

# CURRENTS

NEWS AND VIEWS FROM COLLEGE OF THE NORTH ATLANTIC

## Branding award for MarCom department

College of the North Atlantic (CNA) has been recognized with a Silver Award of Distinction from the 14th Annual Communicator Awards. The win is for the Marketing and Communications department's branding ad campaign.

This is the first time CNA has entered and won awards from this competition and Stephen Lee, CNA's manager of marketing and communications, says it is an honour for the college to be recognized.

"I'm very proud of the award-winning team

our marketing and communications team won this award. I've always felt the work they do is of exceptional quality and this external award is confirmation of that. Congratulations to all on another job well done!"

The Communicator Awards are judged and overseen by the International Academy of the Visual Arts (IAVA), a 200+ member organization of leading professionals from various disciplines of the visual arts dedicated to embracing progress and the evolving nature of traditional and interactive media. Current

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we have in the Marketing and Communications department here at College of the North Atlantic," says Lee. "I am often questioned by colleagues outside the college as to what firm does our marketing. They are always surprised and impressed when I tell them we do it all in-house with a small but very talented and dedicated team."

The 14th Annual Communicator Awards received over 9,000 entries from across the US and around the world and honors the creative excellence of communications professionals.

Corinne Dunne, the college's vice-president of Development and College Advancement, oversees the college's marketing efforts; she says she's extremely proud of the accomplishments of the marketing and communications department.

"This award is very well deserved," says Dunne. "I'm pleased, but not surprised, that

IAVA membership represents a "who's who" of acclaimed media, advertising, and marketing firms.

"The incredible quality and diversity of this year's entries was an inspiration to the academy and all of our judges. The work reflected the rapidly changing media landscape as the growing amounts of interactive work submitted pushed the limits of the medium, and the quality of the traditional work submitted was again remarkable," noted Linda Day, director of the IAVA.

She added, "On behalf of the entire academy, we are honored to have judged the 14th Annual Communicator Awards and we are proud to honor the best in creativity and execution from the foremost communications professionals in the business."



Paul O'Keefe, graphic artist with CNA's Marketing and Communications department, proudly displays the International Communicator Award won by the college for its branding ad campaign.

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# From the Editor



**I**t's been some time since I've written an editorial in *Currents*; I'm happy to say it is for good reason – we've simply had no room for such a thing! We have so many positive happenings at this fine educational institution and you all have been providing so much wonderful fodder for me that it has been difficult trying to fit it all in. However, on the cusp of a brand new year, I wanted to at least touch base with you and relay some results of the recent *Currents* survey.

It is ever a challenge to represent all campuses and our headquarters activities, especially now that submissions are coming in from just about every campus (keep 'em coming!) – information about new Continuing Education courses that cater to your own region, student activities and awards, employee designations and accomplishments, new programming, community outreach, contract training, alumni updates, CNA-Qatar news, new research and development and, well, “So much more!” That is our tag line and I believe each and every one of us contributes to the realization of that objective – to continue striving to be even more than we have to be.

In the spirit of that, we in marketing and communications proudly help market and promote the quality affordable education offered at CNA. We also strive to stay connected to you and keep you connected in some small way to each other. One way to do this is

through your employee newsletter. For those of you who are relatively new to the college, *Currents* was originally designed and launched by Stephen Lee in 2000: <http://www.cna.nl.ca/news/newsletters/Winter%202000.pdf>. A primarily black and white, eight-page online publication, it has since grown into a 12- or 16-page, multi-colour, printed publication that is distributed to each campus, government offices, and even high schools and beyond, for recruitment purposes. You are the foundation of this newsletter.

It was through a survey in 2005 that you let us know more of what you wanted to see in your online newsletter. For example, many of you felt it shouldn't be solely about employees, that it should include some student success material. It was also through your feedback that we decided to print the quarterly publication. We were reminded that not all employees work at a computer every day – there are many who are in shops and out in the field and other people who have little or no time on a computer at work and no computer access at home. Many of you said you liked to take your copy home to read at your leisure; many spoke of the pride of an attractive, professional-looking newsletter that reflected the quality of this institution. This is the reason why we began in 2006 to go to

7.6% management; over 90% were aware of *Currents* before the survey, some 45.5% read every issue, 37% read it but not always, 15.5% read it sometimes and 2% do not read it. Interestingly, 25.7% of respondents like to have both electronic and print copies available (our current status), 45.2% preferred the online PDF format, 21% wanted to see an e-newsletter and 7.9% would read only a printed copy. An overwhelming 79.3% think the current quarterly publication is good, while 20.1% would like to see it more often (only one person said less often). With reference to topics covered, people were most interested (in order of highest interest) in updates on college programs and projects, followed by student success (actually much higher than last survey), staff achievements, events and program/faculty news, community development, educational issues, partnerships and new appointments.

It is interesting to note that respondents had the least interest in Qatar updates. I believe this is due to the fact that when we began including Qatar updates, there was no other connection with our new campus in the Middle East – *Currents* was the only source of information for our employees on the ground here in Newfoundland and Labrador. The campus facility was still being built, programs

being chosen, recruitment still ongoing, and so on. Since then, the campus has expanded beyond expectation and they have a Marketing and Public Relations team that creates and distributes their own very attractive and informative newsletter

(Al Majlis). They have also developed some wonderfully detailed recruitment material and promotional brochures, an Academic Calendar, and more. So instead of a logistics update, we have lately been bringing you some stories about student exchange between CNA-Q and CNA-NL, events and happenings at the campus, and more from their promotions team and Roger Hulan, public relations specialist with the Qatar Office in Stephenville.

As pointed out by some in the survey, though a newsletter is a key part of communication within such a diverse organization (it contributes to a larger sense of community in an institution that is particularly segmented

“...a newsletter is a key part of communication within such a diverse organization – it contributes to a larger sense of community in an institution that is particularly segmented and separated geographically...”

print with *Currents*.

With the most recent survey in June 2008, many of these comments were echoed. Some valid and valuable observations were made about coming in line with the CNA's new “green” initiatives and therefore not printing the newsletter. For now, however, we will continue to print so we may serve all. But we are open to suggestion! We continue to expand the scope of the newsletter to see to your wants and needs.

Some 343 of our employees responded to the survey. Here are some of the stats gathered in the survey: of the respondents, 49.6% were support staff, 42.9% faculty and

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# Employee appointments

**Mary Margaret Short** has been appointed as the new Manager of Human Resources at Ridge Road campus, replacing Jennine Loder for the next year. Short has over 20 years of experience with the provincial government and has a significant background in the area of strategic human resource management, including employee relations, recruitment and HR planning.

Short is responsible for providing overall leadership and direction to the human resource function in the St. John's region.

**Cheri Austin** has been appointed as the new permanent Manager of Human Resource Information Systems (HRIS).

Austin graduated from the college's Business Management (Marketing) diploma program in 1991 and returned in March of 2008 as a PeopleSoft functional analyst. She has been involved in PeopleSoft human resources and financials implementation for over 15 years and has held various positions in the IT industry including HRIS administrator, business analyst, and PeopleSoft consultant.

Austin will be based out of the Prince Philip Drive campus and is responsible for leading the design, implementation and maintenance of the PeopleSoft HR system, as well as managing policies, procedures and strategies related to human resources information systems and technology.

**Annette Morey** has been appointed as Manager of Internal Audit.

Morey graduated from Memorial University in 1991 and articulated with Deloitte & Touche to obtain her Chartered Accountant designation

in 1994.

She started with the college in 1998 as an accountant. Since that time, she has held several positions including budget officer, comptroller, associate director of finance (acting), team lead for PeopleSoft finance and budget manager.

**Sabreen Mowlaii** has joined the Division of Development and College Advancement – International Services in the position of International Business Development Officer.

Mowlaii, a native of Iraq, comes to CNA with a diverse international background in international education, having worked with the Association for New Canadians, the International Student Advising Office at MUN, and the Canada Border Services Agency and as a cultural diversity workshop facilitator, where she was responsible for promoting cross-cultural awareness to organizations and businesses.

Mowlaii has a Bachelor of Arts degree, majoring in political science with a focus on international law and international relations, and is currently working on a master's degree. She speaks fluent Arabic, and brings with her real life experiences of adapting and living in new cultures.

**Mary Tait** has returned to the college as the Budget Manager for Headquarters.

Tait started her career as an instructor in 1988. She was also an executive member of the former Westviking College until her departure in 1995. For the next four years, Tait was the vice-president of college operations at an Ontario college. Since that time, she has

worked in the private sector.

She brings a wealth of knowledge and experience in the area of finance and administration.

**Elizabeth (Libby) Chaulk** has accepted the position of Associate Vice-President, Learner Services.

Libby holds a master's degree in Education from Memorial University of Newfoundland (MUN) in student services at the post-secondary level. She also holds a B. Sc. (Honours) from MUN.

Libby has 20 years of experience with the college system that includes work as a student development Officer (SDO Co-op), provincial coordinator for our SDO co-op team and campus administrator.

Finally, after seven years as Senior Vice-President, Academic and Learner Services, **Brian Tobin** will be leaving his position to become Director of Academic Programs and Institutional Research.

In his new position, Tobin will provide leadership for academic programs at the college and leadership for institutional research. The positions reporting to the Director of Academic Programs and Institutional Research will include academic deans, chairs and statistical analysts.

Working from Grand Falls-Windsor campus, Tobin will report to the executive member recruited by the college to assume responsibilities for the Academic and Learner Services Division.

Congratulations to all!

## Retired instructors honoured

**O**n October 8, Civil Engineering Technology students at the Prince Philip Drive campus dedicated two survey monuments to retired Civil Engineering Technology instructors Harry Bown and John Cahill.

These are the fourth and fifth monuments to be placed for what has become a tradition for the Civil Engineering Technology program.

These survey monuments were constructed by third-year Civil Engineering students as part of their Construction Camp under the supervision of instructor Jason Hillier.



*John Cahill cuts the ribbon in the presentation ceremony to commemorate the two new monuments.*

*Both Harry Bown and John Cahill will remain part of the Ridge Road campus through monuments created in their honour.*





# Alumni and Advancement

The office of Alumni and Advancement plays a vital role in college life and provides a link for college alumni who wish to remain connected to CNA.

Learning is a lifelong process and an individual embarking upon a post secondary education, either as a young person just finishing high school, or a person who has been in the work force for a number of years, is making one of the most important decisions of his or her life.

Pursuing a college education takes a huge commitment by a student; it takes discipline to attend classes, hard work to study and dedication to the journey. Although tuition fees in this province are among the lowest in the country, a college education is expensive and student debt load upon completion of a college program can average \$27,000, an amount that is substantial for a new graduate.

One of the mandates of the office of Alumni and Advancement is to seek opportunities and establish partnerships that provide scholarships for deserving college students. These scholarships and bursaries help ease the financial worries of post-secondary education and allow students to focus on their studies. The office of Alumni and Advancement has been very successful with efforts to support scholarships and since their inception in 2004, have raised in excess of \$700,000.

Another responsibility of the office of Alumni and Advancement is to provide a link with college alumni. Upon graduation,

CNA students are encouraged to join their alumni association. There are many benefits to membership, including staying in touch with college friends, staff and faculty. Equally as important, employers frequently send job postings, which are sent direct to alumni to provide key support in a person's job search.

CNA cares about its students and is committed to providing every opportunity for their success; this commitment continues after graduation through the office of Alumni and Advancement.

*"These new scholarships are made possible through the cooperation and dedicated effort of the college team and the community,"*

The office has recently secured five new scholarships:

The CCTT Scholarship, valued at \$1,000, will be awarded annually to a second- or third-year student enrolled in any applied science or engineering technology program;

The PanGeo Subsea Scholarship, valued at \$500, will be awarded to a third-year student enrolled in the Software Engineering Technology (Co-op) program;

The David Kerr Wilson-Kerr Controls Scholarship is valued at \$1,500 and will be awarded annually to a student enrolled in the Refrigeration and Air-Conditioning Mechanics program or the Mechanical Engineering Technical program;

The Ted Janes Entrepreneurial Scholarships are valued at \$500 per year for a three-year

commitment of \$1,500. Two \$250 scholarships will be awarded to students enrolled in the Cabinetry program at the Port Aux Basques campus; and

The John P. Powell Memorial Scholarship, valued at \$2,500 is presented by Mr. Donald J. Duff. This is a one-time scholarship awarded to a student enrolled in the CAS Transfer program at Carbonear campus.

"These new scholarships are made possible through the cooperation and dedicated effort of the college team and the community," says VP Development and College Advancement Corinne Dunne, "and I would like to thank the individuals who continue to work with us at the various campuses – especially Donna Feltham, manager of Student Services and chair of the Provincial Awards Committee; Sonya Smith, manager of Alumni & Advancement; and Joanne Whalen, Alumni & Advancement Officer.

All awards will be administered through Student Services and the Provincial Awards Committee. For additional information and details on these awards please contact Sonya Smith, office of Alumni and Advancement or Donna Feltham, Student Services.

*By Sonya Smith, manager of Alumni and Advancement*

## From the Editor

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and separated geographically, it helps us celebrate each other's achievements and perhaps find encouragement ourselves to do the same, and it keeps us connected to our purpose, student success) it can only do so much. It takes more. And we're getting it these days with the leadership of our President Jean Madill, who, if I may say, "walks the talk." She keeps us connected with her Executive Updates, asks for feedback, visits campuses and departments to hear concerns and give encouragement and has an open-door policy. Many of you said these very things in this survey.

I'd like to thank Tanya Lopez, who helped create the electronic version of the survey and analyzed its results. And thank you to those who participated – you are the reason for the newsletter's existence and for its success. We value and need your input, so don't just wait until the next survey, please do contact me with your ideas, stories, inquiries and suggestions – anytime!

In closing, I'd like to take this opportunity to thank you. I am so very proud to have the opportunity to write about the dedicated people who give this college its world-class

reputation – both employees and students.

I sincerely wish you great success and happiness for what is shaping up to be a stellar New Year!

*Janya Alexander*

# For love of the job

## Instructor retires after 18 years of service

**I**t takes a special kind of person with a love of teaching to keep the same teaching job for 18 years. Marg Lockyer is such a person. She was an instructor in the Community Studies program at Bay St. George campus until her retirement earlier this year.

Lockyer worked at a school board for 17 years, for a total of 35 years as a teacher. However, she still recalls her very first teaching job.

"I was 19 when I started. I had 38 Grade 4 students that first year. I was trying to pretend that I knew what I was doing," she says with a laugh. "It had its scary moments but you know I bet I could still name most of those students. They were my first group so it was like they were my kids. Isn't that funny that I remember most of their names? That was in 1972."

Lockyer began her stint at the college in the Community Studies program as the disabilities specialist instructor.

"At that time, Community Studies had three very distinct streams – community development, corrections and disabilities specialist. Students had to choose one before they came in. I came to the college on a one-year leave of absence to try it out, but didn't leave because I really loved it."

She says it's probably unusual for someone to stay in the same job for nearly two decades, but she never had the urge to leave for something different.

"There were many opportunities along the way. The biggest one back about 10 years ago – I got involved with the college leadership program to get people who were potentially interested in management jobs/administrative jobs. I was accepted in the program

and there were 12 of us across the province. At the time, the college hadn't combined but all the community colleges bought into this program. The idea was that we would receive management training over several years and then move into management. Many of the other 11 people did just that but I did my two internships and tried management positions in Stephenville Crossing and then wanted to go back to what I love – teaching."

Lockyer says in 18 years, she only once took time from the Community Studies program, and that was only temporary.

"The only time I moved away from community studies at all was when I took the instructional coordinator position. I knew it was only temporary... I thoroughly enjoyed it, but I was interested in getting back to teaching my Community Studies program."

Even after 18 years in the Community Studies program, she says she never fell into a rut.

"It's an awesome program and I think the program attracts those who are people-oriented, people who like to be involved, volunteer, and do community work. Our students are like-minded. We've always had a really good team even though people have come and gone from the program, we've had a really good mix. The program is always evolving and changing. I never felt I was in a rut or that I was doing the same thing as last year. We were always trying to improve the program and it always seemed fresh. It just worked."

She still feels that way today.

"I retired feeling like I left the best job in the world. I feel very fortunate to be able to say that. I felt that I couldn't have had a better job. The other thing I liked about the college is that they have always been supportive of us as instructors being involved directly in the community and our students being involved in the community. I loved doing that and I loved having an employer who was really supportive and encouraged us to be engaged and have the students engaged in organizations."

**"I retired feeling like I left the best job in the world. I feel very fortunate to be able to say that. I felt that I couldn't have had a better job." Marg Lockyer**

While there have been many changes within the college during her years, she feels the amalgamation into one provincial college was the biggest.

"Technology was also a big change... when I went to college there was an electronic typewriter when I arrived, and when I left we had our own desktop [computer]. There was no such thing as digital projectors 18 years ago. In Community Studies people joked with us



*Marg Lockyer recently retired from CNA after 18 years as an instructor with the Community Studies program at Bay St. George campus.*

about holding on to our flipcharts. Community Studies instructors are seen as not using the technology as such – you work with people wherever they are and you take your flip chart with you even now."

Lockyer loved her job so much that she had a hard time deciding to retire.

"I let Cyril Organ (campus administrator at Bay St. George campus) know I was going to retire a few days before my last day. I had a really hard time deciding to retire. When I heard people talk about it, well I just didn't want to talk about it. I couldn't imagine not doing it and this program not being a part of my life. I had a really rough time making the decision but I sort of felt I needed to."

Her co-workers have high praise for her work within the community and her influence on the lives of the students who passed

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# For love of the job...

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through the doors at CNA.

"I've worked with Marg since the early 90s and I can honestly say she is the best instructor that I have worked with and learned from," says Brian Foley, campus administrator at Bay St. George campus.

"She has a student-centered attitude. She has spent hours and hours preparing for classes and she has connected with students in every aspect of their learning lives. She's probably mentored every instructor who has been here in the applied arts program, including. She's got a fabulous attitude, is pleasant, intelligent and courageous when it comes to trying anything in the classroom. She's a fabulous human being."

These sentiments are also echoed by Susan Fowlow, applied arts instructional coordinator at Bay St. George campus.

"Marg was definitely instrumental in creating within the Community Studies program, a focus on disabilities that was current, real and spoke to the importance of professionalizing the roles of support workers. Her commitment

to the program and to students was heartfelt and unwavering," says Fowlow.

"When I entered the Community Studies fold in 1992, and joined the team of Marg Lockyer, Brian Foley and Sheldon Brown, the expectations were very high. It was not enough to know your stuff, you had to live your stuff. Community involvement was understood to be a critical piece of the work we did and again, Marg carried the torch."

Fowlow says Lockyer was involved with [factions of] the local, provincial and national Association for Community Living, was one of the founding members of the group to advocate for the deinstitutionalization of persons with disabilities, served on the Residential Support Board, the board of the Community Employment Corporation and, on the side, found time to raise her daughters, serve her church, attend and participate in her daughters' school activities, and be an advocate for any and every student that passed through the doors at CNA.

While Lockyer says she hasn't regretted her

decision to retire, there are moments when she would love to be back in her position as an instructor.

"I'm taking it really easy," says Lockyer. "I've had a couple of potential job offers but I promised myself I would take it easy for a while."

"I think the fact that we moved to Billam, Manitoba, a small hydro town, has helped. It's lovely and the people are so friendly and it's really slow paced. It's a quiet community and my husband works as a counsellor at the local school. We don't have a car because anywhere we go, we can walk within five or 10 minutes. We got in the European way of buying a few groceries at a time and there is a small mall and curling rink – it's a lovely little town. So I think that sort of helped me."

Wherever her future takes her, Lockyer will always look back at her time at CNA with fond memories.

## Counselling for success at CNA

### Introduction

The terms "counselling" and "counsellor" have many different meanings and interpretations. This article outlines how counselling services are offered here at College of the North Atlantic, and how counselling can add value to the student experience and success.

If your campus has a counsellor, chances are that one or more of your students have used counselling services this past year. However, you may be uncertain as to what a counsellor does. Due to the private and confidential nature of our work, counselling may not be well understood. Additionally, many students will go out of their way to not be seen entering the counsellor's office and will wait until nobody is around, as they may be wary of being seen by fellow students as having 'problems.'

At a basic level, counselling is a chance for students to talk confidentially with someone who can help them learn skills and new ways of looking at situations. This can help students be more capable of solving problems on their own. On a more formal level, counsellors help students through the myriad of questions and issues that interfere with their success. This

might include career counselling, academic advising, program choices, interpersonal issues, academic difficulties that may require a tutor, assisting with financial issues, and helping with numbers of significant, personal issues that some students are living with.

Counsellors provide free, confidential consultation, referral and short-term services for college students. Counsellors offer students an opportunity to talk with someone who will listen without criticism and maintain confidentiality. Counsellors also provide help for students who are experiencing problems that interfere with their school, work or personal lives. College counsellors have had training and experience specific to working with college students; at College of the North Atlantic, each counselling team's training and interests span a broad range of approaches to counselling.

The goal of short-term counselling may be to prevent small problems from becoming big ones or to intervene quickly in a crisis, helping people to return to their normal functioning as soon as possible. Some students benefit from one or two sessions of problem-solving, while some concerns may warrant further

counselling sessions. The counselling process usually involves the following steps: assessment of an area of concern, development of a collaborative working partnership, creation and implementation of a plan, and follow up. Most people who seek help benefit from meeting with a counsellor. In situations where the problems are more longstanding, referrals can be provided for quality services at outside agencies. Research has indicated that post-secondary counselling services increase student success, retention and student satisfaction.

### Student Vignettes

Susan\*, after graduating from high school as an honour student, was suddenly faced with the challenging task of choosing an occupation. She chose to go to a mainland university to do a degree in Home Economics; however, she quickly discovered that this was not the right choice for her. She came to the college seeking career counselling. The counsellor listened carefully to Susan's life and career goals and explored her academic and extracurricular interests. She was extroverted and friendly, and as could be seen from her high school transcript, was an intelligent young lady. She

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# Counselling...

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had been involved in school activities and worked part-time in retail sales.

After completing assessments in the areas of interests and exploring in the CHOICES program, Susan and the counsellor discussed a number of options that seemed to arise, and after taking some time to give serious consideration to these, she opted to do the Business Administration diploma program, hoping to eventually go on to specialize in Human Resource Management. Happily, she graduated with a GPA of 4.0, having thoroughly enjoyed all aspects of the program and the employment opportunities available to her in Human Resource Management.

Susan's story doesn't end here. She returned to the counsellor's office upon graduation very pleased and proud of her accomplishment, with an air of optimism about her career future. She then shared the next step of her career aspirations – that of going on to university to do a bachelor's degree in Business Administration, with a major in Human Resource Management. After some research as to options, she eventually enrolled in an Atlantic provinces university, where she completed her Business Administration degree in one-and-a-half years of study and quickly found employment as a Human Resource Management Officer.

Amelia\*, a student in one of CNA's business programs, spoke with a counsellor about some difficulties in a relationship she was in, which resulted in an unwanted pregnancy and, because of the support provided by the coun-

sellor, continued in her program and is now working out West quite successfully.

Darrell\* came to the college with a history of not finishing things he had started. It certainly seemed that he was quite bright, but as he progressed in his coursework, he failed to finish work he was given. Darrell spent quite a bit of time with the counsellor and explored and identified a variety of issues. A specific course of action was outlined and after frequent and consistent meetings with the counsellor, he eventually graduated and won several scholarships!

At another campus, Ashley\* showed up in the counsellor's office and revealed that her husband had recently passed away and she was having a difficult time because of the grief that she was experiencing. The counsellor spent a considerable amount of time with her, providing both academic and personal support to help her through this difficult time. Ashley remained in school and recently graduated from the Programmer Analyst program.

Bruce\* had been diagnosed with a psychiatric problem and found that he was having considerable difficulties in relationships. He often comes to the counsellor's office in order to vent and discuss options to this behavior and is, up to this point in time, still here and finding success in his program.

Sheila\* showed up on campus after having recently gone through the tragic death of her partner in an automobile accident. She naturally was having a rather severe response to her grief. Sheila was also experiencing

additional pressure in that she now found she had to receive some training and return to the work force in order to support her family. Through some consistent support and counselling of a personal and academic nature, she expects to graduate in the next year or so.

## Discussion

Counsellors recognize the particular needs of these and other students as individuals and often play a pivotal role in helping them realize their full potential. Promoting healthy living and a balanced lifestyle is another of our key goals and proactive, multi-disciplinary service is a feature of our service delivery. Counsellors work to provide responsive, student-oriented, student-friendly services.

Counselling helps students learn new coping skills, set goals, solve problems, make decisions, and manage stress in a safe and structured environment. Counselling also provides students an opportunity to explore aspects of their adult lives beyond the academic context. There are many experiences like these that students live with and show up on our doorsteps with. Very often with the support and encouragement of our counsellors, these students are able to find success and lead the kind of productive lives they desire.

\* NAMES ARE FICTITIOUS

*By John Harnett, guidance counsellor, Ridge Road campus*

## Crown Princess tour

**M**arine Cooking and Cook students from Prince Philip Drive (PPD) campus had an opportunity in September to tour the cruise ship Crown Princess, the crown jewel of the Princess fleet, while it was docked in St. John's. Its unique Crown Plaza is an atrium designed in the spirit of an Italian piazza where you can get a bite to eat or just relax and people-watch. Other highlights of this brand new ship include the Crown Grill, modeled after a classic steakhouse, the Sanctuary deck area, reserved just for adults, and Movies Under the Stars, the poolside movie theatre. The Crown Princess is the biggest cruise ship to enter the port of St. John's to date.

The tour, which was over two hours long, was conducted by Lucas Baumann, assistant

food and beverage manager of the Crown Princess. The highlight was a tour of their galley, a state-of-the-art kitchen where over 14,000 meals are prepared daily! The tour concluded with a lunch provided to cooking students at the Horizon Court Buffet and Bistro.

Many thanks go out to Mr. Baumann for the

tour and Chef Gil Bromley (Marine Cooking) for organizing this event. This was the first, but hopefully not last, cruise ship tour for the Marine Cooking and Cook students at Prince Philip Drive.



# Grand Falls-Windsor acknowledged for intervention support

**C**NA has been honoured for work in suicide intervention.

The Grand Falls-Windsor campus received an award from Applied Suicide Intervention Skills Training (ASIST), Newfoundland and Labrador chapter.

The award is based on the support CNA has given to employee Sheila Trask, for her work in suicide intervention training.

"In presenting the award, although especially for the Grand Falls-Windsor campus, the overall support of College of the North Atlantic was also recognized," says Cyril Farrell, administrator at that campus.

Suicide intervention is about training others to recognize warning signs to ensure that someone reaching out gets the help she/he needs.

"I want to take this opportunity to thank Sheila for her work as a trainer in suicide intervention skills and for bringing positive attention to our campus. I also want to thank administrators before me who provided the means that allowed Sheila to be involved."

The award is given out annually to one or more groups that go above and beyond to promote suicide intervention in the province.



*Cyril Farrell, campus administrator at Grand Falls-Windsor, recently accepted an award from Applied Suicide Intervention Skills Trainers in honour of the work the campus has been involved in for suicide intervention.*

"It is an acknowledgement award, in recognition of the support that the campus has provided in allowing Sheila the time and resources to promote mental health topics and in particular suicide intervention."

Trask organized several workshops on self-mutilation and taught several workshops on suicide intervention.

"There was no outlet in central Newfoundland for people to access this training and after becoming a trainer, Sheila ensured that the training became available

to the community. The Grand Falls-Windsor campus was recognized for its support in providing Sheila the time and resources to make the training happen."

Grand Falls-Windsor campus provided space, refreshments, and administrative support.

"This was an award for the support of the campus and not an individual award. Having said that, it was Sheila's drive and commitment that brought the campus to the table and in reality she deserves much of the credit," he continues.

"It demonstrates that we are truly a support in the community and that going the extra mile does get noticed. Having someone like Sheila involved in this work brings very positive

attention to the campus, while hopefully providing skills to others that may save a life. I can only be pleased with that type of outcome for a very small investment from the campus. Sheila's personal investment is much greater."

The plaque will be displayed in the campus boardroom.

## REAL heroes

**S**tudents of the Community Recreation Leadership program at Prince Philip Drive campus raised and donated \$1,348 in aid of the St. John's Recreation, Experiences and Leisure program (REAL). First-year students of the Community Recreation Leadership program organized a walk around Kent's pond for faculty and students. The money was raised to help children participate in recreation and leisure programs in the City of St. John's. From left, Jillian Mugford, first-year class leader for the Community Recreation Leadership program, presents a cheque to Karen Sherriff of the St. John's REAL program. Instructor Paul Lahey, far right, stands by with the first-year class.





# From North Atlantic to Norway

## Job takes student to Europe

When Melissa Cole made the decision to complete the Office Administration program at College of the North Atlantic, she never dreamed it would lead her to Norway.

Cole completed the Office Administration Executive program in April 2008 and had a job waiting for her right after graduating from the program.

"I was working at the college for three years in the student services department while I was doing the program," says Cole. "I had a job interview in the beginning of April for the company I currently work for. I found out I had the job at Canada Fittings and Flanges (CFF) towards the end of April. I only had one day off after graduating from the program before I started there."

Cole works as a project administrator for CFF.

"I do the normal administration work like answering phones, answering letters and they also have me doing work that is required for the company such as entering POs, getting quotes and I do the invoices and shipping related projects – stuff like that."

Her work with the company recently brought her to Europe.

"Our parent company is located in Norway and they started a new training centre up there because they have quite a number of sister companies in places like Australia and Denmark. Because they were starting a training centre, they wanted a few people from other companies to test it out. They were using us as a practice – we were their first group to go through it so it was interesting."

While Cole was the only participant from Canada, there were also representatives from Australia, Singapore, Denmark, Norway and Italy.

"The purpose of the trip was to learn about the industry but I was very fortunate to meet a diverse group of people," she says.

"We had a week of training – the first day was just a walk through the building and warehouses. We have four staff at the site in Newfoundland and they have a lot more staff in Norway. They have three floors to the building and three warehouses. We went through

two warehouses where they showed us the product they carry and then they took us back into the building where we met with the owner of SFF which is the parent company of CFF."



*Melissa Cole, a recent graduate from the Office Administration program, attended training in Norway through her job at Canada Fittings and Flanges in October.*

They were given a lot of information about the company, based in Stavanger, Norway, and about the direction the company will be taking in the future.

"We had two days in a computer lab to learn about the software system we use for the

days to look around. It's beautiful over there and the people are amazing. They are very friendly. It's a lot like here – with the people and the weather. The atmosphere over there is just amazing."

From there she was able to visit Paris.

"I flew to Paris for three days just to see another place in Europe. I got to see some stuff over there but I didn't get to do as much as I wanted. I just walked around the streets – saw the cafés, which is what Paris is about. They're really big on fashion, so seeing the stores over there was really interesting. It was very different from here and from Norway. It's a big city with hustle and bustle and people everywhere. It's really different from what I'm used to."

If you would have asked her when she started her program back in 2006 if she thought she would end up in Europe she never would have thought it possible.

"My God no, I wouldn't have expected this – I was very lucky. I just started in my career and to have these opportunities already is amazing," she says.

But she says she wouldn't have had these opportunities without the training she received from CNA.

"I really enjoyed the program at CNA – and what I liked best about working at the college was the interaction with the people. With regards to the program itself it was the type of work I wanted to do. It's an office job, which is what I wanted; it involves a lot of typing

and interaction using a computer. The job I have now is not just that but other things as well, with offshore oil companies. It's

always interesting, never boring – it's a learning experience."

SFF was established in 1991 with its office in St. John's opening in 2002. The company is one of Europe's leading distributors of piping materials and valves for the oil, gas and petrochemical industry. The headquarters in Norway has approximately 80 employees while sister companies in Denmark, Finland, Sweden, Australia, Singapore, St. John's and Halifax employ 150 people.

**"I really enjoyed the program at CNA – and what I liked best about working at the college was the interaction with the people."**

company. Wednesday we were all split up and sent to each of the three warehouses where we learned about the different products they have, packing up stuff and putting protective packaging so we were able to get a hands-on feel for what they do in the warehouse."

After finishing the training, Cole was able to spend a little time exploring Europe.

"I spent two more days in Norway. Everyone else went home but I wanted to stick around to see a few more things since that is where our parent company is based. So I had a few

# Graduate embraces education, wins national award

CNA alumnus Joan Blake has accomplished in two years a feat that would take most people at least three years. Not only did she manage to complete two diplomas simultaneously, she also found the time and energy to devote to her fellow classmates, the campus and the community. For her efforts, Blake has been recognized with the McGraw-Hill Ryerson Student Scholarship Award.

Marg Cull, Office Administration instructor at St. Anthony campus, nominated Blake for the award. In the nomination package, Cull explained that this exceptional student obtained the highest academic standing in the Office Administration program and was awarded the Governor General's Medal and the President's Medal of Excellence. She also received the Chamber of Commerce Scholarship for being a student that was dependable, reliable, courteous, self-confident, and able to communicate well. In addition, Joan was the 2008 Valedictorian at

St. Anthony campus. All this and she managed to graduate from the Office Administration (Executive) and Office Administration (Medical) programs, completing 31 courses in all!

"Joan has shown exemplary leadership in our classroom," wrote Cull in the nomination package. "She showed this skill when our class was responsible for our campus winter carnival this past spring; she was instrumental in the organization and ultimate success of our Flurry Day. She was the key person to keep all the class together to reach their goals."

Cull went on to explain that fellow students looked to this exemplary student for guidance in their assigned duties.

"Joan was seen as a tutor to students that needed extra help in different courses (Excel, Access, Word, Accounting, Simply Accounting, etc.)," explained Cull about Blake's giving nature. "She was always willing to give a helping hand to anyone having difficulty in any of

their subjects."

And while connecting with and helping her fellow classmates in this selfless manner, Blake was unknowingly meeting the criteria for the unique scholarship. She also spent time volunteering with youth and people with disabilities and spent her summer off working at Rainbow Camp for physically and mentally disabled youth and adults. Engagement, initiative and



From left, Marg Cull, Office Administration instructor at St. Anthony campus, presents Office Administration student Joan Blake with the McGraw-Hill Ryerson Student Scholarship Award, which includes a \$1,000 scholarship.

integrity are the heart of the award.

According to the McGraw Hill website (<http://www.mcgrawhill.ca/>), the scholarship was conceived in 2006 to reinforce higher education institutional focus on the student learning experience. Its purpose is to reward those students who enhance the teaching and learning environment.

Blake says the program's nature really worked for her and allowed her to excel the way she did.

"Our classroom was an open learning environment – that's how Office Administration is done here – you go at your own pace," explains Blake.

"I started in September and caught on very quickly. I basically tried to help late starters know they weren't alone... that we were there for each other."

Blake's foray into post-secondary education began once her children were grown and on their own – she has four children from ages

23-28 and four grandsons. And, she says, the most understanding husband.

"My husband was such an encouragement to me," shares Blake. "The last couple of years it must have been stressful for him, with my head stuck in the books."

Indeed, she started the Office Administration (Executive) program and after the first year, took on the Office

Administration (Medical) program, doing double duty during the second year. It took most of the time she used to spend at home, but it gave her something back.

"The campus here is just awesome – such a family environment. It's the encouragement from the college that kept me going," says Blake. "And Marg... I can't say enough about her; she was superb. She was always there for us. There was also another student who did the same load I did and Marg was always encouraging us."

Since graduating June 2008, Blake has been putting her skills to work in the accounting depart-

ment of a courier service in her home town of St. Lunaire-Griquet, and after she's had a little time to breathe, may enroll in some university courses to do her degree in Office Administration (she can transfer her credits to a variety of universities through CNA's articulation agreements). She looks back on her time at CNA with pride and a little melancholy.

"I think the important realization for me through it all is that the encouragement I gave people, people gave back to me. It truly makes you aware – the encouragement. I wish everyone I graduated with could have gotten the same scholarships," she says.

The McGraw-Hill Ryerson Student Scholarship Award program consists of 20 individual \$1,000 scholarships available to any full-time undergraduate student currently studying a degree, diploma or certificate at an accredited college or university in Canada during the current academic year.



# International Education Week

From November 17-21, several campuses celebrated a dynamic International Education Week. The purpose of International Education



Week is to raise awareness and understanding among Canadians of international education and its significant benefits to Canada, to Canadian educational institutions and to all Canadians. International Education Week is scheduled for the third week of November each year to coincide with the timing of international education celebrations to be held in over 85 countries around the globe.



The week kicked off at Prince Philip Drive campus in St. John's with a performance from the group Dzolali. The rhythmic drumming flooded through the campus and drew students and staff to the gymnasium to experience the music and dancing of this West African ensemble, lead by Curtis Andrews of Carbonear. The group was formed in honour of Andrews' love and knowledge of West African music, which is known for its energy, complexity and beauty. The name Dzolali pronounced "jo-la-lee" means "strike while the iron is hot" and represents living for the moment and taking an opportunity when it arises – certainly a message that PPD's international office and its

staff represent and embrace. The audience was captivated by the magnificent performance that was a feast for the eyes, ears and spirit.

On Tuesday, the PPD gymnasium was transformed into a marketplace of global tastes, sights, and sounds when International Services held its Grand Bazaar. The bazaar drew in people from the college and the outside community to experience a plethora of international delights. Music from around the globe pulsed through the air while visitors sampled foods from such places as Bangladesh, Pakistan, Egypt, Nigeria, and India, just to name a few. Local and international artists also displayed a wide array of arts and crafts to represent diversity through creative mediums.

Dounia Hamoutene, a St. John's dance instructor, brought her love for music and dance to the campus on Wednesday, when she led students and staff in an introductory belly dancing lesson. Originally from Algeria, she moved to Newfoundland in 1998 to pursue a career in scientific research and has been teaching Algerian belly dancing in the province since 2001. Staff and students who attended this session were entertained and engaged by her passion for the dance and the culture it represents.

International Services also hosted a Through a Global Lens photography competition. It required students and staff to submit photos of world travels or one that depicted local beauty and culture. The photos were displayed for students and staff to view throughout the week. The purpose of the competition was to represent global cultures in a manner that would inspire the college community to look beyond their own community to explore other countries and cultures. International Services had positive feedback and received images from Canada, Mexico, Peru, Brazil, Ireland, Germany, Italy, Iran, Indonesia and many more.

On Friday, November 21, the Placentia campus – in partnership with the town of Placentia – hosted an International Day. The event, in celebration of International Education Week, was a way of welcoming trainees from Libya who are participating in the Heavy Equipment Operator training at this campus. The three Libyan trainees arrived on October 17 and have settled into Placentia for a 36-week training program. The event was a celebration of diversity throughout the community and brought together the college and the local community to enjoy a pot luck din-

ner with international dishes and traditional food. They also presented live music and dance with local musicians and visitors, and a live demonstration of Newfoundland and Labrador's culture with local artisans and crafts.

The English as a Second Language (ESL) class at Corner Brook campus hosted their first International Education Week (IEW) event on November 25. The theme was Promoting Global Citizenship and showcased the significant con-



tributions that international education makes in preparing Canadians for a global world.

The student body, faculty and college employees were invited to an intercultural celebration highlighting cultural awareness, knowledge and familiarity. Participants enjoyed a taste of culture through the sampling of authentic ethnic foods prepared by students from various countries around the world including Brazil, Colombia, Costa Rica, Egypt, India, Mali, Mexico and Venezuela.

The feedback from staff and students was



overwhelming and International Services is hopeful that these events will continue to grow and encourage the college community to celebrate diversity every day.



# COLLEGE

College of the North Atlantic held its 5th Annual College Day on Thursday, November 6.

This year, nearly 3,200 high school students, some 70 visitors from the general public and various interest groups attended the event, which ran from 9 a.m. to 3 p.m. across the province.

The agenda varied from campus to campus, but most included guided tours and highlights of programs, facilities and services. Some had hands-on activities for those who signed up early in the day. Other attractions included

information booths and displays, refreshments and lunches, prize giveaways and laboratory demonstrations.

At Carbonear campus, students were treated to a discussion panel.

"Overall we were very pleased with student feedback," says Angela Kavangah, student development officer. "Students really liked the combination of presentations and the campus tour. The majority of students wrote that the experience was 'interesting' and they had an 'awesome day.' Students also stated they would not make any changes to the set up or content

of College Day."

Students rotated in 15 minute increments between program presentations and shop/lab demos and tours.

Some of the presentations included a rat dissection, a science presentation on parasites, a visit to trade shops, an Engineering Technology presentation, a Community Studies presentation focused on crime in Canada and a student panel with current college students. The discussion panel, representing all programs offered at the campus, allowed potential students the opportunity to inquire about col-





# DAY 2008



lege life and specific programs.

"The event's success," says Shirley Woodward, manager of Student Recruitment and Enrollment Services, "was once again largely due to the tremendous energy and organization of campus staff, faculty, administration and students."

"Approximately 3,200 students from 66 schools attended our campuses throughout the province. Many schools availed of funding to assist with bussing. Without these funds, many schools may not have been able to attend; especially those that have the farthest dis-

tance to travel," says Woodward.

"This high school recruitment event is getting bigger and bigger... schools schedule it in their calendars each year and we need to keep moving this initiative forward as it is an excellent opportunity to inform prospective students and the general public of the programs and services available to them at CNA."

The first College Day in 2004 saw attendance by more than 2,000 students from 39 high schools across Newfoundland and Labrador.

"I believe the numbers have grown signifi-

cantly due to the wide promotion and success of this provincial event over the past few years and the fact that high schools view College Day as a beneficial event for students who want to explore post-secondary options," concludes Woodward.

# Run for the Cure 2008

Staff members at Corner Brook campus first participated in fundraising efforts for the Canadian Cancer Society in 2003, when cancer became a reality for one of their own.

Maude Gallant, a dear friend and co-worker, lost her battle with cancer in March 2004, but not before she had an opportunity to be on the team for the Relay for Life that first year.

The following year 'The Maude Squad' was born in her memory and the team carried their sign with pride and loving memories of Maude.

"Inevitably in this global society, some faces have changed from year to year but at least half of the original team members remain and there is always someone eager to fill any vacated spots," says team captain Pauline Hutchinson.

In 2007, The Maude Squad changed tack and participated in the CIBC Run for the Cure instead of the Relay for Life.

"We decided to participate in the Run for the Cure because it was a new event for Corner Brook and the monies go to breast cancer research, which is what Maude had. We do it every year because breast cancer has affected so many people. Maude was a very strong lady and she never gave up. She is an inspiration to us."

On Oct. 5, 2008, the Corner Brook team

was back in full force to participate in the Run for the Cure for a second year.

"The Relay for Life is a 12-hour relay event whereby team members walk for 12 hours and the monies raised go to cancer research. The

book sale we have in September each year here at our campus. All other monies come from pledges. The fact that we raised over \$2,000 is a fantastic outcome and a great incentive to get working towards next year."

Elizabeth Chaulk, campus administrator, says Corner Brook campus is known for fundraising in many capacities.

"This particular event has special meaning as Maude Gallant was an employee here," says Chaulk. "She was a friend and colleague. We really miss her and taking part in this worthwhile event was a way for us to honour her memory."

The Maude Squad team members include Hutchinson, Barb Stone, Carolyn Colburn, Brenda Janes, Juanita Brake, Bonnie Schwartz, Hope Wiseman, Joan Parsons, Jane Hogan and Sharon McLennon.

This year the run raised approximately \$53,000, with just under 300 participants

and 14 teams.

The Canadian Breast Cancer Foundation CIBC Run for the Cure is a fundraising event dedicated to supporting breast cancer research and community education and awareness programs. It is the largest, single-day, volunteer-led fundraising event in support of the breast cancer cause in Canada.



Team members of the Maude Squad for the Run for the Cure are Pauline Hutchinson, Barb Stone, Carolyn Colburn, Brenda Janes, Juanita Brake, Bonnie Schwartz, Hope Wiseman, Joan Parsons, Jane Hogan and Sharon McLennon.

Run for the Cure is a 5 kilometre walk or run event held in the afternoon and monies go specifically to breast cancer research."

This year, The Maude Squad won the New Balance Women's Team Challenge Award, which is presented to the women's team that raises the most donations for the Canadian Breast Cancer Foundation. The Maude Squad team raised \$2,022.50.

"Our biggest fundraiser is a garage/bake/



## Athletes showcase talent in college apparel

CNA sponsored the uniforms for athletes of the Western team of the Newfoundland and Labrador Summer Games, which took place from August 14-18. The team consisted of 26 athletes who won 75 medals in all athletic events and took first place overall.



# Clareville wins Tidy Towns award

**M**unicipalities Newfoundland and Labrador held its annual convention in Corner Brook this past October. During the convention, the 2008 Tidy Towns awards ceremony was held.

Eight criteria awards were made in the areas of Tidiness, Environmental Awareness, Community Involvement, Natural and Cultural Heritage Conservation, Tree/Urban Forest Management, Landscaping, Floral Displays and Turf/Groundcovers.

We were exceptionally pleased to receive two of these criteria awards: Tidiness and Community Involvement. Thanks to the tremendous efforts of our citizens, our town



*Paul Tilley, instructor of Business Marketing at Clareville campus, is Chair of the Beautification and Natural Environment Committee on Clareville's town council. He and Clareville campus were instrumental in activities garnering notice and awards from Municipalities Newfoundland and Labrador.*

staff, our volunteers and our commercial sector, we have been provincially recognized for showing our collective pride in our town.

Our campus played an important role in this through Arts Under the Stars and by its participation in our town's Strategic Planning Initiative, Adopt a Spot, Healthy Aging, ACE and more. Campus Administrator Maisie Caines has been exceptionally supportive of the campus' role in the community.

Again, thank you to everyone who contributed to Clareville's win in these categories!

Let's do it again in 2009!

*Paul Tilley, business marketing instructor*

## HVGB bids happy retirement to two long-term employees

**O**n Wednesday, May 28, 2008, co-workers, friends and family gathered together to wish Bob Simms, campus administrator, and Rhodie Menchion, trades coordinator, a very long and happy retirement.

It was a beautiful setting – the cafeteria was transformed into a nicely decorated scene with lights, candles and music. To match the

look, kitchen staff along with the cooking students prepared an excellent meal of prime rib (fit for a fine restaurant) and of course, pie and ice cream for dessert!

We could not send them off without poking some fun; we added a PowerPoint presentation complete with many interesting pictures and a hilarious skit well put together and performed by Dr. Sparkes (CNA's former president) and Martha MacDonald (Labrador Institute of MUN).

Rhodie started as a Pre-vocational Drafting instructor with the college when it was the District Vocational School (DVS) back in the 1970s. Through the years, Rhodie has instructed many courses such as First Aid, WHMIS, Powerline Hazards and Flagpersons, to name a few. As Rhodie will tell you, over the years he has seen many changes, including the college's name. In his personal life, Rhodie is a true 'Trekky,' and enjoys country music, vintage cars, and how can we forget Tim Horton's and Annie.

Bob held many positions in the education field in Labrador prior to joining the former Labrador College in 1990 as Director of Programs. Outside of work, Bob is an avid sailor and has recently purchased a larger sailboat so he can really enjoy his retirement.

With their retirements, the college – our campus in particular – has lost not only years of knowledge but the camaraderie created



*Bob Simms*

among all staff over time. Best wishes Bob and Rhodie for a long, healthy and happy retirement!

*Submitted by Emily Sheppard*



*Rhodie Menchion*



## CNA logo spotted in England

**D**uring the month of August, a girls' soccer team from Corner Brook travelled to England to play against teams from that country. The whole experience proved to be both enjoyable and educational, as these girls had the opportunity to meet several soccer teams from England and during their time off, take advantage of interpretative tours of the sights and sounds of London and surrounding areas.

This trip was made possible through fundraising and sponsor support. Each member of the team was expected to find a sponsor to purchase a team member uniform – Corner Brook campus was able to sponsor Katherine Flynn, who proudly carried the college logo on the front of her uniform through England.

## Philanthropy abounds at Ridge Road campus

**W**ith Christmas fast approaching and the Ridge Road Workplace Wellness Committee busy collecting donations from faculty and staff for the "Earn your Wings" campaign, the Ridge Road Student Council was also busy on a philanthropic project of their own – collecting food items from students on campus to donate to the Community Food Sharing Association, assisting individuals in the general population who may be in need this Christmas season. In order to inspire students to donate, council turned it into a com-

petition and offered a prize to the class that donated the most food (by weight).

When the final tally was in, students had donated just over 1,200 pounds of food, which was promptly delivered to the Community Food Sharing Association's warehouse in St. John's. How much is 1,200 pounds of food? Enough to fill the back of a 4 x 8 utility trailer! It was a project that I'm sure made everyone feel that true Christmas spirit of giving.

*Submitted by Kerry Thorne*

Do you have a college story to tell? Do you know a student, faculty, or staff member that should be recognized for their achievements? CURRENTS is looking for a few good stories about our public college and the people who make it a success. Send us your photos, announcements, and alumni updates. If you have any ideas, suggestions or criticisms, please drop us a line. Please let us know how we can make CURRENTS a better newsletter for you.

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## Welding students fired up for Janeway



**D**uring the month of October, the Corner Brook campus Staff Club sponsored a ticket sale in support of the Janeway Children's Hospital. The prize was a fire pit, which was made and donated by the students of the Welding program at the Corner Brook campus. The total amount raised was \$340 and the lucky winner was Claude Ellsworth, a Business Administration student. From left front, Ellsworth was presented his prize by Welding instructor Brad Jenniex, and back, students of the Welding program.

