

CURRENTS

NEWS AND VIEWS FROM COLLEGE OF THE NORTH ATLANTIC

FALL 2014, VOL. 15, NO. 1



*Celebrating our past...
...looking towards the future!*



Letter from the editor

It was a historic and exciting time for this province when the first of 12 District Vocational Schools opened in St. John's in 1963. The development of a full-scale program of vocational education was vital to the expansion of the province's economy and industrial development.

And so, centuries of underdeveloped talent and technical skills within this province came to an end. Over time, such education became part of the post-secondary sector and was eventually unified under College of the North Atlantic in 1997. It was, and continues to be, a college with a purpose. After 1963, industry no longer had to look outside its own home to find trained and talented young people.

Now, 50 years later, College of the North Atlantic still provides that crucial service – morphing from a technical institution offering just 44 programs in 1963, to one of the largest post-secondary educational and skills training centres in Atlantic Canada with 17 campus locations. Providing nearly 100 full-time programs and more than 300 part-time courses to some 25,000 students each year, our programs and training have helped thousands of graduates achieve rewarding careers provincially, nationally and internationally. I, for one, am proud to be a part of this amazing college community.

To celebrate our vast history, we'll travel through the decades in this edition of *Currents*, with a pictorial look back at the history of the college. Also in this edition you'll read a touching article about how one college employee was deemed a local hero, as well as two Cook instructors who went head to head with some tough competition on a national television program.

I hope you enjoy this issue. Happy reading!

Glenda McCarthy

Glenda McCarthy

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Together, through thick & thin



By Glenda McCarthy

Every once in a while you come across a person with an outstandingly positive outlook on life. Upon meeting Melanie Oliver you will realize she is such a person. With her complete faith and humility, it came as no surprise to many that Melanie, along with her mother Patricia, father Bruce and sister Nancy, were nominated as local heroes for National Mobility Awareness Month earlier this year.

Our heroes are those who do good for the world despite challenges they face themselves. The Oliver family has faced, and overcome, their share of challenges throughout the years. Melanie was born with Spina Bifida and, while limited in mobility, had limitless dreams and aspirations.

"I had a wonderful childhood," she says. "I led a pretty active life. I always say that I may not be able to do exactly what others can do, but I will always find a way to do it. It may be a different way to do it and some people may think it's a strange way to do things, but I'll always find a way so I'm not completely left out."

Melanie graduated high school in 2001 and then attended St. Mary's University in Halifax. To say Melanie was determined is an

understatement. Her drive to succeed was unmatched. However, this drive came to a halt in March 2005 when she developed pneumonia and was hospitalized. It was a scary, uncertain time for Melanie, her family and friends.

"My oxygen level was at 56 per cent and the doctors were shocked I wasn't turning blue as my lung had collapsed." Melanie was diagnosed with sleep apnea and pulmonary hypertension and spent four months on a ventilator, unable to speak.

"As scary and as much of a struggle those months were, it really put me on a path to leading a healthier and better life, but it was a very frustrating time. My parents were there with me the whole time and after a few months got really good at lip reading," she says with a chuckle. "It was a trying time but I had my family surrounding me and I had amazing nurses in Halifax. Someone said to me, 'how did you get through it?' I had so much faith and God got me through it."

Melanie's determination shone through as she pulled through the illness and was finally released from hospital after four months of struggle. However, the following September her sister Nancy suffered

In a time of test, family is best. - Burmese Proverb





The Oliver family have stuck together through thick and thin, overcoming many obstacles along the way with an amazing attitude. Their generosity and selflessness are just a few attributes that came into play for their nomination as local heroes for National Mobility Awareness month, where they placed in the top 10 per cent of nominees.



Melanie Oliver has faced many challenges throughout her life. She feels those experiences help her support students with disabilities in the college system.

“They are perfect examples of what it means to be generous, caring, positive, and selfless. They are true heroes in every sense of the word and, just like in heroic stories in the make-believe world, these real-life local heroes deserve a reward.” - Jessie Slade

a stroke and spent months rehabilitating to return to her normal way of life. Despite this, the family continued to count their blessings as they always did. Their attitudes alone are nothing short of admirable.

What seemed to be the biggest blow for the Olivers happened in 2011, when Melanie’s father Bruce was diagnosed with melanoma. They continued to remain positive and carried on living their lives, remaining grateful for every blessing.

“It was like a knife through the heart,” Melanie says of the diagnosis. “I couldn’t even say the word – cancer. I felt like I was in a fog. It was a trying time and ultimately within 18 months, he had two surgeries and two different treatments. Through the whole thing for the most part, he kept his faith and was so positive. It gave me the strength to realize we’re going to get through this. You always have to find the positive in every day. We’ve gone to the cancer clinic in St. John’s and we feel guilty because we’re laughing. We love life and we love each other. As long as we’re together that’s all that matters.”

Bruce finished his last treatment in 2012 and his scans show he is clear of melanoma.

The Oliver family was nominated by Melanie’s best friend, Jessie Slade, as local heroes for National Mobility Awareness Month – a contest open to Canada and the United States. Four winners received brand new wheelchair accessible vehicles.

“Generosity and selflessness is exhibited by each member,” Jessie wrote in her nomination. “Bruce and Patricia moved from their hometown in Northern Bay so Melanie could work as a resource facilitator to help students requiring accommodations; a part-time job that she devotes herself to fully.”

For the past four years Melanie has been the resource facilitator for the college’s Disability Services office and currently splits her time between Bonavista and Clarendville campuses.

“I’m sure when I was a kid, people wondered what I would be and do when I got older. Now I’m working with other people with disabilities and I love it because they need the support I had growing up and continue to have each day. Sometimes all you need is someone in your corner,” Melanie says.

“I feel absolutely blessed to be in this position, supporting the students with disabilities in the college system - it’s certainly more than a job for me; it’s my heart - I have finally found what I love and feel am meant to do. I truly feel a deeper, stronger connection with my students, as a person with a disability. Although our disabilities differ at times, I understand, to a degree, the challenges they face.”

Her parents drive Melanie 1.5 hours to work at Clarendville. Melanie must enter/exit the van via portable ramp which must be set up by her caregivers.



“The Olivers are self-sacrificing. Bruce and Patricia, both aging, have devoted their lives to caring for Melanie,” Jessie continued in her nomination. “Melanie, despite health and mobility difficulties, devotes her life to helping others who also require accommodations, much like herself.”

While Melanie didn’t take home one of the four vans awarded, she is overwhelmed by the outpouring of love and support she received, but remains humble as you would expect.

“I honestly do not consider myself a hero,” she says. “I was born with this disability. I wake up every day and it’s a blessing. You have to find a positive every day and I live day to day like that. I love what I do. I think it’s crazy to think that someone would consider me a hero.”

Her heroes, however, are her mom and dad.

“She devoted her life to being my caregiver. And when my Dad got diagnosed with cancer - the strength he has, it gave me the strength and faith to go on day to day and believe everything is possible. Miracles do happen every day. I would say my parents are my heroes so it’s not so far-fetched that they were nominated but I don’t consider myself one.”

Melanie was a semi-finalist in the competition and received just over 12,000 votes. She has the distinction of making the top 10 per cent of people entered from Canada and the United States.

“So many people supported us; family, friends, co-workers, our

church family and even strangers - all who said that we were an inspiring family. Landing at over 12,000 votes made me speechless - and for those that know me, that rarely happens. I was blown away,” she says.

“Saying thank you to all of our supporters seems inadequate. Although we didn’t win the prize of a wheelchair accessible van, we definitely feel like winners. How could we not, with the amazing support of so many beautiful people. It’s truly been a blessing.

“I’m not a person who likes attention - but throughout the months of the contest I felt incredible as we received so many thoughtful comments and well wishes - everyone was so disappointed that we didn’t win. We weren’t disappointed at all though - it was an incredible journey. The most important thing is we have spread awareness of the daily challenges faced by those with mobility issues. We are forever grateful for the kindness, love and support shown to us throughout the whole experience - we only hope God blesses them as much as we have been blessed.”

While Melanie doesn’t consider herself a “hero” she certainly is a role model to many and Jessie summed up the entire Oliver family perfectly.

“They are perfect examples of what it means to be generous, caring, positive, and selfless. They are true heroes in every sense of the word and, just like in heroic stories in the make-believe world, these real-life local heroes deserve a reward.” *u*

College of the North Atlantic

IN DEMAND

By Glenda McCarthy

During last year's graduation ceremonies, employees got a first-hand look at the college's new branding and In Demand tagline. And, as students and faculty prepared for their summer vacation, the folks in the Marketing and Communications Department were hard at work building a new website to match the college's new look.

But the changes to the website go far deeper than just the images and colour scheme. Stephen Lee, the college's Manager of Marketing and Communications, says the department worked with advertising agency M5 Marketing Communications to develop a site that is responsive in its design and aimed to serve those using mobile devices as effectively as those using desktop computers.

"We worked with M5, a marketing agency in St. John's, to develop the new brand and also to help us build the responsive design template for the new website," says Lee.

For those who don't know, responsive design is the latest trend in website development. Essentially, instead of creating separate websites for desktop and mobile platforms, the responsive design site automatically adjusts depending on the kind of device a visitor to the

site is using. If they are on a desktop, they see the desktop version of the site. Smartphone users see a site optimized for their screen. Tablet users see yet another variation. To see an example, open your browser to the college website and make the window narrower. You will see the site changing as the window narrows.

"M5 was great to work with and once we had settled on a template for the homepage and child page the real 'roll up your sleeves' work began."

Prior to the development of the templates, the web team communicated with various web content owners throughout the college to ensure the information for the new website was up to date and accurate. They also used Google Analytics to determine the most popular content and improve the navigation pathways users took to access it. In addition, webpages of other colleges and universities were reviewed to see what others were doing that could provide value to visitors to the CNA site.

Something most employees have noticed, besides the change in the look, is that the site is now also much more focused on

addressing the needs of our target audience – potential students.

"The website is our best marketing tool, and in the past we spent a lot of time managing content that was for employees only," says Lee. "This prevented us from focusing our full attention on best serving the needs of potential students."

Employee content has since been moved to a SharePoint site, administered by the Business Solutions team in IT, and the move is proving to be quite beneficial.

"It's really freed up the time of our web team to focus on improving many aspects of the website," says Lee. "I mean, they are as busy as ever, but now they are able to work on adding new functionality and enhancing navigation and content to improve the visitor experience. They are working more frequently and closely with content owners to improve the quality, accuracy and accessibility of what's available to visitors online."

The benefits of this new focus are validated through analytics.

Comparing last year's web analytics to this year's for the period from July 18 (when the new site was launched) to Nov. 3, unique page views to the website were up by 11.23 per cent or 116,686 unique visitors!

The bounce rate (the number of people who land on the site and then leave again without interacting with the page) is down to 37.76 per cent, which may be a historic low. As a general rule, the marketing industry considers a bounce rate in the range of 26 to 40 to be "excellent." Last year for the same period, the bounce rate was 47.59 per cent.

"Many of our other indicators are up by varying degrees too," says Lee. "In isolation these numbers don't tell us much, but combined


they are showing us that visitors are more engaged with our website and are navigating to the information they want more easily, resulting in them spending more time on our site during each visit."

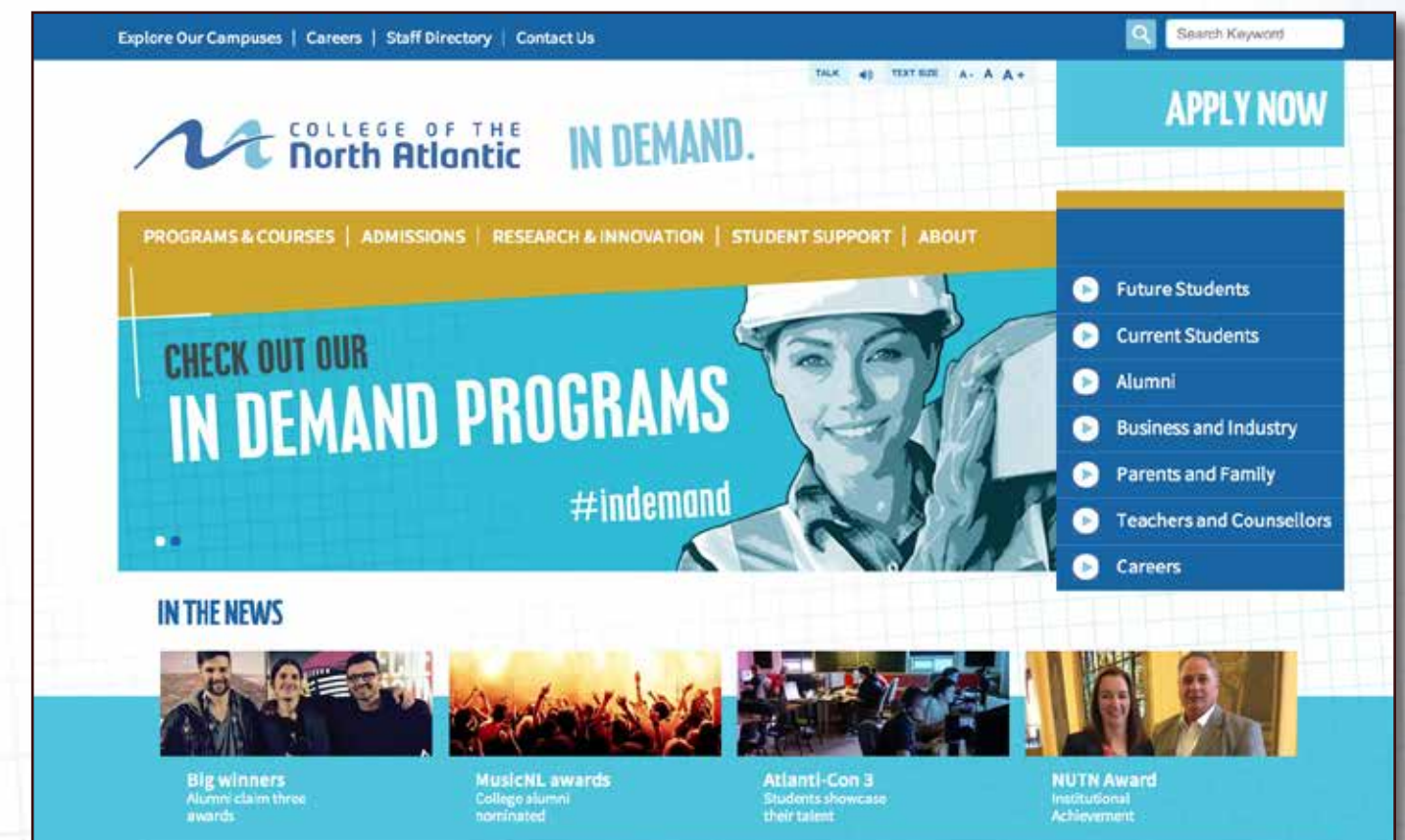
Another interesting analytic, and the reason why a responsive design, mobile-first mindset is important when creating a new website, is the increase in visitors using mobile devices to surf the net.

"We've been watching this trend for some time and it's interesting to see how quickly the technology is changing," notes Lee. "We're seeing a huge shift away from visitors using desktop computers as more and more people are using their tablets and smartphones. And we don't expect that trend to slow down."

Using the same period as the earlier example, there has been a 20 per cent decrease in visitors using desktop computers (from 269,912 to 216,003). At the same time those using smartphones has increased by 45 per cent (from 59,873 to 86,978) and for tablets it's gone up 39 per cent (from 25,721 to 35,842).

"While the actual number of people using desktops is still almost twice that of mobile devices, we're seeing constant double digit decreases in desktop use and double digit increases in mobile visits, so it won't be long before those on mobile devices outnumber those using desktop computers," says Lee.

Lee would like to thank all of those who helped out with the redesign and launch of the new website, in particular Sterling Tulk, web developer/designer, Aamir Shaikh, web programmer analyst, Chrissie Kerr and Bridgette Reid, graphic artists, and various members of the IT department. 



Forever & A Day



By Glenda McCarthy

*“This above all: to thine own self be true,
And it must follow, as the night the day,
Thou canst not then be false to any man.”*

-William Shakespeare, Hamlet

Centuries after his death, the vast works of William Shakespeare continue to have an impact on generations of people. Each and every day we relate to the eloquent words of this majestic poet and playwright.

“To try and estimate the contribution that Shakespeare has given to world culture is a futile task,” says Stephen Nolan, librarian at Carbonear campus. “It is not hyperbole to remark that we have all been influenced by the Bard, whether we are aware of it or not.”

April 23rd marked the 450th birthday of Shakespeare, who was affectionately labelled the Bard of Avon, and is undoubtedly one of the greatest writers the world has ever known. To make sure this momentous occasion didn’t pass quietly by, Stephen took it upon himself to plan a celebration.

“I wanted to celebrate his life and his works, and inspire people if I could, because William Shakespeare made a name for himself. Why not have the students we have here at the college, not only look up the works of William Shakespeare, but aspire to make their own mark so that 40 or 50 years from now maybe we’ll be celebrating something they did. It’s our role as educators to inspire the students so in some small way, that’s what I was hoping to do.”

Stephen firmly believes that as an educational institution, “we stand on the shoulders of giants” – whether it be through the arts, biology or in any other endeavour.

“There had to be people before us who did great things. I think it’s cognizant of us as an educational institution, certainly in Carbonear where we have academics (programs) and first year English for

Memorial University, that we really should recognize these great events.”

The festivities began with the unveiling of a webpage specifically designed to complement the first year English course taught at the campus. The webpage, created with a focus on Hamlet: Prince of Denmark, has a link to the full text of the play as well as the full text of Shakespeare’s entire works, and links to YouTube videos that explain the mystery that is Hamlet.

Stephen says there are so many variations of Hamlet and it can be changed to connect to any number of generations.

“You can put it in the original context, a modern style, make it a comedy, make it a tragedy or anything in between. I tried to make Shakespeare as accessible as possible so the students would get it. You could have students who are really into Shakespeare, and then some people who aren’t,” he says. “If students couldn’t get the meaning because the text is written in Old English, I wanted them to get it through one of the links on the website. Hopefully it will click in their head what Shakespeare is writing about and how it relates to things that go on today.”

There is always a way to apply the Bard’s work to everyday life, and Stephen says he is a good example of how Shakespeare’s works can impact what is happening in the now.

“What Hamlet is really about is a son who is upset about his father’s death. And certainly today, which is the 12th anniversary of my father dying, it especially speaks to me today because, today I’m Hamlet.”

While Stephen can relate to the meaning behind the words, Dr. Dermot Kelly, who has been an English instructor at CNA since 1989, can see how Shakespeare even influences how we speak today.

At the celebration Dermot captivated the audience with his keynote address on Shakespeare’s influence on Newfoundland. Dermot’s own unique interpretation brought home how words that originated in Shakespeare’s plays have ended up in Newfoundland’s own distinct vocabulary and an open discussion ensued.


“We have a lot of talented people here who are interested in language,” Dermot says. “These expressions have currency even in Newfoundland now. Shakespeare is from a small town so he knew about nature the way your bay man would know.”

One such reference can be seen in Hamlet’s quote, “what a piece of work is a man”.

“What has happened in Newfoundland – and again I think it happened around the world, but it seems like it is more vital here – is every single person has heard someone call someone else a “piece of work”. It shows the richness of the Newfoundland English that is there. There’s a lingering idea that it’s kind of goofy or not proper English. The thing that is really interesting is that this is the proper English. The isolated areas, the islands, they preserve these things.”

The Carbonear campus library created the William Shakespeare celebration for many good reasons. It was intended to demonstrate the versatility of the library in its ability to hold such events; to aid the university transfer English course by giving it the tool of an easy-to-use webpage; and to celebrate the life and legacy of one of the

most brilliant writers to ever have put quill to paper.

“We believe we have succeeded in reaching those goals. Who would ever have imagined that 450 years ago in a small English town called Stratford-Upon-Avon that a child born on April 23, 1564, would change the world of literature forever? There can be no doubt that William Shakespeare has had an enormous impact upon the world’s culture and that is something worthy of a celebration. The Carbonear campus library was proud to be a small part of that worldwide celebration,” Stephen says, before ending with the dying words of the timeless character, Hamlet “The rest is silence.” 



Put to the test

CNA analysis helping improve Magine Snowboards



By Glenda McCarthy

“Imagine what you could do with just an idea and a little hard work. For Marcel Savidon, Steve Wheeler and Mike Maddock, their passion and dedication has been funneled into creating their business, Magine Snowboards.

The growing company, which is based in Port au Port on the province’s west coast, manufactures snowboards using local materials and local artists’ graphic designs.

“Five years ago we started with the idea to make snowboards and skis, we just wanted to start with one and see if we could do it,” Mike says.

They wanted to establish the business in the first year and stake their claim on the Atlantic side of Canada. “East coast snowboarders are passionate, and brave some harsh conditions to get out and enjoy the sport. From day one we started getting the word out there and have been plugging away ever since. We’re trying to refine our process so we make our boards faster and make everything more efficient.”

“From the beginning we knew we wanted to establish the business. It definitely took a few prototypes, and we had a couple of hiccups with our first board, but it held together and is still rideable to this day. We didn’t know what would happen during our first test ride, would it fall apart? Would it ride poorly? It wasn’t perfect, but it was a great start. We’ve been going at it ever since and trying to refine it so it’s lighter and faster.”

Magine is experimenting with eco-friendly fibre composites to be used as a possible replacement for fiberglass composites. The company wanted a full mechanical data package of their Fiberglass, Green Lite, Basalt, and BioTex line of snowboards in order to better understand the characteristics of each type.

And that is where CNA comes in.

So Magine Snowboards, in collaboration with CNA, with funding by the National Research Council of Canada - Industrial Research Assistance Program (NRC-IRAP), has been performing laboratory and computational studies to better understand each of their snowboards.

In the study, bending and torsional tests were performed on the four different types of snowboards and a detailed report of the results was provided. The study showed the characteristics of each snowboard and recommendations were made as to which style of riding each type of construction was best suited for.

“We’ve had a couple of great projects with the students at CNA. We’ve done some value stream mapping and just mapping our process, some testing on the boards and they made a testing machine for that.”

Students of the Mechanical Engineering program at Ridge Road campus performed static load tests and were able to test various parts of their snowboards and produce qualitative data. This, in turn, was passed on to the potential customers for Magine Snowboards.

“Snowboarding is a pretty tech-heavy sport,” Mike says. “(Our

customers) want to know what the board is going to do, what technology is in it, how it’s going to perform, and it’s kind of evolved to the point where they have become pretty specific. Pretty much any snowboard can do, but when you get to the next level of performance those things start to amplify and become more important in the board because they respond more towards the riders efforts.

“We were looking to get those things so we could dial in all of our flex profiles to have those numbers to pass on to our customers. It was to reaffirm what we already knew and also dabble in some finer R&D projects.”

“It’s a pretty modest lifestyle we all live and we just want to be able to get out and enjoy the snow. We just want to have something that people around here feel proud of.” - Mike Maddock

Hussien Zughaer, an instructor at the Engineering Technology Centre at Ridge Road campus, says this type of project is a win-win for both the company and the students at CNA.

“I should give my sincere thanks to Magine Snowboards for giving us this opportunity to collaborate with real industrial research and development projects,” Hussien says. “This enhances the role of the college for community support and industrial outreach. Special thanks to the company as their passion in R&D is evident.”

Students brought the boards to Burin campus for tensile testing, and used a laser cutter at Prince Philip Drive campus to test various sections of the board for breakage.

“We have good insight regarding break testing on the boards,” Mike says. “It’s to see where the strengths are, and how much abuse it will take when pushed to its limits.”

Mike explains that if a board isn’t competent, isn’t tested, doesn’t meet the industry performance requirements, or if the board doesn’t perform well or breaks, then it is automatic scrutiny for the product and their brand. That’s why the testing completed by the students at CNA is so vital to their business.

“These tests are invaluable. We are so fortunate to be able to work with CNA. We wouldn’t be able to afford to do any of that testing without them. It would be thousands and thousands of dollars. To have a lab in our facility it would be an insane amount of money, so to have the knowledge and skillset of the students working on this project, under the direction of a college instructor, is priceless.”

Mike says they’ve been going in one direction and one direction only – and that’s up! So when asked where he sees the business in five years he has a pretty straightforward response.

“Hopefully with lots of CNA students working for us,” he says with a chuckle. “The big thing is to keep it sustainable, turn a profit, bring money into the island, hire people and create a lifestyle we’re happy with. We aren’t looking for millions of dollars. It’s a pretty modest lifestyle we all live and we just want to be able to get out and enjoy the snow. We just want to have something that people around here feel proud of.” *na*





Helping students keep the big rigs running

By Glenda McCarthy

It's no secret that CNA uses cutting-edge technology to effectively teach anywhere, and the blended learning approach leading the way has been for a block of advanced training for Heavy Duty Equipment Technician (HDET) apprentices at Labrador West campus.

Whether it is academic or financial in nature, student access has long been a focus of the college. With the ever-expanding development of online learning capabilities, students are able to access training opportunities that best suit their needs.

For HDET apprentices from Labrador West, the college has found a way for students to remain in their community to complete all classroom studies and a portion of their practical training under the direct supervision of a HDET program instructor at the Bay St. George campus in Stephenville Crossing, some 1,600 kilometres away.

Apprentices at both campuses, and their instructor, are brought together via a state-of-the-art blended learning environment, which includes two-way video conferencing, use of interactive SMART Boards, a high resolution document/imaging camera, as well as the learning management system Desire2Learn, which houses course notes and materials to ensure apprentices can access them on-demand.

Richard Sawyer, campus administrator at Labrador West, says this has opened up a host of opportunities for the campus to expand its program reach.

"The theory part of the course is delivered through videoconference from Bay St. George; however, the practicals are done onsite. Since we don't have the program here, industry partners, like the Iron Ore Company of Canada (IOC), agreed to provide the necessary equipment

and tools. IOC has contributed a lot already. Without this equipment the apprentices would have to travel outside to Bay St. George campus to do their practical training."

Most recently, IOC donated a Cummins engine to the program. The engine, which weighs 20,000lbs, was taken out of a Komatsu 830E haulage truck, which has a single load capacity of 260 tonnes.

The engine costs \$375,000 when new. However, since it has been used and rebuilt a number of times, Sawyer estimates it would probably now be valued at about \$25,000.

"IOC has contributed a number of items for the practical/shop assignments in the HDET advanced apprenticeship training program. They've given us a couple of engines, transmissions and alternators, a mine cart and a skid steer loader, and a shipping container to store the items in."

Sawyer says IOC is just one of a number of companies from Labrador West who contributed equipment.

"Since we don't have the program at the campus, local industries agreed to outfit our shop with the equipment required to complete the practical training onsite," Sawyer says.

"The equipment required for this program is very expensive. The college cannot afford to purchase all these items out of its apprenticeship training budget. Therefore, we asked industry to donate equipment and tools. Companies like IOC, whose apprentices benefit directly from a local delivery of the training, saw that it was obviously in their interest to partner with us." *~*



THE GATHERING



Shaun Majumdar (right) with Mark Critch perform during the Gathering.

By Glenda McCarthy

Shaun Majumdar is a man with a big dream; to turn his home town of Burlington on the Baie Verte Peninsula, population 350, into a world-class tourist destination. One of his ways of doing this is The Gathering, a celebration of Newfoundland Fire, Food and Music.



Photo by Bruce Humphries



Scrumptious meals were prepared by world-class chefs at the Gathering Grounds.

For the second year, Roger Andrews packed a bag from his home on the east coast and headed to the small town of Burlington. Roger, a Cook instructor at Prince Philip Drive campus, was one of the 12 chefs selected to prepare food for The Gathering, a celebration which draws people to experience the abundance of wild isolated beauty of Burlington, Smith's Harbour and Middle Arm. All of the profits raised during The Gathering go back into the community in support of a larger social enterprise, the not-for-profit BSM Manor.

Shaun, whose claim to fame is through the hit show *This Hour Has 22 Minutes*, started the event to give something special back to his hometown and that journey of building BSM Manor is presented on the docu-series *Majumder Manor* on the W Network.

The Gathering plays an important role in transforming the Baie Verte region through intimate music performances by local and internationally known artists, traditional and contemporary Newfoundland and Labrador cuisine, and storytelling.

The 2014 three-day festival was the biggest event yet, featuring a community potluck, comedic concert with Shaun, Mark Critch and Matt Wright, among others, as well as a Mummer Shed Crawl with Burlington native and Canadian Idol finalist, Rex Goudie.

For Roger, it was a busy time and he hit the ground running. In addition to helping with meals on Sunday, he was the lead chef for one of the two chef hikes this year, where participants experienced the natural beauty of the rural community. Shaun led the group on a rugged hike, over hills and through the woods, to descend into a beautiful local hidden treasure known as Jennings Cove. It's a feast for the senses with live music and incredible food prepared over a crackling fire. Roger prepared a lobster and seafood boil which included lobster, crab, muscles, potatoes, corn, cabbage, carrots, and some infused butters to go along with it.

"It was challenging," he says. "After we got to the beach it was after raining a couple of days before so everything was wet. I got out there with no lighter fluid so trying to start the fires and get

everything going was a bit of a challenge. It's a different kind of cooking and it shows how resourceful you can be when you're thrown in the middle of the woods or on a beach and there is nothing around. You have to try to light a fire and get the food going for people who are there for three or four hours."

Roger prepared food for about 130 people during his chef hike and was pleased with the results.

"I was cooking it as people were coming into the cove. I was by myself so I had to be thinking differently on how to pull it off. It was all pretty much put out on a table and everybody dug in."

Helping out with events such as The Gathering is another way to keep his skills fresh.

"When teaching, I'm not doing a lot of cooking myself so it's good because it keeps up my skills and keeps me in touch with what's going on food wise. It gets me out in the community, meeting different people and it's just a way to get out and do some cooking. It promotes the college and my restaurant (Relish Gourmet Burgers in St. John's)."

It's a hectic schedule, with the chefs going from the wee morning hours until near midnight each day. On Saturday alone it is estimated they served 2,000 people. But despite any challenges he faced, there's no question if Roger will attend again next year.

"I like doing it. It's a fun way to get out and get to see a different part of the province and get away from the rain, drizzle and fog for a few days," Roger says with a chuckle. "Especially here in August month – it was horrible so it's nice to get out and have a bit of sun, so it was like it was a bit of a shock to all the chef's systems."

All jokes aside, what keeps him coming back each year is the hard work from the volunteers in the community.

"I think what draws the chefs to it a lot of the times, besides the fact Shaun is involved, is the community itself really comes together. They want to highlight their area of the province so they have a huge volunteer base. They all work really hard that weekend and a lot of

times they don't get the recognition they deserve," he says.

"They are all really helpful to us and they're inviting us into their homes to get showers, inviting us over and cooking us food – they really take a lot of pride in the event. All the money they make goes back into the community for various functions and different things they do, so it's cool."

Shaun agrees this event couldn't be a success without everyone involved – including the chefs who give much more than their time during the festival.

"I LOVE ROGER. His commitment and passion elevates everyone around him," Shaun says. "I am hoping he will be able to come back every year. And I would love for him to be able to pass on his knowledge of culinary to some of our local young people to build towards the future." *ra*



Photo by Bruce Humphries

Musician Steve Poltz performed toe-tapping songs for young and old alike.



Photo by AJ Smith

CNA instructor Roger Andrews was the lead chef for one of two Chef Hikes, preparing a culinary delight over an open fire.

Governing by example

By Glenda McCarthy

The Miawpukek First Nations government has actively fostered a culture of life-long learning for its community members by developing a long-standing relationship with College of the North Atlantic.

The band council meets regularly with Grand Falls-Windsor campus staff to discuss its priorities and to identify how training solutions can improve the skill set, quality of employment, and quality of life through responsive training programs. The council focuses its energy on efforts that will benefit its trades staff, band council, and targeted economic sectors within the community.

A customized training plan was developed for the Small Business Development training program to give interested community members and council staff the knowledge and skills necessary to assess a small business idea. The curriculum also included the competencies needed to develop a business plan, and the confidence and network required to move the idea from inception to operation.

"Induction of training as a key component of economics is indicative of the forward movement of the community," says Judy Dobson, business development officer at Grand Falls-Windsor campus, adding another forward movement is the community's focus on safety as an integral part of the work day.

"From standardized safety certifications for all the trades staff to proactive, customized programs on accident and injury prevention, the community is committed to getting everyone home at the end of the day safe and sound. By leading through example, the band council's focus on safety-mindedness flows to the entry level workers in their everyday activities."

She says continuous learning is also a priority for long-term employees for skills enhancement.

"Last year the government recognized the need for updated office administration skills. In today's office environment, technology is



constantly being updated," Judy says. "The band administration team contacted the college and worked in partnership to develop a list of offerings customized to the band's environment."

Students were offered a suite of courses, ranging from software training to business writing to minutes.

"This program was hugely successful due to the commitment of the students and the flexibility of the band administration to provide their staff with the time, tools, and support to upgrade their skill set."

The younger generations have also adopted that same level of commitment to their training. The Stride sisters have deep roots in the Conne River community. After the 21-year-old twins graduated from the Office Administration program at CNA, they put their skills to good use in their hometown.

Kristina remains very much involved in the Conne River community as she is a member of the Mi'kmaq Maliseet Atlantic Youth Council and is employed as an administrative assistant with Netukulimk Fishers Ltd. She took part in the Assembly of First Nations 4th National Youth Summit in Saskatoon, Sask. in 2013 and says she's appreciative of the opportunities she has had.

Her sister, Kathlena is employed at the self-government office of the Miawpukek First Nations and says that while the road to completing the program wasn't easy, she is glad she stuck with it.

"Never give up on what you want in life, and never doubt yourself," Kathlena says. "Personally, when I first attended CNA I thought I was a lost cause and wasn't ever going to go anywhere in life, but I was proven wrong. There was a time I wanted to drop out but knew if I did I wouldn't be where I am today. Office Administration Executive is a two-year program that changed my life. I believe with a lot of patience, hard work, and studying anyone can thrive to make a difference and even prove yourself wrong if your head is in the right place." *AM*



What's in a name?

By Roger Hulan

Like many post-secondary institutions with origins steeped in history and built on the principles and dreams of their founding fathers, College of the North Atlantic is no different.

Brought to light in 1963, when then Premier, Joseph R. Smallwood, had committed to investing and revolutionizing the education system within the youngest province in the country, the newly formed college system took its first steps.

After spending the previous 15 years building new secondary schools and rebuilding old ones, it was high time to have a post-secondary system that would further train the future workforce of this fledgling province. It was for that reason the Newfoundland College of Trades and Technology was opened in St. John's (now Prince Philip Drive campus). Within the same year, a Heavy Equipment School opened its doors in Stephenville and 17 more District Vocational Schools were christened around the province in the coming years – an investment totalling \$28 million, equal to a value of nearly \$220 million in 2014.

"Newfoundland has been set upon the path of progress. Our people are on the march. There can be no stopping us now. We are destined to be one of Canada's truly great provinces," proclaimed Premier Smallwood.

"And what a glorious thing it is to be a young man or woman in Newfoundland and Labrador today! They may not know it, but the opportunities that have been created for them are, beyond calculation, greater than their fathers knew. May they seize these opportunities, and be worthy of them."



"Newfoundland has been set upon the path of progress. Our people are on the march. There can be no stopping us now. We are destined to be one of Canada's truly great provinces,"

- Premier Joseph R. Smallwood

Opening Day November 12th, 1963



The more things change, the more they stay the same. That declaration by Premier Smallwood still holds true more than 50 years later. As a province, Newfoundland and Labrador takes pride in the fact it has been molded through trial and error, an ever changing political landscape and a constantly evolving provincial economy – one that has been as diverse as the people who have driven it, even today.

Over the next 35 years the provincial college system was restructured to meet the needs of that changing economy, ensuring that timely and relevant technical training was available to residents throughout the province. It also underwent a number of name changes – with the Stephenville location alone going through as many as six reiterations.

In 1967 the Adult Upgrading Centre opened in Stephenville; and then in 1977, the town became the site of Bay St. George Community College, an institution which encompassed the District Vocational School in Stephenville Crossing, the Heavy Equipment School and the previously added Adult Upgrading Centre.

Things would remain relatively unchanged until 1987, when the fragmented system of 16 District Vocational Schools, the College of Trades and Technology and the Bay St. George Community College were brought under a more regionalized model of two institutes and five community colleges. This new system included Cabot Institute, Fisher Technical College, Avalon Community College, Eastern Community College, Central Newfoundland Community College, Labrador Community College and Western Community College.

Mild tweaking in 1991 was only meant to better capture the program offerings at two locations; Fisher Technical College became the Fisher Institute of Applied Arts and Technology, and Western Community

College became Western College of Applied Arts and Technology.

It was in 1992 that the next major restructuring took place. On the heels of the collapse of the Northern Cod Fishery, the provincial college system was realigned to better meet the demands of over 35,000 fishers and plant workers from over 400 coastal communities who had lost their employment due to the moratorium – an event which marked the largest industrial closure in Canadian history, and one that continues to this day.

The provincial government decided to establish a larger organization province-wide in 1992, introducing five Colleges of Applied Arts and Technology and Continuing Education, formed from the two institutes and five Community Colleges. These new colleges were named Cabot College, Eastern College, Central Newfoundland Community College, Westviking College and Labrador College. Each college was representative of a regional area with each having multiple campus sites, and in the case of Labrador, smaller satellite office spaces serving Coastal Labrador.

Then, on December 19, 1996, the Government of Newfoundland and Labrador felt it was time for a single provincial college entity. So they revised and enacted the College Act, which would state, “There is established the College of Newfoundland and Labrador with headquarters at a place to be determined by the Lieutenant-Governor in Council.” This college headquarters location would ultimately be assigned to the Bay St. George campus building in Stephenville, culminating its long-standing tradition of post-secondary training delivery in the province. Through an ensuing name search and much deliberation, the newly formed system would be known as College of the North Atlantic (CNA).

As a relatively young institution, College of the North Atlantic has made significant progress over the past few years by identifying opportunities, solidifying partnerships and listening to the concerns of industry sectors and the students who are looking to expand their learning.

The Government of Newfoundland and Labrador predicts some 70,000 job openings over the next 10 years; many of these will be associated with “mega projects” such as the ongoing development of the Muskrat Falls hydroelectric power station, the Long Harbour nickel processing facility, the Hebron Oil project and new oil and gas opportunities being explored on both the Grand Banks and the west coast of the island. On a national scale – in the next 10 years Canada is expected to need 300,000 new workers in the construction sector. It will need another 150,000 workers to enter the petroleum sector, and another 145,000 will be needed in the mining sector. To say that opportunities abound, for current workers and those entering the early stages of their careers, would be an understatement.

The college has succeeded the past 50 plus years by overcoming obstacles and facing challenges head-on. Now, it can look towards the next 50 years with optimism and strive to make this province even stronger for the next generation than Joey Smallwood could have ever imagined.

“Newfoundland and Labrador, their province, has gone to very great expense indeed to give them these opportunities. The expense will be greater, year by year. It is the province’s investment in the youth of Newfoundland and Labrador.

“May the province receive glorious dividends from the investment.”

Courses offered at the Newfoundland College of Trades and Technology in 1963

Trade Courses:

Armature Winding
Auto Body Repair
Auto Mechanics
Bricklaying & Masonry
Carpentry & Joinery
Diesel Mechanics (Marine)
Drafting
Electrical Appliance Repair
Electrical Work
Heavy Duty Mechanics
Horology
Machine Shop Work
Oil Burning Mechanics
Painting, Decorating & Sign Painting
Plumbing & Heating
Primary Industries Mechanics
Printing
Radio & T.V. Repair
Refrigeration
Sheet Metal Worker
Stationary Operating Engineering
Welding – Electric Arc
Welding – Oxy-Acetylene

Technical Courses

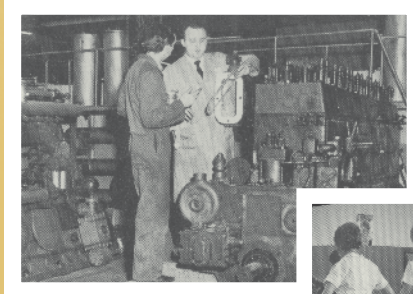
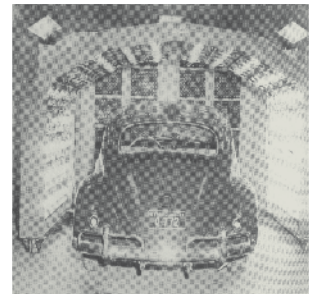
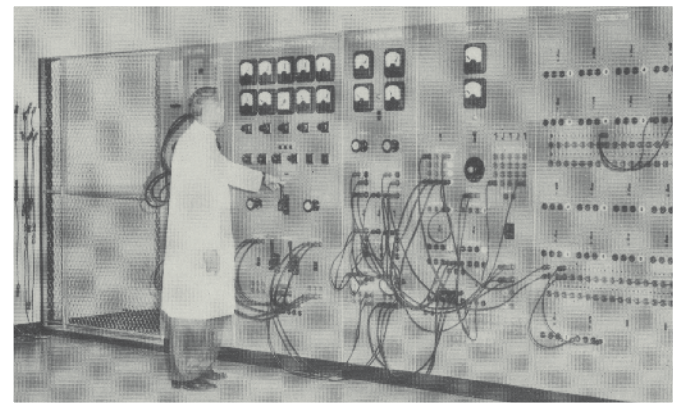
Accounting
Architectural Drafting
Business Technology
Civil (Construction) Technology
Electrical Technology
Electronic Technology
Mechanical Technology
Mining Technology
Secretarial Science
Surveying

Special Courses

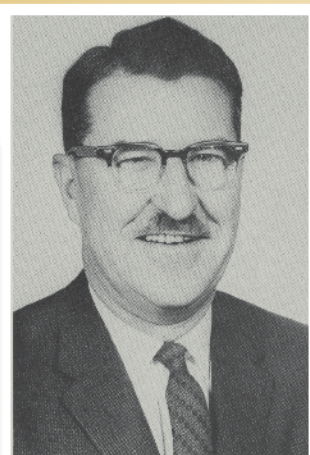
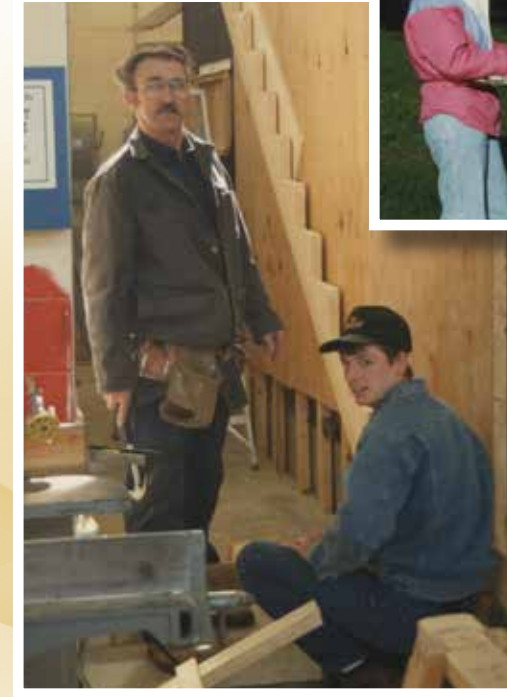
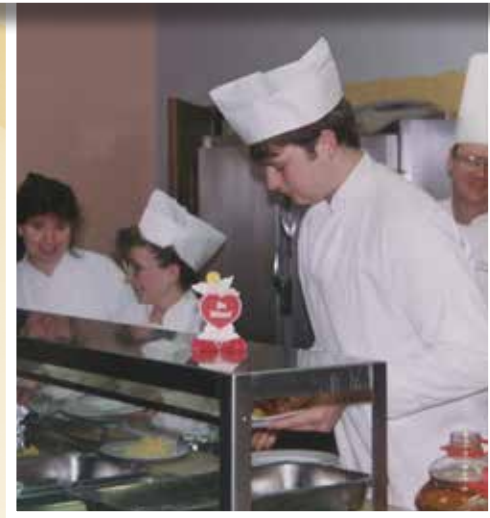
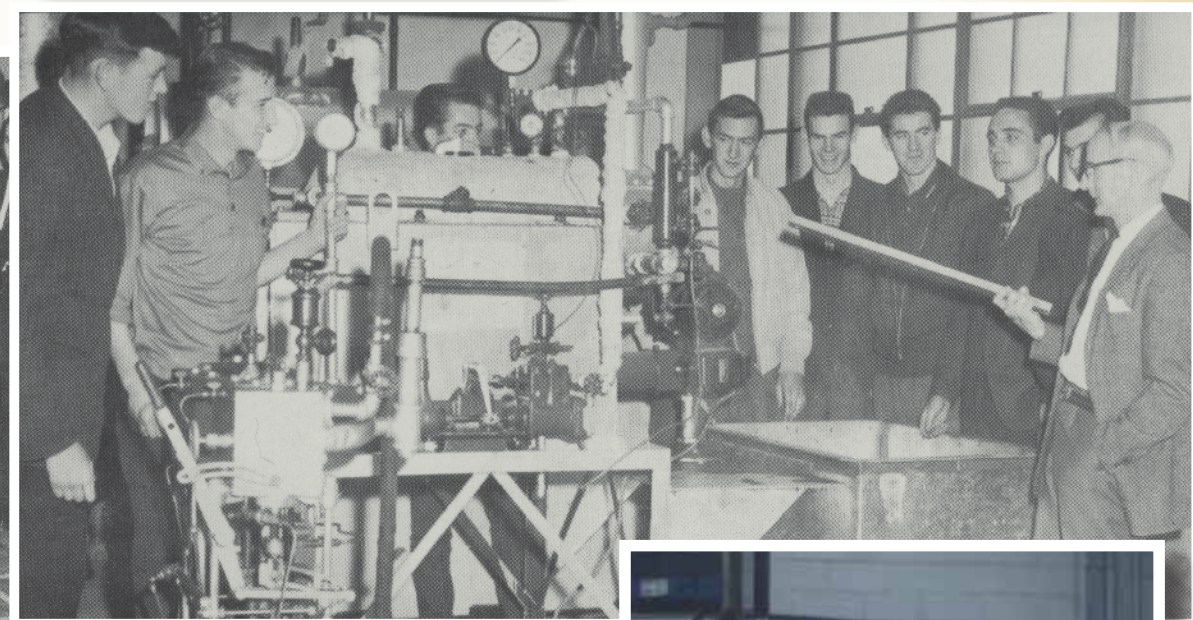
Marine Engineering
Stationary Engineering (3rd, 2nd, 1st class)
Wireless Telecommunications

Service Courses

Barbering
Beauty Culture
Clerical
Commercial Art
Cooking
Food Service Practice and Management
Shorthand Typing



Celebrating 50 years



Celebrating 50 years

Preparing for the next 50 years



In June the college held a celebration at the GeoCentre in St. John's with students, staff, government officials and representatives from industry to mark the end of its 50th anniversary and to kick off the next 50 years.

Clockwise, from top, CNA Board Chair Cheryl Stagg and President and CEO Ann Marie Vaughan unveil the 50+1 logo, college alumni Brad LeRiche and Shannell Lewis perform for event guests, President Vaughan speaking about the college's 50-year history. Examples of student work were on display at the GeoCentre and students were able to interact with guests and speak about their creations.

Responsive training to meet industry demands



By Glenda McCarthy



CNA's Powerline Technician program is just one example of how the college is using employing responsive training to meet industry demands. In the past year, the college has added this 'in demand' program to 2 campuses.

St. Anthony campus is now on its third offering since September 2013. According to Campus Administrator Cecil Roberts, job prospects are quite good with many students being scooped up before they even finish the program.

"The demand is driven from the fact that there is so much attention being drawn to powerline technicians from Muskrat Falls," Cecil says.

The Muskrat Falls project encompasses building more than 1,500 kilometres of transmission lines across some of the harshest landscapes in North America and constructing a hydroelectric facility that will power the province for more than 100 years.

With an average of 1,500 jobs required in more than 70 trades each year during the construction phase, the Muskrat Falls project will open doors for skilled workers in Newfoundland and Labrador and across the country.

"The demand for powerline technicians is going to be ongoing for quite a few years," Cecil says. "Of course they are building a new powerline now, plus there is maintenance which needs to be completed on a continual basis. People think it's just because of the Muskrat Falls project, but the occupation is going to be in demand for quite a few years yet."

CNA anticipated the need for trained workers and increased program offerings.

"It's put in place to increase the number of powerline technicians available to industry. We're running the program at 4 campuses - Seal Cove, Happy Valley-Goose Bay, here in St. Anthony, and this year it started in Bay St. George."

He says companies kept tabs on when the students would be

graduating from the two offerings at St. Anthony campus last year.

"All through last year, when we started the program in St. Anthony, our instructors were getting calls from industry all the time wondering when our students were going to be finished - so there was interest shown in our students before they even graduated."

The instructors have great contacts within industry, which is beneficial to the students.

"Employers are looking for our students and our students had jobs before they even graduated from the program."

The transmission lines will cross the Strait of Belle Isle to Shoal Cove, which is an hour's drive from St. Anthony campus. It will then make its way down the Northern Peninsula, branching off near Corner Brook towards St. John's and will be re-routed through the Bottom Brook power station before heading towards Port aux Basques and then on to Nova Scotia.

"That's one of the reasons we pursued the Powerline Technician program for St. Anthony in the beginning - its proximity to the transmission lines. It's going to come in our area so we thought it would be a great opportunity to help train some people in this area and help them get into that trade," Cecil says.

"As it turns out, our students are from all over the island and even Nova Scotia. It's turned out really well and the fact that the transmission line is near St. Anthony has raised the occupational profile for this area quite a bit."

In fact, Cecil says for the Sept. 2015 intake, St. Anthony campus already has applications from 12 high school students from the Northern Peninsula who will graduate in June.

"It seems like it is a popular program among the younger generation and there is definitely a demand for this program in this area, and for the graduates of the program. They will continue to be in demand and not just short term, but for long term." *na*

Clara's Big Ride

By Glenda McCarthy



On Monday, April 21 CNA's Bay St. George campus hosted six-time Olympic Medalist Clara Hughes as part of Clara's Big Ride, a cross-country bike tour to raise awareness and reduce the stigmas associated with mental illness.

Clara is a six-time Canadian Olympic speed-skating and cycling medallist and the national spokesperson for Bell's Let's Talk campaign. Clara's Big Ride was a 110-day national bicycle tour through every province and territory, beginning in Toronto on March 14 and concluding in Ottawa on July 1. As part of Clara's Big Ride, she covered 12,000 km and visited 95 communities along the way.

It was hoped Clara's Big Ride would help raise awareness, acceptance, and actions to create a stigma-free Canada as Clara shared her personal experience with mental health issues with youth at schools and community organizations. Her goal was to empower youth to understand what mental health means to them and how they can support others who may be suffering.

Events were hosted at two CNA campuses, Bay St. George and Happy Valley-Goose Bay.

Nadine Humber is the guidance counsellor and chair of the planning committee for Clara's Big Ride at the Bay St. George campus. She says the college began a partnership with Bell Let's Talk in 2013.

"The Bay St. George wellness committee had put in a proposal to have people here trained to offer Mental Health First Aid (MHFA). Four counsellors, myself and three others, were trained for the purpose of bringing it back to campuses and training our faculty and staff."

In January 2013, 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 enabled the college to certify several staff members as instructors for MHFA training, a program under the Mental Health Commission of Canada.

"We are community partners with Bell around mental health issues," Nadine says. "So when Clara Hughes partnered with Bell to do her ride, it was a natural fit for her to stop at locations where these community partners were in place. They asked us to host an event for them."

Planning took approximately six months with a planning committee of 10 people. The target audience for Clara's talk was students in Grades 7-12, although some CNA students also participated.

"We asked if Clara would take into consideration that we had young college students ages 17-21. They were more than happy to tweak what they did to accommodate our students."

Nadine says they tried to include community groups and as many CNA programs as possible.

"Several groups of students and instructors were personally involved. The Visual Arts students and instructors did a fabulous job painting the Blue Bike. Chris Osmond and Dylan Rose warmed the crowd up with musical performances and they were just awesome. Music Industry and Performance and Sound Production & Recording instructors helped with the technical aspects of the show. Community Studies students emceed the event and worked set up, registration and tear down. The Film and Video Production and Journalism programs, students and instructors, worked on the absolutely incredible video that was used in Clara's Run of Show."

Well over 100 people attended the event at Bay St. George campus, which Nadine says was an excellent turn out for Easter Monday, noting they are happy to be a part of any event that promotes MHFA.

"This goes back to our involvement in Mental Health First Aid, as being the first formal steps we've taken to address the large increase in the number of students coming to us with mental health issues. It was really important for us because since we had started work on MHFA, we had well over 200 faculty and staff, and a few students, trained in MHFA so we could provide better service to people coming to us in mental distress," she says.

"Hosting Clara Hughes here was a way of highlighting the issue. It was a great opportunity for us to host someone with national appeal who had an excellent message about mental health issues and to make use of resources in the community. It was a great way for us to make our campus more aware and also to encourage students with mental health issues to come to us if they need help. It's another way of highlighting what we've been working on the past four or five years."

Happy Valley-Goose Bay campus had a great turn out for their event on April 30, with over 200 people in attendance, where Clara gave a touching speech.

Frank Williams, a guidance counsellor at Happy Valley-Goose Bay campus, is one of the four employees who travelled to Halifax last year to become a certified MHFA instructor. He was on the planning committee for the event.

"We had CNA students, school aged students from Sheshatshiu, and representatives from the Special Olympics group which is big here in Goose Bay - so we had a pretty full group. At the same time we had a mental health fair with information booths before and after the event. We had a lot of representatives from different community agencies so everyone dealing with individuals who had mental health issues was there."

This was Clara's second time in Labrador as she had previously visited Nain.


"A lot of our students from the coast were really delighted to see her. They actually had her ride her bicycle in a Komatik, which is a

sleigh pulled by a snowmobile throughout Nain, and that was very fascinating," he says.

"A lot of our students here feel a real connection with her. You could see on people's faces how inspired they were by her and what she was doing to reduce stigma. There are a lot of challenges in coastal Labrador so it really was inspiring to a lot of people and a lot of our students, particularly our Aboriginal students. She really made a point of talking with individual students from the coast and having pictures taken with them."

He says the initiative is really about breaking down the barriers associated with mental health, and there was no better person to bring that message to people.

"I think it was really important to reduce the stigma associated with mental health. To see someone who comes from her background as an Olympic medalist - to say 'okay this person has struggled with mental health issues so it really can happen to anyone,'" Frank says.

"It helps normalize a lot of the issues people are facing, and also to realize that even though I am struggling with a mental health issue - I can have a meaningful and fulfilling life and part of that of course is getting the appropriate treatment and resources. There are a lot of people concerned with what the process of getting help is. Will it be really helpful to seek medical care and counselling care? Those kinds of things. I think in reducing the stigma, it really reduces a lot of barriers for people." 





By Glenda McCarthy

Take three graduates of the Music Industry and Performance (MIP), add two alumni from Sound Recording and Production (SRP), mix in a bus, and what do you get? A highly successful Fall Orientation 2014 tour for College of the North Atlantic, that's what!

It's no "secret" it's been a whirlwind year for Terry Lynn Eddy, Renee Batten and Karla Pilgrim, the three members of the powerhouse group, The Secrets. In April they traveled to Nashville to record an album which was released just two months later in June, and immediately hit the road for a tour of Ontario, Prince Edward Island and Nova Scotia. The trio followed that up by opening for country super-star Tim McGraw in St. John's.

To wrap up the hectic schedule, the college scooped them up for a three-week orientation tour spanning 16 campuses across Newfoundland and Labrador.

"The CNA tour, my God that was wicked," Karla says. "It was really cool to get to go to all these different places I haven't been. There are a lot of places that all of us had never been in our own province in Newfoundland and Labrador. It was cool to go to all of the campuses and towns. For me that was the coolest part - to see all the campuses and talk to people about the program and inform people about the music program.

"Here in Newfoundland you can throw a dart and just about every person you hit is a musician. So for people to know about

that program, to see us coming from that program, and being as successful as we are, I think it says a lot. If you're passionate about what you do as the three of us are, getting to go out and tour around our own people and promote something that is important to the livelihoods of people in our province, it's a big thing."

Another big thing for the girls was the specially designed bus. The group agrees it was a surreal experience. Terry Lynn says she's been performing as a musician for 17 years but it was the first time she has seen her face on the side of a bus.

"Oh my God the bus was hilarious," Terry Lynn says with a laugh. "It was so funny when Brian Russell - the security guard at Bay St. George campus who knows us all from when we all were in college anyway - when he pulled up at the hotel in Stephenville I almost dropped to the floor. I found it rather funny but it was very flattering too. CNA, even when I was in school, is very professional. They do everything the right way. They said they were going to do a Fall Orientation tour and boy did they ever do one. The bus was just an added bonus."

"Yeah the bus was pretty cool," Renee adds. "It's funny of course to see your face on the side of a bus. It was pretty cool because the three of us met in college, and for our first tour bus to be from the college, it is kind of neat."

They say it certainly was an attention grabber.

"It was funny," Terry Lynn says, "because we'd be driving through these little communities, and people would be walking on the side of the road and a big bus would go by with 'The Secrets' on the side of it. And they'd wonder 'what's this?' so it turned a lot of heads and a lot of people remember it and bring it up. It's definitely something we'll never forget."

They are harmonious when it comes to their thoughts on the tour - overall it was a tremendous experience and they had fun performing for the students.

"The tour was great," Renee says. "We got to travel across the island and we got to hit a lot of different communities we have never played before. A lot of our friends that we went to college with, we got to see their home towns. It was long, but it was fun, and it was a great opportunity to meet more people and get our music out there and get new fans."

She says it also helped raise the awareness about the MIP and SRP programs available at Bay St. George campus.

"We played at a lot of the campuses and some of the students didn't even know that the MIP program existed. A lot of students came over after and were questioning us about it so we talked about how the industry works. Some said they'd like to check into the program so it really gave the music program the opportunity to expand, which is great that we were able to help in that way."


"We got to travel across the island and we got to hit a lot of different communities we have never played before. A lot of our friends that we went to college with, we got to see their home towns. It was long, but it was fun, and it was a great opportunity to meet more people and get our music out there and get new fans." - Renee Batten



Keegan Power and Adam Thistle of Soundwaves Audio Inc. are both graduates of the Sound Recording and Production program (former Recording Arts program). The pair worked on the tour as technical support, setting up and tearing down much of the equipment for each performance, and making sure the band sounded the best they could.

"We had a blast on the road with the girls," Keegan says. "It's one of the best experiences as a company we have had yet! The warm welcome and hospitality provided by each campus was overwhelming. Having the privilege to be accompanied and chauffeured by Brian Russell was legendary. The Secrets are a force in this business and to be a part of any step in their career is a blessing for us, something we will never forget."

For Terry Lynn and Renee their most memorable part of the tour was having the chance to play on their "old stomping grounds"- the same stage they started out on so many years ago.

"Playing in Stephenville was really one of the highlights," Renee says. "It's where we met and the stage we performed on is the same stage we performed on for the Sonic Potlucks. It was great to play on that stage again in front of the MIP and SRP program's, staff and students. It was good to see a lot of those faces. It's like home you know." 

From teacher to student



By Glenda McCarthy

Catherine Forsey had an exciting career in the education industry, working overseas in Korea and the United Kingdom, she even spent four years teaching in Qatar.

"At the Qatar Canadian School I had the privilege to teach all grades. I was primarily the art teacher but also was the Junior Kindergarten teacher for a year and the Qatar History teacher for my last semester with the school."

However, there came a time when this world-traveler from Green's Harbour, Trinity Bay felt a career change was on the horizon.

Catherine had started her teaching career in English as a Foreign Language, and was a member of the International English Language Testing System Team. Later, with a degree in Fine Art History, she was selected to teach art, which was a job she absolutely loved. Fast forward several years, and you can find Catherine still in the classroom – but as a student, not a teacher.

After some reflection she decided safety was her next step. Catherine completed the NEBOSH International General Certificate in Occupational Health and Safety program offered at the College of the North Atlantic-Qatar campus.

She found out about a program located in Newfoundland and Labrador through her sister Victoria Hodder and friend Bill Gosse, both Chemistry Instructors at CNA-Q. Several more people promoted the Safety Engineering Technology route to her, and with so many indicators pointing towards the field, Catherine signed up for the Safety

Engineering Technology program at College of the North Atlantic's Ridge Road campus and packed her bags to return to Canada.

Now fully entrenched in the program, Catherine says she's happy with her decision to change career paths.

"I researched online and liked the practical components and potential employer recognition of this program," Catherine says. "Safety is something I have always been aware of but it was never presented as a career path when I was in secondary school. Living abroad, you realize that the standards and practices we take for granted are not practiced elsewhere."

She feels her teaching background helped her tremendously for her new career path.

"Teaching, like safety, is not an easy job and requires so much energy and passion. It is not for the faint of heart," Catherine says of the program. "The workload is substantial and when the college advertises the Safety Engineering Technology program as 'intensive', that it is. In my opinion, it's an understatement. No degree is earned with as much sweat and tears. However, it is worth it. You will spend more time with your classmates than your family. They will become your friends and safety family."

She says instructor Paul Halleran sets the bar high for his students.

"He has high standards and with his expectations he makes you work for marks. However, I think we all feel we can contact him once we leave the program for guidance. That is reassuring. We have

had a lot of industry variation and experience when it comes to our instructors."

These high standards came in handy this summer when she completed her work term with Nalcor Energy.

"Foremost, it was exceptional. I was provided with engaging and meaningful work within the Corporate Safety and Health Department at Hydro Place."

Her work term project was on the First Aid and Automatic External Defibrillator (AED) program development and implementation. She developed a seal to visually indicate if a kit had been used, reviewed supplier AED submissions for Public Tendering, and had a chance to work with the Supply Chain department and be involved in the process of selecting and purchasing equipment.

"The largest part of the work term, and most interesting, was a safety and health program that has not been released yet so I cannot discuss it. I was able to join in on an outside consultant's visit and it was an invaluable learning experience," she says.

"I feel it speaks volumes that Nalcor would trust a CNA student to work with sensitive material. I truly believe that my experience will be an asset to me when looking for a job and potential employers have already commented on that. Truly, for those four months, plus an extended week, I felt like a team member. I was spoiled with my work term and am very grateful to have been chosen."

Another aspect she is proud of is the Wellness Works project called

"Safety is something I have always been aware of but it was never presented as a career path when I was in secondary school. Living abroad, you realize that the standards and practices we take for granted are not practiced elsewhere."

- Catherine Forsey

the Hydro Place Green Space Launch.


"The communications department was a great help to me in creating what all considered to be a successful event. Many people forget that wellness is part of safety and health."

They also utilized her skills for the annual two-day Safety Summit conference in St. John's.

"At the first working group meeting it was decided that Nalcor was focused on behavior prevention, but also wanted to move past reactions to incidents and near misses to proactive prevention. The emphasis was on safety culture and the intrinsic need to take safety home not only bringing it to the workplace," she says.

"I was invited to the two-day Safety Summit and the wrap afterwards to listen to a presentation on investigation interview techniques. I was able to help with registration on the first morning. Frankly, it was fun and encouraging to see so many people with a focus on safety from all sections of the company."

Catherine will graduate in December 2014 and is looking forward to embarking on her new career path, which she feels could take her anywhere. She doesn't regret moving away from Qatar for the one-year program at CNA.

"It was a great part of my life but Newfoundland and Labrador is home to me and my focus is on building the career ahead of me rather than looking back. That may even be a return to Doha, but who knows?" 



Education

~ the international language

By Glenda McCarthy

You may not know this, but Newfoundland and Labrador shares a number of attributes with the country of Guyana. Located on the Northern Coast of South America between Brazil and Venezuela, the paradise boasts an irresistible combination of breathtaking natural beauty, pristine Amazonian rainforests, immense waterfalls, and amazing wildlife. Blend that with a vibrant indigenous culture, rich heritage and hospitable and friendly people and it begins to sound eerily familiar.

With an economy dependent on agriculture and mining, the country has been looking to build capacity in the local oil and gas and mining sectors. In September 2012, CNA and the Marine Institute of Memorial University of Newfoundland embarked on a partnership to help improve training to allow for better job opportunities.

The potential oil and gas sector will require personnel with specialized skills that are not readily available in Guyana, and that's where CNA's expertise will come through. Working with Linden Technical Institute (LTI) faculty on a combination of training and

competency based education, the college is sharing best practices in industrial education. CNA has been working to obtain infrastructure improvements at LTI through working with the Guyana Council for Technical Vocational Education and Training, local industry stakeholders, and the Canadian and Guyanese governments.

The project's aim by 2017 is to support human resources

development in the extractive industries so that the people of Guyana can be better equipped with the knowledge of effective mining practices on a world-class level. One major goal for the project is for LTI staff to become curriculum developers for the region, and cultivate the occupational standards for the region in heavy equipment service technician.

It's been full steam ahead since the project kicked off in 2012, and

this summer two delegates from the country made their first trip to Newfoundland and Labrador to tour the facilities at CNA. It's not just a hop, skip and a jump to make the trek to Newfoundland, as the pair travelled over 5,000 kilometres to reach St. John's to begin their week-long journey.

"With two years left on this project, I feel it is already a success. What we're accomplishing over there is something that will impact generations to come. We're helping to shape their future, and for me, there's no greater reward than that." - Marty Madore

D'Nell Boyce, Mechanical Department Lead with LTI, and Krishn Sherma, a representative of the Council for Technical Vocational Education and Training in Guyana, took part in the study tour and program development workshops June 8-15.

"Our Guyanese friends and partners from the Linden Technical Institute had a very productive week in Newfoundland and Labrador," says Marty Madore, lead program developer with the project. "They thoroughly enjoyed their stay with us and were impressed with the vastness and beauty of the province."

D'Nell and Krishn toured several CNA campuses located throughout the island and interacted with numerous instructors and campus administrators to learn about CNA operations and practices; in total they explored 14 program areas in the School of Industrial Trades.

"The facilities at the campuses are in excellent condition and the classrooms are adjoining to the workshops in some instances," D'Nell says. "Training materials are in good supply and are readily available for practical sessions... "Safety is paramount at every campus and around the (environment) of the entire facility, and all students and staff must be equipped with the required safety gear for workshop sessions."

Guyana is on a transformative path with the extractive industries meaning they must be able to channel resources to the improved levels of education and training for all in these new and specific areas. By doing this, future generations can enjoy the greater wealth that is in Guyana's natural resources.

"Partnership with industry was emphasized as being very important to the success of the colleges and the programs they offer," D'Nell says. "Through industry support (CNA) were able to acquire tools and equipment, financing, training for instructors, learning materials,

demonstration pieces, job placement for students and expertise for the formation of industry lead groups in program development."

CNA's best practices for forming partnerships are being implemented at LTI. One such example of this can be seen through the \$50,000 USD in capital donations from Caterpillar Inc. Additionally, CNA is in the process of donating 30 laptop computers to assist Linden Technical Institute in the delivery of training and development of students and the institution.

"Each year the college produces e-waste which would normally be disposed of," Marty says. "Through the efforts of our IT and Fixed Assets departments, we were able to redirect these resources. This will greatly enhance LTI's ability to deliver effective programming using current technologies."

But it wasn't all work during their trip, as D'Nell and Krishn were introduced to the many wonders this province has to offer - breathtaking scenery at the Gravels Walking trail on the Port au Port Peninsula, a tour of the Bay of Islands and a visit to the Blow Me Down mountains on the West Coast.

"Outside of the temperature difference, D'Nell and Krishn felt like they were home," Marty says with a chuckle, noting that even though it was June when they visited, D'Nell and Krishn were completely bundled up in many layers of clothing. "They were extremely grateful for our hospitality and were enthusiastic in experiencing our unique culture."

"With two years left on this project, I feel it is already a success. What we're accomplishing over there is something that will impact generations to come. We're helping to shape their future, and for me, there's no greater reward than that." *u*



D'oh... nuts!



By Glenda McCarthy

Every Monday night at 10:30 p.m. you will find Chris Sheppard, his wife and two daughters glued to their television set, eagerly watching the Food Network's hit series, *The Donut Showdown*. September 15 was no exception, but what was different this time, is they were cheering on Chris as he made his debut on national television.

Chris is the Cook instructor at the college's Bonavista campus. He, along with instructional assistant Roger Dewling, made the trek to Toronto for the taping of *The Donut Showdown* where they duked it out with other competitors for a \$10,000 cash prize.

It all started last year when *The Donut Showdown* put out a casting call on its website. Chris, who had competed in the Roots, Rants, and Roar's Cod Wars competition, took the title of 'King of Cod' with his cod donut, thought the show might be right up his alley. They immediately responded to his inquiry about a spot as a competitor. All further correspondence referred to him as the 'King of Cod' - you might say it was his "hook" for getting on the show.

"I went through a series of interviews and had to do an audition tape," Chris recalled of entering the competition. "It was just a basic video, so I had my students, who were with me last year, shoot the video here (at Bonavista campus) of myself and Roger."

Chris and Roger's students were some of the lucky people under the veil of secrecy surrounding his participation on *The Donut Showdown*. In addition to filming the casting video, they helped Chris and Roger practice for the competition. Chris and Roger spent 12 hours at the studio in Toronto completing various rounds of interviews, rounds of competition and judging of their creations.

"It was exciting and it was a great experience," says Roger. "It gives you a lot of adrenaline when you get into that kitchen with the lights and the cameras on you and producers around. It was a very different experience and was hard to focus at first."

"The experience was amazing and I loved every aspect of it," Chris adds. "The competition was very quick. It's like I said on the show -



"it's like time was speeding up". We started making the donuts and when we looked up we had 10 minutes left. It was like we had just started the process. The time goes by fairly fast."

Roger says they were very confident going into the competition, but started to get nervous once they learned the backgrounds of the people they were competing against.

"I figured for sure we won and had it in the bag. The money was spent and ready to go," Roger recalls. "Then when we started conversing they started talking about their businesses and what they had done, we got a little deflated."

Chris and Roger were up against a team whose family has owned donut shops in Cincinnati since 1965, and another team who had donuts nationally recognized in Vancouver magazines.

"Chris and I don't make donuts. We're chefs here at the college so we got a little deflated and even a little nervous because we don't do this on a day-to-day basis."

Sadly, Chris and Roger didn't take home the top prize but they did come in second. When the younger contestants from Cincinnati were voted out he admits the remaining contestants were floored.

"I mean, that's what they do! They go in every day and they make donuts," Roger says. "On the opening day of their new shop they sold 7,000 donuts. When we found that out the four of us looked at each other and said 'we're done'. Seven thousand donuts - that's the entire population of Clarendville, so that would be like the town of Clarendville coming out to your shop in one day, which would never happen. It's as simple as that."

Chris announced via social media on Sept. 1 they would be on the show, though he admits it was hard to keep that secret for months. To celebrate the airing that night, he had a donut party at his house.

"My kids really wanted to have people over and have a donut party. We had friends over and we made the donuts from the show. It was live action - as we made the donuts on the show, we were

eating the same ones from TV," he said. "My kids were so excited. The night before I don't think my youngest daughter even slept. It was like Christmas and they were gone crazy, just over the top excited."

Roger and his wife stayed up to watch the show but their two and four-year-old kids watched it the next morning.

Chris says while the prize money would have been great, he went into the competition for the experience and believes his personality certainly shines through.

"I think that it turned out amazing and it was hilarious," Chris says. "I was nervous leading up to it because you say so much and you don't know what's going to air and what's not. But I was pleased with the show."

Meanwhile, Roger admits he was a tad upset they didn't take the top prize.

"I was a little bitter. It took me a couple of hours to get out for some socializing because I knew what energy we put into it, and to see that go was disappointing. I'd do it again for sure - at that moment probably not," Roger says with the chuckle, "but I'd do it again."

Chris says the response to the show has been great, especially on social media.

"That was the funny part. I had all these catch phrases and people would hashtag everything I said. So there were #thesetwosuckersaregoinghome, #tasteslikeweiners and #timetogotothebar (on Twitter). I think everybody enjoyed that aspect, and for the most part my personality came through on the show and you could see we had a good time."

If you missed Chris and Roger in action visit www.foodnetwork.ca/shows/donut-showdown/video/#donut-showdown/video and select the "Circus" episode. In the meantime, here's one of the donut recipes from their 15-minutes of fame on national television.

Root Cellar Donut



Carrot Donut

Ingredients

1 cup sugar
4 teaspoons baking powder
1 1/2 teaspoons salt
1/2 teaspoon nutmeg
2 cups grated carrot
2 eggs
1/4 cup unsalted butter, melted
1 cup milk
4 cups flour (plus a little more if dough is sticky)
oil (for deep frying)

Directions

Preheat oil in deep fryer to 350°F

In a large bowl mix the sugar, baking powder, salt and nutmeg. Add grated carrot, eggs, milk and melted butter. Beat well.

Add 3 cups of the flour, beating until blended. Add one more cup of flour and beat well. The dough should be soft and sticky but firm enough to handle. If you feel it's necessary, add up to 1/2 cup more flour.

Working half the dough at a time, roll it out on a floured surface to about 1/2" thickness. Cut out circles using a doughnut cutter or large biscuit or cookie cutter.

Gently drop the doughnuts in batches into the hot oil. Flip them over as they puff and turn them a couple more times as they cook. They will take about 2-3 minutes per side and should be golden brown all over.

Remove from the oil and set them on paper towels.

Parsnip Icing

Ingredients

1 cup diced parsnip
1 cup whipping cream
1 cup water
2 sprigs of fresh thyme
1 clove garlic
1 tbsp shallots
8 oz cream cheese
1 cup icing sugar

Directions

Combine parsnip, thyme, garlic, shallots and whipping cream; bring to a boil and reduce heat and simmer until the parsnip is soft and cream is reduced to about half (20-30 minutes).

Puree in a blender until smooth with no lumps.

Meanwhile, bring cream cheese to room temperature. Combine cream cheese, icing sugar and parsnip mixture. With an electric mixer, mix until smooth and light. Allow to cool in refrigerator.

Beet Chips

Ingredients

1 lb fresh beets, peeled
Oil for deep frying
Coarse salt for seasoning

Directions

Preheat oil to 350°F

Slice beets very thinly (i.e., a potato chip). One by one drop the beets in the hot fat. Do not overfill the basket, the beets need room to move around and the fat to touch all sides. Stir/move the beets around while frying.

Once beets start to get crispy, remove from oil onto paper towel, sprinkle with coarse salt and toss.

Donut Assembly

Ice each donut with the parsnip icing and top with fried beet chips. 

CNA-Q kicks off 13th academic year

By Tanya Alexander

It has been an incredible 13 years for College of the North Atlantic in its partnership with the State of Qatar. Since opening its doors in 2002, College of the North Atlantic – Qatar (CNA-Q) has established its place as the premier institute of applied learning in the Middle East, working with the State of Qatar to make educational history and create a vibrant future for its people.

The partnership also provides a unique experience for Canadians to come and work in the desert city of Doha or "the sand box," as it's affectionately called by expatriates who live and work in Qatar.


Each year, CNA-Q begins the new semester with a contingent of new employees travelling from Canada with families and a sense of adventure in tow. This year witnessed an exciting start to the new academic year as some 300 new students and upwards of 40 new employees joined the CNA-Q family.

"The sense of renewal we all feel as educators starting a new academic year was never more evident than when I walked in the cafeteria the first day and the place was packed with revitalized, invigorated CNA-Q employees sharing stories about their summer

break and planning for the upcoming academic year," said CNA-Q President Dr. Ken MacLeod. "I felt the same sense of revitalization during registration and seeing hundreds of happy, excited students, warmly greeted and aided by enthusiastic faculty and staff."

Good news came quickly on the heels of the new semester, with the campus' Marketing and Public Relations department's win of four MarCom Awards recognizing outstanding creative achievement by marketing and communication professionals.

The 2014 Annual Report took three awards: Platinum for Annual Report for an Educational Institution, Platinum for Design for Annual Report, Gold for Writing for an Annual Report, and the Viewbook was awarded Gold for Brochure/Viewbook Design.

And good news from the student body: Marketing student Jamal Hairane competed in the Asian Games, held in South Korea in October, and took home a bronze medal in the 800 metre race! A dedicated student, Jamal also brings home A's in his school work. He is a wonderful example of the student body and the supportive environment at CNA-Q! 





In Case You Missed It....

CNA expands medical laboratory sciences training program

March 28 - The Honourable Kevin O'Brien, Minister of Advanced Education and Skills, visits Grand Falls-Windsor campus to provide details about the construction of specialized laboratory facilities that will allow the college to establish a Medical Laboratory Sciences program at the campus. The 5,600 square foot training facility will include three new laboratory facilities in addition to a fourth existing lab, preparatory spaces, storage for materials and supplies - including secure chemical storage - and offices.

Budget 2014 provides \$1.5 million to support high demand programs

April 3 - The Honourable Kevin O'Brien, Minister of Advanced Education and Skills, visits Labrador West campus to provide details of the \$1.5 million allocated for the college through Budget 2014. The funds are to be used to support high demand, high priority programs such as Heavy Equipment Operator, Maintenance Management Professional and Leadership Development for the Mining Industry. The funding is part of an overall investment of \$39.8 million to continue the development of a skilled workforce for Newfoundland and Labrador.

RDC investing in mining and petroleum-related R&D

April 3 - The Research & Development Corporation invests more than \$500,000 in six research and development projects related to mineral exploration and development. The projects are being carried out by researchers at Memorial University and CNA to enhance exploration efforts, improve environmental mitigation strategies, and strengthen opportunities through the purchase of specialized equipment.

CNA students claim 47 medals at Skills Canada NL competition

April 11 - CNA students lay claim to 47 medals at the 17th Annual Provincial Skills Canada Skilled Trade & Technology Competitions on April 4. Of the 47 medals captured, 20 were gold, 16 silver and 11 bronze. Twenty-three CNA students made up Team Newfoundland and Labrador for the Skills Canada National Competition in Toronto, June 4-7, where they took home four medals. Dylan Haynes (Corner Brook campus), took gold in the Industrial Mechanic Millwright competition; Justin Bennett (Port aux Basques campus/CNA alumnus), received silver in Cabinet Making; Finley Beaton (Ridge Road campus), claimed gold in Electronics; and

Chantille Prince-Stagg (Bonavista campus), brought home gold in IT Software Solutions for Business.

Graphic arts students create rockin' designs for UROCK awards

May 5 - Students of the Graphic Design program at CNA had a stellar year, having a chance to showcase their talents with guitar designs for the URock Volunteer Awards. The URock Volunteer Awards recognize youth and youth-led organizations for their outstanding contributions in communities throughout the province.

Graphic Design students nab 17 Pinnacle awards

May 23 - Students of the Graphic Design program at CNA continue to rack up the accolades, taking home 17 awards at the International Association of Business Communicators (IABC) Pinnacle Awards gala in St. John's. The Pinnacle Awards, presented by the Newfoundland and Labrador Chapter of the IABC, are rigorously evaluated to measure excellence in communications.

Business programs recognized with accreditation best practice award

May 23 - CNA's School of Business and Information Technology receives recognition from the Accreditation Council for Business and Schools Programs (ACBSP). The ACBSP is an international organization dedicated to improving the quality of business schools and programs around the world, and ultimately, to improving the practice of business in every industry around the world.

Harper government invests over \$1 million in CNA

September 9 - Representatives of the Atlantic Canada Opportunities Agency (ACOA) were on hand to announce funding of more than \$1 million for three projects with CNA to enhance its programming, training capability and outreach capacity. An investment of \$112,910 went to the Bonavista campus for the Bonavista Institute for Cultural Tourism; \$462,859 went towards a project at the Port aux Basques campus to enable the college to introduce new technologies and equipment to improve its Non-Destructive Testing program; and \$469,500 went to the Prince Philip Drive campus to undertake an

industry engagement project through CNA's Manufacturing Technology Centre.

CNA students honoured with Governor General's academic medals

September 22 - Eight of 16 CNA graduates were on-hand to receive their Governor General's Academic Medals at Government House during a ceremony hosted by His Honour the Honourable Frank Fagan, Lieutenant Governor of Newfoundland and Labrador, and attended by CNA's President and CEO, Ann Marie Vaughan. The medals were awarded to CNA graduates for achieving the highest overall average upon completion of their diploma-level program in 2014 at their respective campus. The Governor General's Academic Medal is one of the most prestigious awards a student in a Canadian educational institution can receive.

College recipient of International Institutional Achievement Award

September 25 - CNA is awarded the National University Technology Network's (NUTN) 2014 Institutional Achievement Award. The award was presented at the NUTN Network 2014 Conference in San Antonio, Texas. The international award

recognizes an institutional member for effective use of technology in teaching and learning and/or administration that is exemplary, demonstrates leadership and commitment, and advances the field as an institutional model.

College alumni claim three MusicNL awards

October 29 - CNA alumni brought home three Music Newfoundland and Labrador awards during the Annual Conference and Gala Awards in Corner Brook. CNA Alumni Don-E Coady, from the Graphic Arts program, brought home the Volunteer of the Year award during the Industry Brunch on Saturday while The Secrets, composed of Karla Pilgrim, Terri Lynn Eddy and Renee Batten, claimed Country Recording of the Year during the Awards Gala on Sunday. The Alternative Recording of the Year was presented to Cabbages and Kings, which includes Music Industry & Performance graduate, Brandon Hopkins.

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