA prides itself on, it's providing experiential education.

Students who join the Enactus teams that are in place at four of the college's campuses get to take that one step further.

"Every student in school will ask the question, 'Why am I doing this?' Enactus answers that question," says instructor Paul Tilley, who, along with Deidre Strowbridge coaches the Enactus team at the Clarenville campus.

"You can only take books and theory so far. The idea is to take that book-work and that theory and make it relevant."

Paul explains that Business Administration students learn math and accounting, but Enactus gives them opportunities to use those skills in a real world situation.

"The idea is that you have to do something and demonstrate that you've done something. It forces the issue of actually carrying a project through. The whole cycle that we teach in business is right there. You need to be able to plan it, you need to be able to do it, and you need to be able to ensure that it's been done right and it's sustainable."



"I've only tapped into the surface of what it can do for my business, but I would never have gone down that path if it wasn't for SIFE and the program they offered." — Andrea Sharpe

Although all students are welcome to join Enactus, it's primarily Business Administration students who do, perhaps because a lot of what they learn in class can be applied to Enactus projects. Skills like identifying entrepreneurial opportunities, marketing the product, and recruiting staff are all required to get a project off the ground and make it successful.

"All students are involved at some level," says Paul. "Last year we put together 10,000 pounds of food to help feed people here in this community, and it wasn't just the business students, it was all the students. They all saw the power of engagement in the community and the benefits that brings to them."

The program started out as ACE – Advancing Canadian Entrepreneurship – and Paul was among the first CNA instructors to get involved in 1989.

Since then the program has been called Students in Free Enterprise (SIFE) and now it operates under the name Enactus, describing itself as a "community of student academic and business leaders committed to using the power of entrepreneurial action to transform lives and shape a better, more sustainable world."

Paul says the program acts as a bridge between the students, the college and the community.

"We have certain criteria that we have to meet in terms of the projects that we do. Over the course of the years we have done more than 30 projects that have involved students, primarily, but also the business community and the not-for-profit sector here in the Clarenville region."

One good example is the training program last year's Enactus team developed to help local businesses leverage social media in their marketing efforts.

"Right now we're seeing two of our clients using this and doing quite well with it. They're taking all the skills we've taught them and they're applying it to make their businesses more successful."

One of those clients is Andrea Sharpe of Karlande Designs. She says taking the course opened up a whole new world for her custom jewelry business.

"I've only tapped into the surface of what it can do for my business, but I would never have gone down that path if it wasn't for SIFE and the program they offered," she says. "The program was very well organized, well presented and very informative. I was surprised in a way, because I wasn't expecting that calibre, but it was very professionally put together."

Deidre says the criteria for Enactus projects have become more specific.

"In the last few years everything has become more streamlined in the criteria that should be achieved and there's been a lot more focus, specifically, on what you can do socially with the project."

She says that doesn't just mean helping low income families. Enactus also encourages teams to work with seniors, service clubs, youth groups and grade school students. They're also putting a focus on environmental education programs, so this year the Clarenville team is working on setting up a curbside recycling program.

Paul says that's giving them exposure to life skills that they don't learn in school.

"They have to do a cost benefit analysis, but they also have to set up meetings, go to meetings and take notes. It's hands-on stuff. We're taking the theory that we teach in our courses and we're applying it."

Deidre says getting involved with Enactus opens doors for students in a variety of ways.

"They've been to Washington, we're going to Halifax and Toronto, and that's just in their first year here," she says, adding that students also get a confidence boost.

Enactus Clarenville President, Olivia Best, agrees.

"I have a wider outlook on things now than I did before joining Enactus," she says. "You take a lot for granted and it gives you a greater outlook on your community."

Paul says that experience can make a big difference when students are entering the job market.

"It boosts the student's confidence enough that they can say 'Hey, I can run my own business or take a project and carry it through to fruition.'"

He says being an Enactus coach also helps instructors find their purpose.

"Ultimately we ask 'Why do we exist?' That's what we exist for – to create people who shape their minds and shape their interests in such a way so they can be valuable members of this society. That's what this program does."

Paul says Enactus also provides value for the college as an institution.

"Probably the most valuable thing that the college gets from it is credibility. When the business community sees how well our students can present, initiate, manage and carry out a project, from start to finish, I think it speaks to the value of our program, it speaks to the value of our students and it raises our profile." *u*

Success

built on foundation of hard work – and an education from CNA

By Glenda McCarthy

To say Terry Power has had a pretty impressive career would be an understatement.

Originally from St. Mary's Bay, Terry graduated from high school with honours. He was expected to attend university but after a year-and-half of, as he puts it, "wandering aimlessly" he still couldn't figure out what to do with his life and dropped out all the while trying to figure out what to do next.

"Growing up around St. Mary's Bay there wasn't a lot of exposure to career counselling or anything like that. Business was something that was always there and when I finally did get serious I knew business was where I wanted to go," Terry recalls. By the time he made that realization he couldn't afford to attend university for the number of years it would take to obtain his degree.

"My family couldn't afford it, I honestly couldn't afford it and I wasn't going to be able to get a job to put myself through, so I opted for a shorter, quicker path."

That shorter quicker path led him to the Business Administration program at College of the North Atlantic's Prince Philip Drive campus, known then as Cabot College.

"I did some research and a lot of the content was the same and some of the text books were the same, so I thought 'okay, I'll go this route.' It was the more economical path and that was the prime driver for me at that point and time."

Once he was enrolled in the program it gave him the freedom he needed to figure out which aspect to pursue.

"One thing I do remember about the program is that it had healthy enough content to help spear the choice for me. Business Administration is in a category where part of the benefit is the perspective it affords, and you

get a foundation to build upon and implement the things that you learned. Post-secondary provides a broader foundation in courses like this. The real value was that sense of choice and opportunity."

After graduating from the program in 1985, Terry moved to Toronto where he focused on sales oriented jobs.

"I was a guy selling photocopiers and what, at the time, was a relatively new invention called fax machines." That progressed into jobs in the technology sector, focusing on personal computers and networks and then he joined a software company, CNC Global Limited.

"For three years I ran the North American sales organization so I was opening up sales offices in New York, Boston, Chicago, Dallas and a bunch of locations across the US." He says he then "kind of fell into the recruitment business" and was able to move up the ranks through the usual internal opportunities.

"I was able to take advantage of them and was fortunate to have a lot of support along the way. One thing lead to another and by the time 2002 rolled around I was president and a couple of years later became the CEO."

He remained in that position until 2008 and then became Country Manager for over two years when the company was purchased by Randstad Canada. So, with more than seven years under his belt as the Canadian leader of one of the world's largest staffing and HR solutions firms, he realized he needed a break after working for so long.

"I think the fact I've been willing to look at a given situation to analyze it for the opportunity as opposed to getting paralyzed by the risk, I think that's been part of my success story," Terry says. "You have to be willing to take some changes and changes sometimes mean physical relocations as I've done, closing a door yourself. A lot of people need a door closed before another one opens, but sometimes you need to close that door yourself.

That's a little gut check thing you have to do."

He took a two-year sabbatical and during that time returned home to St. Mary's Bay to visit his family.

"I decided I wanted to get back into something more privately focused and took some time off to visit my folks. I was going pretty hard for a long time and wanted some time off."

But now he's back at work as the president of Eagle Professional Resources Inc., one of Canada's largest and most successful professional staffing companies which specializes in sourcing technology, finance and accounting, and management professionals for contract and full-time positions.

"The product is people and I'm a people oriented person. I love working with people and a lot of people say in this business that 'if you know people, you know

business', end of story. Most companies become smart enough to say people are their best assets and I think that's true. The reality for us is people are our only asset and I love that about the business."

He says the work is very gratifying and he relishes the opportunity to work in a profession where he gets to see the fruits of his labour.

"We see the company that gets their resources to help them grow and become competitive in this economy, but you also get to see the people who realize their career aspirations and get to enjoy a lifestyle that is



associated with the roles they take on. It's pretty cool from both sides."

Terry is currently the president of the National Association of Computer Consulting Businesses and a board member of the Canadian Coalition for Tomorrow's ICT Skills. He is a former board member of both the Information Technology Association of Canada and the Information Communications Technology Council.

In addition to his industry leadership, Terry is active in many not-for-profit endeavours. He is the president of the board for Sky's the Limit Youth Organization which provides refurbished

notebook computers to under-privileged children and their families across Canada; he is president of the board for the Jennifer Ashleigh Children's Charity, which provides financial assistance to families with children who are seriously ill; and he is a member of the board of the Michael Pinball Clemons Foundation, which helps provide education, healthcare and hope to children at home and abroad.

Terry has achieved much success over the course of his career and while

story continued on next page


he is a graduate of the Ivey Leadership Program at Western University, he hasn't completed a degree.

"Life got in the way. I think about it periodically but it's one of these things where there is so much we can do with our time. For some it's to go back for further information but I do a tonne of charity work and I'm on a lot of not-for-profit boards. That's become my education for me," he says.

"Sometimes the vanity in me wants that degree next to my name but we only have so much time. I try to use my time to have a broader impact out there. I think my Newfoundland heritage and growing up in the small town that I did, has afforded me a sense of appreciation and gratitude that drives a lot of what I do and that translates into giving back as opposed to going back to school."

Reflecting on the career he's had to this point, Terry believes it was a combination of skills, hard work, luck and timing that has garnered him success.

"I'm smart enough to know that timing has as much to do with my success as anything else. The old adage 'hard work creates good luck' has a lot to do with it and I think the fact I'm fairly open to taking risks is important," he admits. "Hard work matters a lot - there is no substitution and I would say that to anybody in any role."

Looking to the future, he says his employment with Eagle is where he will stay for a while. At 48 years of age, he believes he'll be with the company for the next decade at least. After that, he may return home to Newfoundland with his wife Doreen and bring some of his self taught education to the not-for-profits in his home province. 

Business programs

- Business Administration First-Year*
- Business Administration (two-year streams):
 - General*
 - Accounting
 - Human Resource Management*
 - Marketing
- Business Management:
 - Accounting
 - Human Resource Management
 - Marketing
- Office Administration First-Year*
- Office Administration (two-year streams):
 - Executive*
 - Legal
 - Medical*
 - Records and Information Management

*Also available via the Distributed Learning Service

Information Technology programs

- Computer Systems and Networking
- Information Management (Post Diploma)
- Programmer Analyst (Business) Co-op
- Software Development
- Web Development*

* Offered via the Distributed Learning Service



Making a difference one book at a time

By Glenda McCarthy

"There are many little ways to enlarge your child's world. Love of books is the best of all." – Jackie Onassis Kennedy

Volunteers at St. Anthony campus are doing their part to expand a child's world one book at a time. Since 2009, First Book Canada and Regal Confections Inc. have partnered to bring tens of thousands of books to the rural campus for distribution to under privileged children in this province.

Campus Administrator Fred Russell says they received their fourth shipment of books from First Book Canada in March, this one contained 10,000 books valued at \$100,000. First Book Canada provides new books to children in need, addressing one of the most important factors affecting youth literacy - access to books.

"What we've done in the past and what we will do again, is take the books to local hospitals, family resources centres, children's clubs, libraries, daycares, and schools," Fred says.

Approximately eight volunteers spent two days organizing the books and will spend the next six weeks separating the books for individual organizations. The campus will pick up the cost of shipping the books out across the province.

"I'm sure by now we will have helped to distribute up to \$250,000 in books," Fred says. "They are brand new, beautiful quality books and the best kind of children's books you will find. We receive such a quantity of books that we covered everyone we possible can think of. In the first shipment we served this region but as the donations grew, we ended up distributing much wider across the province."

Donations have been made to the CNA campus libraries for students who might have children that could benefit from the books, as well as campus day care facilities.

"It's good for literacy, especially for children who can't normally access books. It's good for the daycares and family resources centres that don't normally have a lot of resources."

He says the children really appreciate the effort and make the most of the donations.

"We're into education as a college so it's important that we foster

learning as much as we possibly can. But when you have a child who is sick in the hospital and you see their bright eyes at the sight of a new book they're given, that's pretty rewarding. We've had a lot of that happening in the past."


Volunteers at St. Anthony have shown they have big hearts by taking on such a huge endeavour, reaching thousands of children each year. "It's good for kids, it's good for sick kids, it's good for organizations, it's good for literacy, so I think people get a sense of fulfillment from helping."

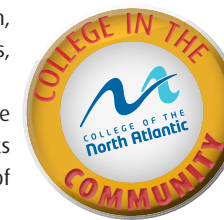
Regal Confections Inc. paid for the cost of shipping the 18 pallets containing the 10,000 books from Ontario to St. Anthony; a \$25,000 expense. Brian Kelly, general manager of Regal Newfoundland and Labrador, says he was contacted by First Book Canada to see if they could arrange transport.

"As a good corporate citizen I received a call from First Books and I jumped at the opportunity to help them in any way I could," says Brian. "They do such great work and literacy for underprivileged children is such an important cause."

An innovative leader in social enterprise, First Book Canada and First Book U.S.A. have distributed more than 100 million free and low cost books to children in need and the programs that serve them.

"We are so thrilled to have partnered with the amazing team of volunteers at St. Anthony campus of CNA to provide thousands of brand new, age appropriate books for underprivileged children throughout Newfoundland and Labrador," says Tom Best, executive director of First Books Canada.

"First Book Canada is hoping to transform the lives of children in need and elevate the quality of education by making new, high-quality books available on an ongoing basis. So often these books are the very first books these children get to call their very own. But we can only reach this number of children by partnering with wonderful book publishers, helpful transportation companies and groups like CNA who really care about making a difference in this country, one book at a time." 





Qatar Extension

CNA and State of Qatar sign three-year Comprehensive Agreement

By Glenda McCarthy

Ten years ago College of the North Atlantic (CNA) made history with its international campus in the Middle East State of Qatar. College of the North Atlantic-Qatar (CNA-Q) was the first of its kind in the country, as its premier comprehensive college of technology, first foreign institution with predominantly Qatari student body and as its first coed institution.

CNA and the State of Qatar came together at the campus in Doha in February to announce a three-year extension of the existing Comprehensive Agreement. The partnership represents the largest international post-secondary agreement involving a North American institution and is valued in excess of CDN \$1 billion.

Both parties expressed pride in what they have accomplished together to date and are pleased to move forward with further contributions to the National Vision of the State of Qatar. The phenomenal growth and success of CNA-Q during the initial 10 years exceeded all expectations, growing from 300 students in 11 programs in 2002, to 2,550 students and 37 programs in 2012. The initial staff complement of 50 has grown to some 700, and programs have expanded to include custom curriculum for the needs of the state, such as banking and finance, a security academy and more.

CNA President and CEO, Ann Marie Vaughan, highlighted the value of the

relationship and dedication of the partners during her recent trip to CNA-Q for the announcement of the three-year extension.

“The strength and value of the relationship which has developed between the partners is a model for international cooperation in education partnerships,” said Vaughan.

To date, thousands of CNA-Q alumni and numerous industries, government and NGO’s are reaping the benefits of the relationship. Since 2002, more than 1,000 Canadian employees have had the opportunity to work, grow and contribute in an international setting in one of the most advanced countries in the world, bringing the value of this experience back to Canada.

“This speaks to the real value of the relationship and mutual support of each of the partners.”

The announcement came amid the 10-year anniversary milestone celebrations, themed A Decade of Excellence, being held during the 2012-2013 academic year.

Qatar has reached the status of richest country on the globe and in 2011 took its place at the top of the CIA’s World Factbook list of wealthiest nations, with an estimated gross domestic product of \$102,700 per capita, and a population which was expected to reach nearly two million in 2012.

“The strength and value of the relationship which has developed between the partners is a model for international cooperation in education partnerships.” — Ann Marie Vaughan



Meticulous planning has structured the growth of the country in its social development and environmental management. For the Al-Thani royal family, rulers of Qatar, their strong and well-defined National Vision 2030 plan aims to manage its massive urban development, population growth and economic status by investing in its people. The foundation of this plan is education.

“Education is one of the basic pillars of social progress. To meet the challenge, Qatar is establishing advanced educational and health systems, as well as increasing the effective participation of Qataris in the labor force,” states the vision document. “Qatar aims to build a modern world-class educational system that provides students with a first-rate education, comparable to that offered anywhere in the world.”

Qatar recognized Canada’s prowess in that field more than 10 years ago when it chose CNA to build and administrate its first comprehensive college of technology. Since then, CNA-Q has risen to the top of the educational crop in the Middle East, helping the country make educational history and create a new future for its people.

During the past decade, CNA-Q has hosted world-class conferences, forged precedent-setting international program accreditations, built an outstanding applied research reputation and have students and graduates receiving global recognition for their work.

Looking toward the future the Canadian and Qatari partners are focused on the need for a plan which will be responsive to emerging training needs and opportunities throughout the fast-developing State. In addition to the obvious need to plan around the unprecedented growth of the oil and gas, business and health science sectors in Qatar, the current planning process is challenged by the significant training opportunities that will arise in the work of fulfilling Qatar Vision 2030 and FIFA 2022 to be hosted by the State of Qatar. *u*

Additional information provided by Marketing and Communications Department and the Qatar Project Office.





Inspiration *and flowing creativity*

By Glenda McCarthy

A decade after CNA's annual Craft Retreat began, it has evolved, gained numbers and changed locations, but it has never lost its focus. The primary emphasis of the weekend-long intensive retreat has always been to introduce textiles students to the prolific art and craft world that surrounds them.

Approximately 35 first and second year students of the Textiles: Craft & Apparel Design program attended the retreat in September 2012, marking the event's 10th anniversary. Combined with past graduates, workshop facilitators and volunteers, nearly 70 people attended the event.

According to Sarah Minty, instructional assistant with the Textiles program and one of the main organizers for the event, by inviting members of the local arts community to attend, give presentations, participate in panel discussions and facilitate hands-on workshops, students experience wide exposure to the many aspects of a craftsperson's life.

The retreat has been held at the Environmental Education Centre, nestled deep in the old growth boreal forest of Deer Park off of Salmonier Line for the past two years. With a facility that accommodates 70 people in dormitories, with an accessible kitchen and several classrooms – all powered by two wind turbines – it has turned out to be the perfect location.

"While the retreat is organized with a focus on craft workshops and

presentations, the actual site is also vital to the success of the weekend," says Sarah. "Keeping a small ecological footprint was important to us. That is something we try to instill throughout the program and to carry into people's craft work."

On Friday, Sept. 14, the yellow school bus pulled up outside of the Anna Templeton Centre and eager participants piled in with all manner of crafting equipment in tow. A bumpy hour-and-a-half later, they spilled out into the wilderness of the 12-acre site, relieved but excited to explore.

Aligned with current trends in the craft industry, CNA's Textiles program promotes the concepts of reduce/reuse/recycle, sustainability and self-reliance and Sarah says this event is the perfect opportunity to set the tone for the year in that vein.

"There are different benefits for different people involved," she says. "For first year students, the number one benefit is this is how they start off with the program, and it introduces them to the program, their instructors, and fellow classmates so it's an absolute bonding experience and a complete immersion into the world they are about to enter."

She says some people don't have a good understanding of what textiles entails when they sign up for the program, but there isn't any doubt once they leave the retreat.

For the second year students Sarah says it's the same bonding experience where they get to meet the first year students, but it gives the senior students the opportunity to teach workshops to the newcomers as well as members from the community.

"There is no end to the new techniques and ideas and brainstorming sessions that happen for everybody which benefits everyone involved," Sarah says. "Everyone who comes out from the community to give a workshop also has the opportunity to attend any of the workshops there. We have hands-on workshops but then we have lectures, panel discussions and group activities that involve a number of levels of activity."

The retreat opened with a welcome tour of the grounds and as participants settled into their surroundings, they were gently reminded to keep a small ecological footprint while there.

Over the course of three days, there were four opportunities to choose from a wide variety of workshops with additional activities for the larger audience. Among this year's roster were book arts, hand embroidery, watercolour, oil painting, jewellery making, rug hooking and knitting, to name a few.

"I think the craft retreat is a great part of the textiles experience," says first year student Simone Dubeau. "It eases us in our first year into the work and allows us to feed off of each other's creativity. By exploring the various aspects of textiles through talks and workshops, I feel that we are better prepared for our future endeavours in the textiles program."


"I was exposed to aspects of craft that I had very little previous experience with, while having ample time to connect with other folks in the program," adds first year student Mary Decker.

"With a fair bit of freedom with which to experiment and armed with supplies, I was able to breach some uncharted territory in terms of my own craft making experience. The retreat was a great chance to get to know the people with whom I will be journeying through the textile world. It was through connecting with my retreating comrades that I was able to witness the value of collective creativity and cooperation."

The weekend always winds down with a giant showcase of all things created during the retreat, giving everyone an enormous sense of accomplishment.

"It is easy to understand why we get together to do this as the flow of creativity is manifested in physical form," Sarah says. "The exchange of practical technique and limitless ideas prove to us that the event is wildly successful in inspiring imaginative people of all backgrounds. Not only does it unite CNA students with the members of the arts and craft industry, but it pours so much energy back into the community."

The Craft Retreat project is generously supported by CNA, the Craft Council of Newfoundland and Labrador and the Anna Templeton Centre. Sarah says it's a vital component to the program each year.

"People are getting new creative flow and new ideas and everyone is bouncing off of each other. It's really an exciting weekend." 



A Blue CHRISTMAS

By Tammy Gale

As I sit here tonight looking through my frosty window at the snow-covered maple tree decorated with Christmas lights in my front yard, I am transported back to a time in my early childhood. My favourite time of year has always been Christmas: One of my earliest memories is of using my warm breath to make a hole in the frost on my window to peek outside on Christmas Eve. Through it, I hoped to see Santa and his reindeer flying through the night sky. Jack Frost, winter's artist, had generously engraved a leafy carving on my windowpane; I hated to spoil his creation, but my anticipation of catching a glimpse of Santa overcame my guilt at having ruined his beautiful work.

As I peered out, I could see a million stars lighting up the night sky, competing with them were the brightly lit houses in our small neighbourhood—and I'm sure I saw Santa and his sleigh full of toys. It was an exciting time for a little girl.

I've always preferred the more traditional colours of Christmas. As far as I was concerned, only trees and houses decorated with bright red, green and yellow lights correctly depicted the season. I could never understand why anyone would decorate with blue lights.

I remember walking through our neighbourhood as a young girl admiring all the beautifully decorated homes—until I got to our house. There in the window was a pitiful set of blue lights. I firmly believed that my mother decorated with blue lights just to upset me: What other reason could she have? Every year I complained about those horrible blue lights and pleaded with her to change them.

Later, as a teenager, I even saved my money and bought red and green lights for her, but she insisted on using the blue ones. I knew that Christmas was not my mother's favourite time of year. She never enjoyed it the way I did, and I never really understood why. I figured she was making a statement by using the blue lights—but then why put up lights at all? There had to be a reason.

As the years went by, I grew up and had a family of my own. We'd always decorate with the traditional Christmas colours. I'd pick up my mother on Christmas and we'd drive around the neighborhood looking at the Christmas lights for a while, before heading to my home for Christmas dinner. This was our special time together. I must have subconsciously believed that she'd notice the difference between all the seasonal coloured lights and her sad looking blue lights. But, as ever, that string of blue lights shone in her window.

My mother passed away last year and I had the heartbreaking task of packing up her belongings and selling her house, my childhood home. One of the most difficult things was boxing up her Christmas decorations to donate to charity. I came across her blue Christmas lights and smiled through my tears. If there was one thing that brought back warm memories of spending time with Mom, it was those lovely blue lights. She never told me why she decorated with blue lights, but suddenly, I got it. It was so simple; she didn't decorate with blue lights to upset me, or because she hated Christmas or even to be different. She decorated with blue lights because it made her happy. They represented a happy time in her life: They may have reminded her of long ago Christmases in her childhood or my parents first Christmas as newlyweds. I'll never know the details, but now I understand the reason.

Now, I look out at my maple tree, brightly lit by my mother's blue Christmas lights. Nothing depicts Christmas more to me now than a string of beautiful blue lights. I learned a valuable lesson with Mom's passing: I now look at the bigger picture in life and don't get caught up in the minor details. What we perceive to be strange or different may not be at all. And these days, if people ask me, "Why blue lights?" I just smile and respond, "Because they make me happy." *u*

* Republished from Readers Digest Our Canada magazine.



Finding inspiration

By Glenda McCarthy

Tammy Gale was at home sitting at her desk, looking for some type of inspiration for a creative writing assignment for her Business Management degree. Then, she happened to glance out her window at the blue light on the tree in front of her house. Inspiration struck and the resulting bout of creativity produced a heart-felt story which was published in a national magazine. *A Blue Christmas* was printed in the December-January edition of *Our Canada* magazine which is published by Reader's Digest Canada.

Tammy is an executive assistant at the college's Headquarters, and a graduate of CNA's Business Administration program. She transferred her credits from the CNA program to Athabasca University where she is completing her degree online. She says writing *A Blue Christmas* was a healing process in dealing with her mother's sudden death from cancer.

"We had to do a contemplative story and I just started thinking about the blue lights in the tree. Writing about those lights was very therapeutic."

Tammy was encouraged by her brother to submit the article to *Our Canada*, however it was the encouragement from a colleague that really gave her the confidence she needed to submit it.

"My brother and I often talked about mom and missing her. He kept saying the world should read the story. I sent it to Brenda Tobin, the dean of Academics, Applied Arts & Tourism, because she had lost her mother and she said such beautiful things about it that she gave me courage to send it in." *u*

Manufacturing support for local industry

By Glenda McCarthy



Not many people know the college has a Manufacturing Technology Centre (MTC) located at Prince Philip Drive campus. Even fewer know that its main focus is to provide support to the manufacturing industry throughout the province.

"The MTC's core mandate is to grow the manufacturing sector in the province and we do that through interacting with the local industry and providing them with assistance with resources available at the college," explains manufacturing technologist Jason Legge.

"We try to match college resources with industry needs. The biggest thing I find the MTC does well is to transfer technical knowledge. When an industry client calls for something specific, we often know where they can get it locally. While we're not always directly providing a service to them, we are helping one industry client match up with another industry client."

The MTC was created to support growth in the manufacturing sector of the province's economy. Not only is it beneficial to industrial clients, it also provides CNA's students with a chance to work on real world applications.

"The educational benefit is that sometimes we bring in specialized equipment to complete projects unique to industry enabling CNA students to get the benefit of using this unique equipment while working on those projects."

Jason says some students also find work-term employment or permanent employment from direct involvement with industrial clients through the MTC, like the time they were approached to find a new way to cut a needle.

"I had a work term student at the time and I had him work on the project. After the project was completed the company came back and hired the student to work at their facility full-time. They needed someone with those types of skills."

Recently ACAN Windows approached the MTC for help with a project valued at \$15,000 that was funded in part through the Research & Development Corporation (RDC) of Newfoundland and Labrador voucher program. Assisting clients with securing financial assistance through funding agencies, such as RDC, is a key mandate of the MTC.

"They had an application come up where some of the older houses

needed window frames cut on a different angle. They wanted us to create an end cap for the frame, so that's what we set out to do," Jason recalls. "It took several prototypes but we did come up with a final product that was suitable for them. It's a neat project because there is currently no private industry locally doing injection molding. It gives companies here a chance to utilize a technology that is not readily available."

But it isn't always about creating a product. One such example can be seen with Chatman's Bakery, which was looking for a new way to cut its cookies.

"They were curious about what alternatives were available to them. Keeping in line with the MTC mandate, I researched a number of different options for them."

He presented 10 options which included pricing, benefits and drawbacks. "If they do decide to make a capital purchase they have enough information to know what each process will do," he says. "It's something that's not difficult to do but if you have a small business like Chatman's it's hard to find time to do that."

Jason's main focus is to liaise with and support industry clients. Faculty typically focus on providing an education to students first. Through the projects in the MTC, the students learning experience is enhanced while providing critical services to the manufacturing industry, thus enabling that sector of the provincial economy to continue to grow.

"We try to sell the MTC as a one-stop-shop. One time we had someone come in who was looking to have stuffed animals made. That wasn't our expertise by any means, but I did manage to hook them up with someone in the local industry who could provide that service. We work with just about everyone."

He says there is constant need for support.

"We are in contact with industry on a daily basis," Jason continues. "On average, four people a week call looking for some kind of information. It can turn into something we have to make, or it could be just them looking to find a product locally."

Chef of the Year

Roger Andrews has been named Chef of the Year for 2012 by the Newfoundland and Labrador Chef's Association.

A chef instructor at the Prince Philip Drive campus since 2006, Roger is very humble about being recognized for his work.

"It's a pretty big honour to follow in the footsteps of people like Vince Dinello, Jerry Crewe and Rory MacPherson - all people who have done a lot for the culinary industry in the province," he says. "I didn't expect to win. I guess you never really expect to win but I had done a lot the year before with regards to coaching different students, being with the national team and stuff like that but it always a surprise to win."

Roger's culinary training took him first to Cabot College, now known as CNA's Prince Philip Drive campus in 1994 for a diploma in

Food administration. He then went on to Holland College in Prince Edward Island where he graduated with honours with a diploma in Culinary Arts. In 2006 he returned to his roots in the Culinary Arts program at CNA, this time as an instructor.

2012 was a busy year for Roger. In addition to being named Chef of the Year, he took home a bronze medal from the Culinary Olympics in Germany in October and joined the ranks of those deemed the best in the world. The trip highlighted Roger's second stint on the Olympic team as a member of the support crew. Roger's Olympic win was the second time a resident of Newfoundland and Labrador received a medal in the individual competition from the Culinary Olympics.

Spiced Rubbed Salmon Pan-Roasted with Pan Sauce Vin Blanc



Ingredients

- | | |
|---|--------------------------------|
| 1 tsp ground coriander | 1 tbsp extra- virgin olive oil |
| 1 tsp dry dill | 1 tbsp butter |
| 1 tsp brown sugar | 1 shallot, minced |
| ½ tsp ground cumin | 2 cloves of garlic, minced |
| ½ tsp fennel seeds, well crushed | 2 tbsp dry white wine |
| Sea salt and black pepper to taste | 2 tbsp heavy cream |
| 2 thick salmon fillets, 8oz each, skin on, boneless | |

Directions

Combine coriander, dill, brown sugar, cumin, crushed fennel seed, salt and pepper in a small bowl. Place the salmon, skin side down, on a plate and rub the top of each fillet with the spice mixture. Cover with plastic wrap and refrigerate for about an hour.

Preheat the oven to 400°F. In a large ovenproof frying pan over medium-high heat, warm the olive oil until just smoking. Place the salmon, skin side up, in the pan and sear for 2 minutes. Carefully turn the salmon over and transfer the pan to the oven. Roast until the skin is crisp underneath and the salmon lightly flakes but is still very moist; typically 5-6 minutes.

Transfer the salmon to a plate and cover to let rest while you make the pan sauce. Place the pan on the stove on medium heat. Add the butter, shallots and garlic; sauté 2 minutes. Add a splash of white wine and reduce to a sauce consistency. Add the cream and reduce again.

Serve the salmon immediately with white wine pan sauce.



In Case You Missed It...

CNA graduate tops international IT competition

December 7 - A recent CNA graduate is the winner of an international information technology and computer networking competition. Brian Forward, who completed CNA's Computer Systems and Networking program at the Prince Philip Drive campus in St. John's, beat out nearly 1,000 competitors from across Canada and the United States to win the Cisco Networking Academy NetRiders Skills Challenge.

CNA presents awards and scholarships

December 17 - CNA campuses across the province recently awarded 315 awards and scholarships totaling \$284,487 bringing the annual total to 602 awards and over \$450,000 in value. Each year, CNA's Awards Program provides a significant contribution to the education of students through the encouragement and recognition of high scholastic performance, and by providing a measure of assistance to those who may experience financial difficulty in completing their program of studies.

CNIB celebrates its 100th Eye Safety Workshop with CNA students

January 16 - CNIB marked an eye safety milestone in Newfoundland and Labrador as it partnered with CNA to host its 100th Eye Safety Workshop. The event marked the first in a series of workshops being offered by the college to its students across the province. Since it was officially launched in October of 2010, more than 3,000 workers in Newfoundland and Labrador have participated in CNIB's eye safety program.

Making life a little easier for city man

January 16 - Mike Johnson may have an ironworker's union tattoo on his upper right arm, but that won't stop him from getting a helping hand from the Millwright apprentice students at the Corner Brook campus. Paralyzed from his lower ribs down, Johnson requires a wheelchair to get around. His fellow students rigged up a snowblower to a sleigh to make snow removal easier for him.

Bell and Bell Aliant fund mental health first aid training at CNA

January 22 - Bell and Bell Aliant announced \$15,000 in funding for the implementation of an innovative mental health initiative with CNA. Funded through the Bell Let's Talk Community Fund, the gift will enable the college to certify several staff members as instructors for Mental Health First Aid (MHFA) training, a program under the Mental Health Commission of Canada.

Millwrights make wheelchair-accessible bobsled for Cook's Quest

February 15 - First they built him a device so he could remove snow from his driveway, then the Millwright students constructed a special bobsled so Mike Johnson could take part in the Cook's Quest bobsled races as part of the Corner Brook Winter Carnival.

College students test their skills and knowledge

February 25 - Phil Connolly, a Construction/Industrial Electrician student at CNA's Corner

Brook Campus put his skills up against classmate Stephen Gardiner in an in-house Skills Canada competition. The electrical installation competition was one of five categories in which students at the college could test their skills and knowledge. The other competition areas included IT software solutions for business, welding, electronics and IT network systems administration.

CNA student entrepreneur named provincial champion

February 27 - Scott Butt, owner of Rustic Creations and full-time student at the Bay St. George campus, was named Newfoundland and Labrador's 2013 Student Entrepreneur Provincial Champion.

RDC invests \$1.7 million in academic-led research and development

February 28 - Deepwater seabed surveying, navigation and control systems for field robots, and improving cyber security measures were among the 10 academic-led research and

development projects receiving more than \$1.7 million in total funding from the Research & Development Corporation of Newfoundland and Labrador. The funding will be used to transform shipping containers into dormitories for use as student housing or as disaster relief shelters.

RDC supporting snowboard design and durability through R&D

March 4 - The Research & Development Corporation (RDC) of Newfoundland and Labrador invested \$10,300 towards a research project in western Newfoundland that will enhance the design and manufacturing process of snowboards. In partnership with CNA, RDC is supporting Magine Snowboards in Port au Port to develop a more durable snowboard product by replacing glass-based fibre with environmentally-friendly composite materials.

CNA instructor nationally recognized for teaching excellence

March 7 - Holly Morris believes the sharing of ideas and knowledge is the key to teaching

excellence. In that spirit, she wears many hats. Perhaps that is the reason the Society of Teaching and Learning in Higher Education selected her as one of five recipients of the 2013 College Sector Educator Award. The group represents faculty from across Canada who exemplify the best in college teaching excellence and peer mentoring.

Digital Animation graduate takes international award

March 12 - Digital Animation graduate Zachary Green continued to collect accolades for his digital short film, fittingly titled, The Collector. The most recent accomplishment was recognition from Applied Arts Magazine's 2012 International Student competition. In 2012 he was recognized nationally by Applied Arts Magazine.

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