

CURRENTS

NEWS AND VIEWS FROM COLLEGE OF THE NORTH ATLANTIC

College wins award for international projects

College of the North Atlantic (CNA) was presented the Business Achievement Award for Growth in Domestic/Export Markets at the St. John's Board of Trade Business Excellence Awards luncheon in December.

"I am extremely honoured and humbled to accept this award," stated Corinne Dunne, Vice-President of Development and College Advancement at CNA. "We are proud of our role and success in the province and now very proud that we are able to continue to have a positive impact in other parts of the world. Qatar may be our crown jewel, but we do so much more in the way of international education.

"The success of our campus in the State of Qatar, and our various international projects around the world, are the result of the continued efforts and professionalism of our

"The role of educational export is very rewarding and we feel very privileged to have the confidence and friendship of our international partners – a key factor for our continued growth and success."

employees and partners in Newfoundland and Labrador and abroad."

The award criteria included fiscal growth and economic impact on the province, the ability to meet increased demand and the competitiveness of market. College of the North Atlantic-Qatar (CNA-Q) generated more than \$10 million in revenue for the college in the 2008-09 fiscal year – all of which was reinvested back into CNA. Now in its eighth year of operation, the Qatar campus has far surpassed expectations with a project value of \$1.7 billion



– and continues to grow. Enrollment at CNA-Q is now at its highest with 1,738 full-time students.

The college is also exporting programs and partnering with government and the education sector in China. CNA diploma programs are being delivered at eight Chinese universities and the college is helping to support and train faculty at two of these educational institutions. Enrollments at partner institutions in China have increased from approximately 500 in

"Aside from the positive financial impact for the college and our learning environment," noted Dunne, "the role of educational export is very rewarding and we feel very privileged to have the confidence and friendship of our international partners – a key factor for our continued growth and success."

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2004-2005 to 1,850 at the beginning of the 2009-2010 academic year.

A Memorandum of Understanding was signed with the Jamaican government in May 2009 followed by the signing of a contract for the delivery of an educational program in Jamaica in partnership with a Jamaican institution. The college could soon be welcoming international students from Jamaica to its campuses to study in a wide range of program areas.

CNA student gains national recognition

Erin Ryan, a second-year Textiles: Craft and Apparel Design student at College of the North Atlantic (CNA), has been selected as one of 2010's Top 25 finalists in the national apparel Télió Competition.

The competition is open to current design students across Canada. Students are given a theme and a selection of fabrics to choose from to create a unique design. Twenty-five finalists are selected and have the chance to present their garment down the runway at Montreal's Fashion Week, March 4, 2010. Scholarships totaling \$10,000 will be awarded to five of the 25 finalists. The panel of judges (Canadian fashion professionals) will choose the winners based on creativity, technical skills and respect to the theme.

"When I found out I had been chosen as a finalist for the Télió design competition, I was completely shocked," states Erin. "For me, this opportunity was so much about challenging my own creativity and design process that I forgot for a moment that I was even entering a competition. Now that I am in the production stage, I'm starting to see my two dimensional designs take shape and that is really exciting. I love the work and I'm so thrilled to be representing the college on such a prestigious stage."

While Erin's natural creativity and technical abilities have been recognized by the competition, her success was advanced by CNA's Textiles program. A recent program

review within the School of Academics and Applied Arts has resulted in a revitalized Textiles program. As well as touting a new name, Textiles: Craft and Apparel Design, the program now includes a new studio area of apparel design, updated curriculum and equipment with increased human resources.

This year's Télió competition theme embraces the current fashion trend - a return to craftsmanship, handmade and the use of artistry in garments. Students were asked to design a uniquely modern, timeless, and authentic creation that will identify their garment as "art-à-porter," the new "must have" for a high end retail company such as Holt Renfrew. They were encouraged to use intricate techniques to elevate, experiment, and explore all the possibilities that art can bring to fashion. Students are asked to: impress, astonish, and most of all differentiate themselves.

All students in the Textiles: Craft and Apparel Design program participated in this year's Télió Competition. The 12 second-year students were asked to create three unique designs, illustrated and displayed in a professional manner. Technical drawings and chosen fabrics were attached to the back of the presentation. Seven of the 36 submissions were selected by a regional jury and were sent to Montreal for further judging. The end result was Erin's selection as one of the 25 finalists.



She has since received the material to construct her garment designs and will send the ensemble to Montreal in early February.

Design instructor, Beth Oberholtzer, and Apparel instructor, Barry Buckle, provided guidance in fashion illustration and technical drawing. The stage is now set for the many possibilities of participation in national challenges by future textile students, such as the exciting Télió competition.

For more information about CNA's Textile program visit www.cna.nl.ca, for more information about the Télió design competition visit www.telio.com/faq2010.html.

Christmas Drive brings supplies to children in need

It's certainly not the first time Neil Moores has thought about the well being of others, and it likely won't be the last. This past summer, the Prince Philip Drive Student Development Officer volunteered his time to McHappy Day, now he's promoting and donating to the NAPE Christmas Drive for children in the Philippines.

The Philippines was slammed with a typhoon in September, leaving hundreds dead and thousands homeless.

"If something like this happened to Newfoundlanders and Labradorians, we would all jump at the chance to help. It's just to help the kids and give back to the community," said Moores.

"In October, I was asked by NAPE if college students and staff would be interested in assisting with a drive of school supplies for the chil-

dren in the Philippines. The week of November 2-5 boxes were available in Learner Services offices at the Seal Cove, Ridge Road and Prince Philip Drive campuses for students and staff to drop off new or used school supplies," Moores explained.

Pens, pencils, markers, crayons, paper, books, and glue sticks were donated for the children so they would have the proper materials when they return to school. NAPE employee Christina Kennedy will be delivering the school supplies herself. When Moores heard Kennedy was travelling to the Philippines to hand deliver the supplies, he jumped at the chance to help.

"We all have pens and pencils in our desk. This is an easy thing to do," he said.

More than \$700 worth of school supplies was collected. Many people donated money for

the worthwhile cause, which was used to purchase even more school supplies to be delivered during the Christmas holidays.



Wanda Flannigan, President of NAPE Local 7542, Neil Moores, Student Development Officer at PPD and Christina Kennedy from NAPE load school supplies to be sent to the Philippines.

Country singer says CNA made her dream a reality

Karla Pilgrim says she never would have gotten her start in the music business without first honing her skills at College of the North Atlantic (CNA).

The folk/country singer from Roddickton cleaned up at the Music Newfoundland and Labrador awards gala last month, taking home the Country Artist of the Year and Female Artist of the Year awards. This achievement marks the first time a Music Industry and Performance (MIP) graduate has received an industry award.

Pilgrim says she discovered her true talents when she moved to Bay St. George to complete the MIP program.

"My time in Stephenville was very defining for me. I was 19 and didn't have any idea of what was available in the music industry in Newfoundland and Labrador. I thought I had to go to Nashville. So, I had a really big dream and nothing to do with it before I enrolled at the MIP program at CNA," said Pilgrim.

Life as a teen in Roddickton was pretty sheltered. The only radio station she heard was CBC and there was no cable television at home. She was obsessed with country music though, and wanted to make a life for herself as a famous musician.

"I asked myself 'how would I ever have enough money to go live in Nashville to make my dream happen?' So, long story short, when I moved to Stephenville and started attending college and realized there was a whole world out there in terms of the music industry, I was so relieved and excited," said Pilgrim.

She finally felt normal about her passion for music after she started the MIP program as everyone around her had the same drive for music.

"I was so used to getting odd looks or people telling me I had something wrong with me when I'd react a certain way to a song. Finally I found like-minded people to play with, literally. I was accepted in such a way that I gained so much confidence and just fell in love with the people and the life I had there. I always try to come back every year and do a show," she said.

Pilgrim took everything she learned at the MIP program, along with a hunger for music and moved to St. John's. Her songwriting talents soared when her debut album *I'll Think of You* was released in July 2009. Now, her universal country and folk songs reach a wide range of people.

"We all go through life having very similar experiences, just at different times in our lives. I don't write about things I have no idea about. I think I come off as real and the songs I sing are real life. I've only been writing lyrics a year or so now and I find that the simplest songs are the ones that get the biggest reaction. As I grow personally and musically, I know there'll be someone out there listening who's already lived through the things I'll be writing about and will know where I'm coming from," Pilgrim said.

This country songstress did not expect to win at the MusicNL awards. She says it was just icing on the cake to win Female Artist of the Year.



"This couldn't have happened at a better time. I've just moved home after being away for almost a year, I'm getting ready to start writing a new album and I am looking forward to taking full advantage of what's happening around me right now," she said.

Pilgrim says she's going to take it easy for the Holidays and enjoy being home in Roddickton. However, in the new year, she's heading back to St. John's to focus on the music once again. Pilgrim will also be heading to Cape Breton in March to attend the East Coast Music Awards where she has been nominated for Country Recording of the Year.

"This is a very exciting time for me right now. I'm taking it one day at a time - and enjoying every minute."

One penny at a time

Sandra Shallow is a librarian at the Burin campus, but when she's not helping students and handling books, she's giving back to this world; one penny at a time. Sandra has been involved in the Pennies for Peace program since January of last year.

The Pennies for Peace program was founded by Greg Mortenson. Greg is the co-author of #1 New York Times best-seller, *Three Cups of Tea: One Man's Mission to Promote Peace... One School at a Time*. He is also the co-founder and executive director of Central Asia Institute, which drives the Pennies for Peace program. Established in 1996, the Central Asia Institute's mission is to promote and support community-based education, especially girls, in remote regions of Afghanistan and Pakistan.

For Sandra, it all started when she read

Mortenson's book. The end of the book offers a list of ideas that people across the world can do to help educate children living in Afghanistan.

"To me, education gives you the freedom to think and have ideas," commented Sandra. With that in mind, she started her very own little Pennies for Peace campaign at the Burin campus.

After registering with the foundation, Sandra started her collection with a jar on her desk in the library, soon after she had students dropping off buckets of pennies. In fact, she sometimes finds buckets and large containers of pennies on the doorstep of her home. She has a lot of support from the campus she works in, from the students to staff members, as well as from the people of the Burin Peninsula.

Sandra sees more than just a penny; she



Sandra Shallow is seen here with her Certificate of Appreciation from Pennies for Peace organization for her contribution.

sees a penny buying a pencil for a child that wants to learn.

"What might be 'small change' or a mere annoyance to you can mean quite a lot if you happen to live in the poor mountainous region on the border between Afghanistan and Pakistan," she shares. "Yes, one penny can really buy a pencil for a child in school."

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Grand Falls-Windsor holds vigil for Montreal Massacre victims

The Grand Falls-Windsor campus hosted their annual vigil for the fourteen women who lost their lives in the Montreal Massacre on December 2.

Joan Pynn, campus administrator felt it was appropriate for the vigil to be hosted at a post-secondary institution.

"I am a firm believer that the college should be an integral part of the community as a whole, we are much more than just a place that offers quality training. The Montreal Massacre occurred at a post-secondary educational institution; it is only fitting that the vigil be held at one each year," Pynn said.

This year marks 20 years since the Montreal Massacre and Pynn wanted to do something special, so a display wall was created at the campus to memorialize the women who lost their lives. Fourteen different images of roses in varying colours were framed and added to the wall each day leading up to the vigil.

"It is a composite with a picture of each of the victims along with her name. We also placed a table in front of the wall on which we placed white roses and framed explanations about the Rose Awareness Campaign and the National Day of Mourning and Action on Violence Against Women," Pynn said.

"In addition, we added a book for people to sign and leave messages as well as a tray containing white ribbons (for men) and purple ribbons (for women). SRC members made the ribbons for distribution."

The White Ribbon Campaign is designed

specifically for men to show their support for the violence against women campaign. Many ribbons could be seen on people's jackets at the vigil.

The Central Cancer Survivors Choir sang God Weeps at the vigil. Many people from the community spoke and the history of the Montreal Massacre was recounted. However, one of the most powerful moments of the vigil was when Millie Walsh, mother of Samantha Walsh, spoke to the crowd. Millie's daughter was murdered in February 2000 in Fleur de Lys. After her powerful speech, Millie and her husband George lit the first candle for the candle lighting ceremony.

"Fourteen students, faculty and staff from the three local post-secondary institutions each lit a candle in remembrance of one of the victims. As each candle was lit a picture of the woman and a brief biography of her was read. The entire audience then sang Go Light Your World. We all had luminaries from the cancer society as we sang," said Pynn

After the candle lighting ceremony a slide show was presented that showed pictures and stories of women from Newfoundland and Labrador who had been murdered. Pynn says the crowd was shocked by the number of women that have fallen victim to violence.

The Women's Centre, along with the Committee against Violence and the GFW campus, jointly agreed to organize and plan the remembrance ceremony again next year.

"It went over so well that we have decided



Minnie and George Walsh (parents of Samantha Walsh) light the first candles during the Montreal Massacre Vigil at GFW campus on December 2. The event was organized by CNA, The Women's Centre and the Committee Against Violence.

that we will keep the format and do the same next year. This vigil attracted a capacity crowd... all the comments I heard after were positive, so we are looking forward to hosting this event again next year."

One penny at a time

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Two thousand pennies, or \$20, can pay for one child's education for an entire year. Small change can add up to big things."

Every cent collected, pennies, other coins, or bills, goes directly into the Central Asia Institute to support school projects. As of 2009, the Central Asia Institute has successfully established 130 schools in Afghanistan and Pakistan, which provide (or have provided) education to over 51,000 students, with emphasis on girls' education.

According to Sandra, the emphasis on girls' education is due to the fact that girls tend to want to educate their families. They are more likely to pass on their knowledge to their future children. Research has shown that grade 5 education for a girl not only improves the basic



The Purchasing Department in Stephenville has started collecting pennies to aid Sandra's efforts. Their first collection totaled over 28 pounds, approximately \$50.

guidelines of health for her and her family, but also helps her spread the value of education within her family and community.

Sandra will continue to collect pennies for as long as she can. She will know when it is time to stop, but until then, the jar she keeps on her

desk will remain. She encourages others to get involved and challenges other departments to collect pennies for the cause.

In fact, Liz Campbell, Procurement and Book Store Manager, got involved after reading an article about Sandra.

"I saw Sandra's story in a newspaper on a flight from Stephenville to St. John's. I was really surprised to find that the article was about one of our own. I decided right then and there to send her my pennies. I followed Sandra's lead by putting the offer out to CNA purchasing staff that was only too happy to 'dump' their pennies as well."

The purchasing staff will continue to collect pennies for Sandra and welcome other groups to join their efforts.

Your brain on college

Misplaced your keys? Are you feeling disorganized, stressed out or tired? If you answered yes, then keep reading.

Your brain weighs approximately three pounds and has between 50 and 100 billion neurons. It is this mass of neurons that allows you to navigate through life, your community and the grocery store. So how much thought have you given to feeding your brain? Are you giving it what it needs to function optimally? Do you know where your keys are?

We all need three basic things to ensure optimal health: sleep, exercise and food. Mom always said, "get a good night sleep and things won't seem so bad in the morning" and she was right! Research shows that our brains and bodies work best when we have adequate sleep. In fact, sleep deprivation slows our reflexes, dims our thought processes and wreaks havoc on our emotions.

Exercise is the second factor that benefits overall health. Regular exercise has been shown to decrease stress, anxiety and

depression as well as increase self-esteem, not to mention the added bonus of better sleep patterns and a multitude of physical health benefits.

The third factor is food. "...the right food, or the natural neuro-chemicals that they contain, can enhance mental capabilities – help you concentrate, tune sensorimotor skills, keep you motivated, magnify memory, speed reaction

"Essentially, fats build your brain, and proteins unite it. Carbohydrates fuel your brain, and micronutrients defend it" The Franklin Institute.

times, defuse stress, perhaps even prevent brain aging" (Psychology Today, 2003).

This article will focus on feeding your brain. Whether you are a student, staff member or instructor, your brain has specific nutritional requirements.

Most of us realize that a few drinks at the local pub will affect our moods. Indeed, a few too many drinks and our coordination is affected, our reflexes dull and our speech becomes slurred. However, not so many of us make the connection between what we eat

and how we think. Many of us have a tendency to perceive our brains and bodies as separate entities. Naturally, what you feed your body has a direct effect on how well your brain functions. In fact, your brain is an extremely metabolic organ and a very picky eater (Psychology Today, October 2003).

We evolved and are adapted to live off of the Earth. We are supposed to find our nutrients from natural sources. "How well you nourish your brain determines how well your brain will nurture you – for the performance of a lifetime" (The Franklin Institute).

So what do you really need on your plate?

"Essentially, fats build your brain, and proteins unite it. Carbohydrates fuel your brain, and micronutrients defend it" (The Franklin Institute).

So, reattach your brain to your body and read on. For more information visit http://www.cna.nl.ca/Employees/marketing/press_pics_window1.asp?MessageID=562

Fisher Children's Centre celebrates 20 years of learning

The Fisher Children's Centre (FCC) celebrated its 20 anniversary on December 2. The centre celebrated with over 200 guests in the atrium of the Corner Brook campus.

The centre currently has three staff members, Roxanne Billard, Carla Adams and Ruth Luther who have been with the centre from the very beginning.

"We were so proud of the turnout. The staff was saying that it was the largest turnout they have seen at any event," said Billard, noting the event was organized by staff and an anniversary committee.

For 20 years the centre has offered day care services for students, staff and the employees of Provincial Government agencies. The centre plays a major role in the Early Childhood Education (ECE) program, enabling students to get a hands-on learning experience, which is part of their program curriculum.

The celebrations included key speakers from the centre, a photo display of past

and present students and children, and a tour of the facilities.

Billard has been an Early Childhood Educator at the centre since 1991.

"The FCC has recently added an infant room and a toddler room. We will now be servicing families from birth until the age of six so we feel it was a great time to unveil our new rooms to the public. We feel it is a great achievement to be in operation for 20 years and it was well worth celebrating."

After formal greetings by keynote speakers and a quick look of the past and present photo display, guests toured the new facilities and signed a guest book, similar to the old sign-in system the centre had when it first opened.

"Everyone was very pleased with the new renovations."



Alisha Ayers attended the Fisher Children's Centre as a young girl, now she's completing her primary/elementary internship at the centre as part of her Bachelor of Education degree. Aires spoke at the celebration and shared how important the centre was to her childhood and curiosity for life.

Mentor has huge impact on instructors' life

While Gerry Sellars knew from a young age he wanted to be an electrician, it was the influence of his instructor at the college that lead him to become a teacher of that trade.

As a graduate from CNA's Construction/Industrial Electrical program at the Bonavista campus, Sellars says Bob Brown became his inspiration for teaching.

"I have known Bob for four years. He was my instructor when I did the Entry Level Electrical program at Bonavista campus. Bob was a great instructor; always there for his students, down to earth, and never left a question unanswered. If a student didn't learn from Bob Brown, it was because he or she didn't want to learn," recalls Gerry.

"Bob is an outstanding instructor, in my opinion. He is also a great colleague. He was one of the references I used when I applied for my position at CNA's Carbonear campus as instructor for Entry Level Electrical."

"It was a big change, going from a working journeyman electrician to an electrical instructor. Bob sent me a lot of very helpful information, lent the school equipment, and was always there when I needed him. I tried to make contact with all the campuses offering electrical when I started, and a few offered a little help, but none like Bob. I could always depend on him when I felt overwhelmed."

He says Brown is one of the main reasons he is at CNA today working as an Electrical instructor with Journeyman status, only four years after officially entering the electrical trade.

The 26-year-old completed his certificate of post secondary education in early 2009.

"Electrical work was always a major interest to me," says Sellars. "My father was an electrician and I wanted to be as well - from the time I could talk. I started helping him very young and my interest grew with every day that passed."

He says he truly enjoyed the program at CNA.

Although he ended up in the electrical trade, Sellers first tried his hand at CNA's Forest Resources Technician program at Corner Brook campus.

He worked in the forestry field for a year after graduating from the program in 2002 and then signed up for his true passion - electrical.

"I wanted to work hands on in an interesting field. I did however, truly enjoy the forestry program, but it wasn't the field I belonged in for a career."

He says there are many opportunities in the electrical field.

"There were also many more opportunities for me as an electrician. The paper mills weren't

exactly crying for workers and government was cutting back its forestry sector. I never had the want or desire to go to the mainland. Money means little to me as all I need is the bills paid. I'd rather be home with my family than rich."

Sellars made the decision to return to CNA for his electrical certification and hasn't looked back.

"I had it in mind to teach while I was completing the entry level course in Bonavista. I saved all my information and kind of planned to try teaching, but never figured I would get a chance to do so, so soon."

He says he decided to work for CNA because it offers higher quality education, has a great reputation and he could teach at a campus in his hometown of Carbonear. But it was Brown's influence which really tipped the scales for him.

"Bob was always there - he was in school when we got there in the morning and when we left even at night time. He is the reason I am always available to my students. I even have received calls at home. I, like Bob, spend from 8 a.m. to 5 p.m. in school and hours upon hours doing work at home."

It is this level of dedication that he has adopted for his own students.

Gerry claims that he learned more from Bob than any other instructor, mainly because he always tried to challenge him. He was quick to

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Run for the Cure

On Sunday, October 4 more than 170,000 Canadians walked or ran to raise funds for breast cancer research, community education and awareness programs.

Thanks to members of the CNA Run for the Cure team, this October Canadians woke up even closer to a future without breast cancer. The CNA team contributed \$3,893 to the national event that raised an incredible \$26.5 million, providing hope to thousands of Canadians living with breast cancer.

This marked the 13th anniversary for the Run for the Cure in St. John's and the sixth year for Team CNA. This year, Team CNA surpassed their goal of \$3,500 and had over 15 members participate. A special thank you to the teams top fundraisers; Sharon Bryne, Pam McCarthy, Shelley O'Brien and Karla Metcalfe. Way to go team!



Members of Team CNA included; back row from left to right; Kim Parsons-Turpin, Chan Wiseman, Ann Croft, Karla Metcalfe, Krista Galway, Mary Farrell, Amanda Day, Corinne Dunne, Eric Tiller, front from left to right; Daxa Jani, Shelley O'Brien, Pam McCarthy (Team Captain). Missing from photo are Bala Murthy, Dawn Greening, Sharon Bryne, Maureen Dunne and Casey Thorburn.

Building relationships one stitch at a time

In April 2009, CNA instructor Darlene Spracklin-Reid had the opportunity to bring 10 students to Louisiana to help in the effort to rebuild New Orleans. The student volunteers were accompanied by three faculty members, Ridge Road Campus Administrator John Oates, and two Civil Engineering Technology alumni as part of the international volunteer organization Global Design Students (GDS), who has been partnering with the Broadmoor Development Corporation (BDC) since 2007.

The BDC is the community development branch of the Broadmoor Improvement Association (BIA). Since Hurricane Katrina, the BIA has led community efforts to rebuild the Broadmoor neighbourhood. To date, the community has repaired over 70 percent of its homes. Challenges persist, but the BIA is committed to revitalizing Broadmoor – and by extension, the City of New Orleans – home-by-home and block-by-block, one residence at a time.

The team arrived well equipped and ready to help rebuild and improve the educational corridor of the Broadmoor neighbourhood which included a school, community centre, playgrounds and library facilities.

“I was looking for a project for the women in our group to do together. Sometimes our female students don’t feel confident on their skills and I wanted them to have a project of their own to demonstrate their skills to others, but more importantly to themselves,” Darlene Spracklin-Reid

Part of the redevelopment included repairing sidewalks, parking lots and foundations. With several projects underway, Darlene was looking for a special project for the women of her team.

“I was looking for a project for the women in our group to do together. Sometimes our female students don’t feel confident in their skills and I wanted them to have a project of their own to demonstrate their skills to others, but more importantly to themselves,” says Darlene.

Hal Roark, the executive director of

the Broadmoor Development Corporation introduced the team to Linda Ireland.

Linda has Amyotrophic Lateral Sclerosis (ALS), also known as Lou Gehrig's disease. She became very ill upon returning to New Orleans after the hurricane. That is when she discovered her sidewalk was severely damaged. The City of New Orleans created a list of sidewalk repairs but Linda's did not make the list because at the time of inspections her sidewalk was covered in rubble. Darlene saw an opportunity to have her team work on this project.

“Linda had accessibility issues which were worsening and she needed the repairs very badly. She also needed a ramp to aid in her access to her property.”

The team of women, consisting of Linda Fitzpatrick, Amanda Dunn, Andrea Reid, and Darlene, replaced Linda's existing sidewalk with new concrete and also built her a new ramp to assist with her accessibility needs.

The team got to know Linda very well. They learned of her collection of beautiful Mexican dresses. She cherished these beautifully embroidered cotton dresses but they had become old and worn. She explained to the GDS group that the hurricane taught her to let

go of material possessions and that she had planned on making pillows for her home out of the dresses, but that her hands were too weak to do so. Linda accepted this and was planning to give the dresses away for someone else to enjoy.

Upon learning this, Darlene asked Linda if she could take the dresses home to Newfoundland. Darlene's mother is a member of the Ocean View Quilters Guild and the idea was to have her mother make a quilt out of the dresses.

The quilt was made, with College of the



North Atlantic's name embroidered on the back, and was shipped to Linda in New Orleans. She was very pleased to see her dresses made into a beautiful quilt and Darlene and her crew had met a remarkable woman during their time in New Orleans.

“We got to know Linda Ireland well, she's a lovely woman. She is strong and inspirational. She touched us all.”

Andrea Reid, one of the other women involved with the project, was also touched by Linda's inspiration and thought going to New Orleans was the best experience of her life.

“Linda Ireland is a very special lady and she will always hold a special place in my heart. Helping her was one of the best experiences of my life. I never thought that working for free, for eight hours a day in 35 degree heat, would be the highlight of my life. Forever I will cherish Linda, her dresses and the memories created by both.”

The civil engineering project was a success and CNA has left a footprint in New Orleans in more than one way. The team helped reconstruct a vital part of the city; they befriended Linda and helped rebuild not only the damages to her property, but also her treasured belongings for years to come.

Mentor has huge impact on instructors' life

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study the required information and once it was done, Bob continued to challenge Gerry – giving him extra work, showing him things that didn't have to be covered but helped Gerry further understand the field.

Even now, as a colleague Brown is still there for Sellars.

"He reassured me when I was doubtful I could do it," recalls Sellars of his decision to teach. "After all, it is a huge change to go from an electrician to an instructor. What I took away from my experience with Bob (while a student of his) was that although the days were extremely long and definitely challenging, being an instructor is so rewarding.

"I truly have to say I love it. I have a passion for the work and the challenges that come with it. I benefit from the expressions on the faces of my students when they understand the concept I am teaching. At the end of the day, there's nothing better than that. It's an accomplishment in itself."

Bob agrees with Gerry's sense of instructional accomplishment and feels that it comes with a certain level of respect in the teaching style, "You have to treat your student with respect and realize why they're here. I believe in teaching the concepts of electrical work and not the memorization of text materials."

Gerry feels it is instructors like Brown who really make a lasting impact on their students' lives.

"He is a stand up guy – honest and true. He is one of the few truly good instructors who cares about his students and wants them to understand what they are doing. He is always available and always has time for his students," says Sellars.

"He will help out new instructors by giving them his material, test assignments and input. He is the best asset that the CNA electrical program has for its instructors because he doesn't hesitate to help in any way he can."

When asked how he feels about instructing and becoming a mentor to young instructors, Bob modestly replies that instructing wasn't a position he expected to find himself in but that it came with its own rewards.

"My feelings about instruction come from 30 years of struggling in the field of electricity, to get and retain a job, which required a great attitude towards work and other peers within the field," he explains.

"As for being a mentor to some "green" young instructors, I believe this comes from the memories of being a new instructor within the college system, receiving very little or no input from senior peers, as to text, exams, assignments and tasks that should be completed by students. I believe in treating others as you would want to be treated yourself, therefore I help, where and when I can."

Graduates profile CNA campuses across the province

One van, two cameras and 17 campus visits in one year! College of the North Atlantic's (CNA) new multimedia assistants are travelling across the province and profiling each campus and its community.

"The project is a recruitment one using multi-media to attract both future students and future employees. So we have two clients, human resources and learner services, with two different target audiences, employees and students," said Chris Yeo, CNA's Webmaster and multimedia project manager.

CNA graduates, Evan Willoughby of Grand Falls-Windsor, Joe May of Corner Brook and Chris Slaney of Clarenville are documenting campuses and communities from coast to coast.

The team already has dozens of video tapes to sift through with just three campus visits completed. They will create two short videos from each campus visit highlighting select campus programs, current students, graduates and industry experts. They will also provide an overview of the community's facilities, recreational activities and amenities.

Yeo says this project is not only great for the college but for the three recent CNA graduates as well.

"We really needed to increase and in some cases start to use video to promote the college. It is such an expensive yet essential feature that we've debated how to accomplish it for a while now. Using our own graduates allows us to provide valuable work experience and a chance for them to build a professional portfolio of work," Yeo said.

May says it is important to show each town so prospective students and employees get a better grasp of what it would be like to live there.

"If you love animals, you should go there. If you love photography, you should go there. If you love landscape, you should go there. That's the message we are trying to get across," said May, speaking of the team's travels to the St. Anthony area.

Willoughby believes when it comes to recruiting, a video is more effective than the written word.



Evan Willoughby, Chris Slaney and Joe May are the new multimedia assistants travelling to campuses across Newfoundland and Labrador.

"It is what draws someone in at first. If you see it written, it's not as powerful. If you can provide a visual, it makes the prospective student feel positive about visiting that area."

CNA-Q News



Season's Greetings from the land of sun and sand

This is the eighth year CNA-Qatar has celebrated the Christmas season in Qatar. Many of us have travelled globally in past years during the season, but nowhere is the celebration as festive as it is celebrated at home in Canada.

We are fortunate, however, that we get to celebrate the Muslim religious celebrations as well: EID Al Fitr in September and EID Al Adaha in November. On November 21 we celebrated with a holiday dinner as children sang both Christmas carols and EID songs, they were then visited by Santa who had gifts for all the children.

College fall activities

The high level of activities and events are a clear indication of the professionalism and dedication at the campus. To name just a few of the recent activities: Student Awards Night, the AIESEC Student Conference, Wanasa Night (a night I always enjoy with the female students), International Education Week, the Cyber Anatomy Launch, the Glen Cameron Golf Tournament (a fundraiser toward a scholarship in Glen's honor), the Health Sciences Career

Fair, students in Health Science attended the Asia Pacific Academic consortium for Public Health in Taiwan, students also participated in Qatar Debates in Taiwan, and the campus held its Holiday Craft Fair, as well as numerous other events.

Contract renewals (Canadian hires)

This academic year, we have our largest number of personnel contracts up for renewal yet- a total of 175. Of this number, only 44 will not be renewing their contracts, 41 are Canadian residents in their fifth year and therefore are returning home, leaving only three not wishing to renew. Despite our challenges, Qatar is an excellent place to work and live. The number of employees wishing to continue with us is a reflection of the bonding of our employees with the campus as they look at Qatar as home.

Joint Oversight Board meeting

The Joint Oversight Board Meeting was held at CNA-Q on December 10 with the President of CNA, Jean Madill, the VP Qatar Project, Greg Chaytor and other CNA board members in atten-

dance. This year we developed an executive summary of the 2010-2011 Annual Plan built around themes and a more detailed annual plan for the 2010-2011 academic year. The executive summary will be available to you via President Jean Madill once it has been approved by the Joint Oversight Board.

Corporate newsletter

The first corporate newsletter will be available in early December and will be distributed to stakeholders in Qatar and Canada. Copies will be sent to all campuses of CNA.

From all of our colleagues here at CNA in Qatar to our colleagues at CNA in Newfoundland and Labrador, Season's Greetings and a Happy New Year.

Enid Strickland
Interim President

Bioprospecting unearths remarkable project

When Keith Williams and Carla Eskow, instructors for the Environmental Health Technology program at College of the North Atlantic's Middle East campus in Qatar, submitted a research project funding proposal to the Qatar Foundation, they had no idea that it would grow beyond their projected 25-page paper into a 73-page hard cover book with international distribution.

From Acacia to Ziziphus: Arabian Plants to Nourish the Body and Earth is a beautiful reference guide with colour photos of each plant profiled – some 21 species. It provides a summary of each plant, including where it grows, what it needs to thrive, its appearance and physical composition, and its medicinal and environmental properties. It also provides a scientific profile and references to scientific studies undertaken on each plant.

The project, beginning in June 2008, was entitled Bioprospecting Qatar's Plant Genetic Resources and encompassed research to explore connections between healthy environment and healthy communities.

"We started by identifying some of the key environmental and health challenges faced by Qatar - we did this by reviewing government documents such as the National Biodiversity Strategy and Action Plan and National Health Authority documents on causes of death," explains Williams.

"We came up with ways in which plants could be used to treat some of those problems. For example, some plants are anti-cancer - others have the ability to sequester polyaromatic hydrocarbons from oil spills."

As Williams and Eskow point out in the project's synopsis, the development of the oil and gas industry in Qatar and the ensuing urbanization and industrialization of the country over the past 60 years have had a profound influence on the population's health. This shift has resulted in the increased incidence of "diseases of affluence," those that result from an increase in wealth.

"For example, in 2003, 65 per cent of the Qatari male deaths and 70 per cent of the Qatari female deaths were due to cardio-vascular illness, diabetes, malnutrition, neoplasm's and traffic accidents..." state Williams and Eskow in the synopsis.

Before the urbanization of Qatar, the paper continues, the population's diet was one consisting of camel milk, meat, dates, and wild plants. These wild plants have significant medicinal properties and therefore made significant contributions to the well being of the

people of Qatar and can again.

"Nutraceuticals, which are chemical compounds with health stimulating effects isolated from natural sources and herbal treatments, are enjoying a popular global resurgence as their efficacy is increasingly validated by scientific study (Wildman, 2006)," states the synopsis.

The one-year project, made possible through the Qatar Foundation's Undergraduate Research Experience Program, enabled a group of students to participate. Indeed, the group of six students helped collect data on 170 of Qatar's 310 documented plants. Williams and Eskow developed a worksheet for students to evaluate the most beneficial plants in treating diseases such as cancer, HIV, diabetes, heart diseases and fertility issues. Other plants were chosen for their ability to significantly offset the effects of environmental challenges such as pollution, climate changes, and soil and habitat destruction. Those plants that scored highest in treating these problems made it to the book, along with some other noteworthy flora.

One such plant, profiled on pages 14-17, is the *Calotropis procera*. Among its many valued attributes is its capacity to be used as a bio-fuel, its antioxidant and anti-diabetic qualities, its cancer-combating properties and the fact that it contains enough latex rubber and fibre to make a variety of organic products such as bags, fishing nets and robes. It also is comparable to wood in the manufacturing of pulp and paper. As an added bonus, the plant is attractive enough to be used as an ornamental horticulture for one's home or garden.

Aisha Ghani was one of the students involved with the project. At the time, she was enrolled in the Environmental Health (Public Health) program at CNA-Q and quite busy with her studies and activities at the campus; she initially thought the project would be far from exciting but was pleasantly surprised.

"As I worked on these plant profiles for several months, I realized that the information I was collecting was very informative and very helpful. I learned many new things about plants that I never thought existed," says Ghani.

"We profiled these plants based on their properties such as their traditional ecological knowledge, their health and fertility properties, their ability to sustain the environment... and help in soil remediation (reversing environmental damage). As I was doing my major in Environmental Health, this was directly related to my field... and useful to me."

To learn of these plants, their history and properties, the team searched online for schol-



arly papers and e-books, and they used a variety of hard copy scientific books and journals. They took photos of those plants they could find and sought out photos from people at CNA-Q and Doha. In creating *From Acacia to Ziziphus*, the team was also required to systematically record and reference their findings.

"This gave me lots and lots of experience with co-authoring a book... and will definitely be of use to me if I ever want to publish a book in future," Ghani says.

The experience didn't end there – at the culmination of the project, the team gave a formal presentation for a variety of stakeholders in associated fields.

"We invited many people from several leading companies in Qatar – some were in petroleum, medicine and architecture companies. Many people were interested in the plants' properties to sustain the environment and also their health properties," says Ghani.

"We handed our book to these stakeholders and they seemed glad. This meeting gave us a good opportunity for networking."

In fact, this project opened up many opportunities for these students – during the spring semester as they were assembling the final documents for the book, they were invited to present their work in the United States. Williams and Eskow took six female students and three parents to the US Society of Ethnobiology's 32nd Annual Educational Conference at Tulane University in April, 2009.

"It was an eye-opener for the students and for Keith and me. They were able to network with teachers, professionals and students at the conference, they experienced the city of New Orleans and Bourbon Street, they experienced riding a street car for the first time in their lives and we took them on a canoe ride in the swamps!"

Ghani says the experience is something she will never forget.

"My experience with this research project was beyond awesome!"

Work term brings international experience

Lesley Anne Mitchell and Victoria Newhook, both second-year Mechanical Manufacturing Engineering Technology students at College of the North Atlantic's (CNA) Ridge Road campus, found the adventure of a lifetime when they were accepted for a four-month work-term at the college's campus in the Middle East.

The two were part of a pilot program to encourage student exchange between CNA and its international campus, CNA-Qatar. They arrived in Doha on May 12 to work as laboratory assistants in the Engineering department.

"It was an amazing experience," says Newhook. "Our co-workers treated us like one of them, even though we were students; it was like a family over there."

As with most people, the young women had ideas of what a Middle East culture would be. Some things were as they expected, while others were not.

"It was a real eye-opener. There are people in Doha from all around the world and there are cultural differences, including a social system we don't see in Canada. Our kind of equality is not there," says Mitchell.

"For example, I met a man with two wives; I didn't know what to think first, but he was kind and respectful. People need to keep an open mind, you can't judge. It's like us with the seal industry here... people have their ideas of what it's about but sometimes you don't know until you have experienced it for yourself."

Newhook agrees.

"A lot of people have a certain view before they come to Qatar but when you get there, it's not like that. The same for the Qatari students, I think it's a learning experience for them to be taught by women. They didn't warm to the idea at first but it didn't take long before they were comfortable," she says.

"They really accepted us. That was a great feeling, to know we were being treated as individuals and not as some notion of what they thought women should be."

Steve Bolan is acting Dean of Engineering at CNA-Q. He says the inclusion of student exchange activity was a brilliant concept – one that is providing an exchange of ideas, attitudes and ethics.

"We find that exchange students introduce a breath of fresh air over here. They come in with differing viewpoints and ways of doing things than what our students have learned. This has... a lot to do with work ethic. We find that our students learn best when solid examples

of definitive work habits are displayed," shares Bolan.

"The two young women that were over here this past summer modeled stellar behavior and as a consequence our students learned well from them... with all of the biased attitudes prevalent in developing countries about females in the work force, I think this really opened their eyes to the capability and quality of work that women can do."

On this side of the globe, instructor Steve Hicks teaches in CNA's Mechanical Manufacturing Engineering Technology program at Ridge Road campus in St. John's. He sees the exchange as quite beneficial for his students.

"Work-terms have to be done regardless, but for young people to travel and see how things are done differently half way around the world is definitely an added experience. They make good money, get international experience and grow up a lot, being that far from home," says Hicks.

"You have to remember, they can potentially be 20 years old. To go work in another country in the field they are studying is incredibly valuable."

Over the four months of their exchange, Newhook and Mitchell threw themselves into their work. They taught with gusto, assisted students in their class work and helped out wherever they were needed, using their skills and a little bit of ingenuity. Safety features were foremost in their minds, as this is what they are taught in their program back home.

"Safety first!" says Mitchell. "We really wanted to instill safety practices as a second-nature thing. If they are going to work with international standards with companies, on ships, etc. they need strong safety practices."

The two women enjoyed their experience to the fullest, and left something behind... somewhat of a legacy.

"We built a hydraulics table. It was supposed to come with all the equipment, but for some reason it wasn't sent. So we decided to build one," laughs Newhook.

"It is a stationary table, made from scratch with no plan; took us about two weeks. It is on an angle so students can see gauge readings and easily reach components on the board. It worked great!"

Their biggest legacy is one that will change the very face of Engineering programs at CNA-Q, says Vice President Gary Tulk.

"They did a safety audit of the shops and

laboratories in Buildings 8 and 9. Many of their recommendations concerning signage and other aspects of safety have already been integrated into the program," says Tulk.

"The report itself, which was a requirement for their course completion, is currently under review and will help direct the School of Engineering and Industrial Trades in formulating a school-based safety program in coordination with the overall CNA-Q Facilities Safety Plan."

The experience has also left a lasting impression on the two women.

"We love and miss Qatar so much, and cannot wait to go back," says Newhook. "I have met people from all over the world, people who have made such an impression on my life... people I will never forget."



Two Mechanical Manufacturing Engineering Technology students – Victoria Newhook, left, and Lesley Ann Mitchell, took part in an exchange program from Ridge Road campus in St. John's to CNA-Qatar during the summer of 2009.



Victoria Newhook attaches the hydraulic unit to the table she and Lesley Ann Mitchell made during their work-term in the Engineering department at CNA-Qatar.

Qatar Project Office is a lean, green, savings machine!

The Qatar Project recruitment office in St. John's, led by Roseanne Doody, has reduced its paper consumption from 115,000 sheets to 20,000 in three years. This represents, in sustainability terms, the consumption of 11.4 trees and 5,388 kilowatts per hour of energy, producing 492 kilograms of solid waste; 1.2 tons of green house gas; 36,866 liters of effluent and 0.2 kilograms of cancer-causing chemicals. These savings do not include the costs of printing or copying.

At .05 cents a page by 95,000 pages, this saved the college \$4,750 per year for a total savings of \$14,250!

Break it down:
11.4 trees
492kg solid waste
5,388kwh energy
1.2 tons of green house gas
36,866 litres of effluent
0.2kg cancer causing chemicals

For ideas on how to create a greener workplace, contact CNA's own Len Vassallo, Sustainability "Green" Coordinator at 637-8640 or leonard.vassallo@cna.nl.ca.

Life's a beach, everyday in Qatar

Sunny skies, warm temperatures, friendly people and a world-class workplace – College of the North Atlantic-Qatar offers it all.

That's the message of a newly completed recruitment video to be used by the Qatar Project Office (QPO) in Stephenville. The main function of the video is to act as employment tool by the QPO recruitment team as they actively participate in conferences and offer up presentations to prospective employees throughout Canada. Rather than outsourcing the project to an ad agency, it was decided that harnessing the abilities of CNA graduates would be a more fitting approach.

"The project was a two-pronged approach," says Roger Hulan, CNA's communications specialist, who managed the project. "The Qatar Project Office wanted to have something less formal than a corporate video to present and hand out to prospective employees, but it also wanted to provide CNA graduates with some tangible, hands-on experience."

Journalism graduate, Maria Mulcahy, and Film and Video Production graduate, Katie

Green, were hired by the QPO for three months to complete the project. Fred Campbell, a Journalism instructor at the Bay St. George campus, was also brought on board as the video's director. After establishing connections in Doha and mapping out a shooting process, the team travelled to Qatar to capture the

situations and the opportunities they have been afforded by taking a position with CNA-Q."

The video consists of interviews with employees, shots of community groups interacting with the campus, facility overviews and employee lifestyles. Of course, not all of the footage was used for this video, which is

just over four minutes long. The additional materials collected have been archived for promotional use and could be used as updates or a refreshing of the video when the need arises.

"The end-goal of the project is to have an up-to-date collection of images, testimonials and CNA-Q material so that a DVD collection can be compiled in the future. However, the employee testimonials are the most important aspect – and the more people hear what they have to say the better."



various aspects of working at CNA-Q and living in Doha.

"We were able to speak with dozens of CNA-Q employees, gaining a better understanding of their experiences as they live, work and play in the Middle East," says Hulan. "People were eager to discuss their personal

The video has been posted the college's YouTube channel, searchable under College of the North Atlantic at www.youtube.com.

Personal Space Greening Day

The Prince Philip Drive campus Greening Committee held a Personal Space Greening Day in December to clear out all recyclable paper.

"The focus of the day was for each of us here at PPD to take some time and look around our work areas for paper items that could be recycled. This included such items as old magazines, papers, copies of articles, etc," said Paul Forward, campus administrator.

Additional recycle bins were put in the gym for a majority of the day so staff could drop off all unwanted paper.

"We brought in 10 extra large blue bins and they were all filled with paper for recycling and

many of our regular blue bins were filled to capacity as well."

The PPD campus has a vast amount of text books, and many were recycled. Instead of placing them in a plastic bin, CNA is sending unwanted text books to a developing country.

"To me this is recycling," said Liz Campbell, CNA's procurement and bookstore manager. "I'm a book lover and to lengthen the life of any book in such a fine manner is a great thing for the college."

Prince Philip Drive collected 13 boxes of old text books. The college is still compiling books to reach a minimum shipment of one trailer

load to send to a country that could really use them.

"If you still have books you no longer use please consider this option as opposed to just throwing them out," said Forward.

The PPD campus and the college hope to have another event like this in the new year. The Greening Committee would like to encourage all campuses to keep filling recycling bins with unwanted paper.

Chinese students and instructors get a taste of Newfoundland culture

The college is improving its international connections through English as a Second Language (ESL). Joint programs are in place with eight Chinese institutions that enable students to choose to finish three-years of ESL in China or take the last two years at CNA.

Many come to CNA to complete the program, and this fall, instructors from four Chinese institutes are here to audit ESL.

Sherry Qi is an English teacher at the Taiyuan Institute of Technology (TIT); she's been at the Prince Philip Drive campus for three months now.

"During this period of time, I have kept myself quite busy with auditing in courses related to English business communication

she returns to her college. Part of Qi's visit to CNA is to improve communication between teacher's curriculum at CNA and the post secondary institutions.

Peter Sun is a student that has come to Newfoundland from Suzhou, in Jiangsu province. He wanted to immerse himself in an English-speaking atmosphere.

"I heard that Newfoundland is a quiet place and has less Chinese students than any other big cities. I have more opportunities to practice English. It's a wise choice to come here. The other reason is that Newfoundland is a special location. It lies on the eastern edge of Canada. I can see the ocean and other beautiful scenery" Sun said.



Sherry Qi is an instructor with Taiyuan Institute of Technology who audited English as a Second Language at CNA in St. John's. Peter Sun is a student from Suzhou, in Jiangsu province who is completing ESL in St. John's.

"I hope I can take different teaching ideas, some teaching materials and information about CNA back to my college..." Sherry Qi

and savoring the different Canadian and local cultures. From the culture to the teaching and learning, to the daily life, to the beautiful scenery, many different things just impressed me so much," she said.

Qi says it is always a good opportunity for an English teacher to visit English-speaking countries to get a feel for the culture. This trip will make her teaching more interesting when

Not only is he learning the language, but he's getting a taste of Newfoundland culture as well. "It's good for me. I have travelled to lots of interesting places such as the Rooms, Signal Hill, the Basilica Museum, Bell Island and so on. People are so friendly that I don't feel embarrassed when I ask some common-sense questions," Sun said.

Sun just started the ESL program this fall and

plans to finish the program at the Prince Philip Drive Campus over the next two years. Qi's trip will be a little bit shorter, as she along with the other four visiting instructors, will head back to China in December.

"I hope I can take different teaching ideas, some teaching materials and information about CNA back to my college. And for me, personally, I gained a brand-new life experience."

Delegation to China an experience to remember

Dr. Wayne Eastman travelled to China this fall as part of the Canadian Early Childhood and Elementary Education Delegation. Joining a team of educators from Canada, he was able to discuss the values and teaching methods of a completely different culture.

Wayne is the coordinator of Applied Arts and Access Programs and an instructor with the Early Childhood Education program at the Corner Brook campus. He was asked to lead the delegation in China because of his immense work with early childhood development.

The delegation was organized by the People to People Citizen Ambassador Program, which develops specialized delegations to visit countries around the world to promote international goodwill and understanding through professional, scientific and technical exchange. Wayne selected China as the location because Canada is so culturally diverse and immigrants from China play such an important role in Canada's multicultural milieu.

"This delegation provided an invaluable platform and opportunity for sharing ideas, research and best practices germane to Canada and China's early childhood and elementary education programs," said Wayne.

The participants also visited various educational settings and witnessed the early learning curriculum in action. Wayne hopes the dialogue exchanged among educators from both countries will improve the quality of early year learning.

"The Chinese place much more emphasis on moral education than we do; moral education

is incorporated into the daily curriculum. In the preschool years we tend to emphasize the emergent curriculum approach; that is a focus on the individual child not the group with our topics based



Tiananmen Square in Beijing was one of the cultural highlights for the delegation.

on children's needs."

Wayne emphasized that his trip will probably not change his teaching methods at CNA in Corner Brook. However, he did gain a better understanding of how other cultures educate their young.

"One lasting impression I obtained from this delegation is that we have to be tolerant of the practices and teaching methods of other cultures. As westerners we have to be open-minded and reject the current thought that our curriculum and best practices should be universally accepted."

Wayne not only had an open mind about teaching methods in China, he also immersed



The ECE delegation visited a school in Shanghai.

himself in the culture by trying many different types of food, like scorpion, and visiting the great historical sites like Tiananmen Square and the Great Wall. He has always had a strong fascination for the Chinese culture and says this was a trip of a lifetime.

In early December, Wayne was told that both the education and cultural events of the China trip will be published in a photo journal book.

"*Memories of China* highlights the Canadian Early Childhood and Elementary Education Delegation to China's experiences. The book documents the delegation's professional, cultural and leisure experiences through the use of photographs and written descriptions."

The book is authored by Dr. Ingrid Crowther, one of the members of the delegation, Wayne was a supporter of the book. *Memories of China* should be released to the public in the coming months.

Contract Training & Continuing Education update

The college is currently accepting applications for a number of newly available short-term training programs being offered by Contract Training & Continuing Education at various campus locations throughout the province. Sixteen programs at 11 campuses are underway or scheduled for 2010.

Applicants for many of these programs may qualify for funding through the new Labour Market Agreement (LMA) and the new Strategic Training and Transition Fund (STTF) which could cover up to 100% of the cost of attending the college - including travel, accommodations, child care, books, tuition and more.

Eight students successfully completed

the one and half week Bus Driving Training offered through the Bay St. George campus, the only offering of its kind in the province and the second intake at this campus. Two other programs are underway: the 25-week Marine Frontline Hospitality Training - one under way in Port aux Basques campus and one in Bay St. George, and the 12-week Skills-4-Discovery (Career Exploration) program through the Grand Falls-Windsor campus.

Other newly available short-term training programs include: Industrial Safety Passport, Computerized Office Administration Refresher, Construction Craft Worker, Custodial Service Worker, Personal Care Attendant/Home Support

Worker, Frontline Hospitality Worker, Youth Exploring Trades, Tourism-related Training, Agricultural Training, and Bridge Watch Technical Certificate (offered in partnership with Marine Institute).

For additional information, please contact your local Business Development Officer, visit the college's website at www.cna.nl.ca or call 1-888-982-2268.

Carrying the torch for Clarenville

The Town of Clarenville was one of many communities in the province that hosted the Olympic Torch Relay this fall. On November 14 the relay entered the bustling town to find an outdoor celebration.

There was entertainment from different genres including local youth choirs, Irish music and theatre performances. Add that together with the Vancouver Olympic Committee and corporate sponsors and it made for a fun-filled afternoon in Clarenville.

Town resident Harry O'Gay, a retired College of the North Atlantic (CNA) Carpentry and Apprenticeship instructor, was chosen to carry the Olympic flame in his hometown.

Harry isn't your average 79-year-old. He is an active cross-country skier who takes pleasure in his love for skiing, the open country and travelling. He has raised eight children, worked at CNA, owned a business and had his hands into everything from building to banking until he retired.

Harry's fellow ski club members nominated him for the relay and he was then chosen as one of the 12,000 people to carry the Olympic flame across Canada. He was thrilled and very

surprised to be chosen but honored to be a part of the celebrations. "I found out two weeks before the celebrations that I was chosen to be a torch bearer, my skiing club friends had nominated me," says Harry.

"It was a joke among my ski friends that if there was enough snow on the ground that I would like to cross-country ski the torch, but I ended up running with it."

The 300-metre torch relay wasn't the only highlight of Harry's day. His eight children and three of his 11 grandchildren, who are spread throughout the world from Toronto to Spain to Belize, all made it home in time to see him as an Olympic torchbearer. The O'Gays turned this wonderful event in their father's life into a family reunion.

"Some of my children surprised me by coming home. We were not expecting all of them home and especially not three of our grandchildren. It was a wonderful day."

The 2010 Vancouver Olympic Torch Relay began its 106-day Canadian journey on October 20. Once it reaches Vancouver the Olympic flame will have passed within a one-hour drive of more than 90 percent of the entire Canadian



Retired CNA employee, Harry O'Gay, carried the Olympic torch on November 14 in Clarenville.

population and covered over 45,000 kilometres - the longest domestic torch relay in Olympic history.

Everything but sour grapes

The Esthetics class at Gander campus has been gaining plenty of hands on experiences in how to use natural indigenous raw materials and ingredients for spa treatments and products.

On November 10 the students and instructor, Lisa Walsh, visited the Auk Island Winery in Twillingate to learn more about spa uses for fermented bakeapple, blueberry and partridgeberry by-products.

Learning how service oriented businesses like Auk Island Winery have grown and marketed their products is educational and inspiring. Students were required to complete an assignment after the field trip.

"The trip was beneficial in many ways, giving much insight to possible future endeavors, the structure of business, marketability, supply and demand, as well as propriety and professionalism," stated student

Tonda Rogers in her field trip assignment.

After having been courteously greeted and introduced, the visit was focused on indig-



Members of the Esthetics class at Gander campus were treated to a tour of Auk Island Winery in Twillingate. The trip provided them with the opportunity to learn how service oriented businesses like the winery have grown and marketed their products.

enous products; the most popular, ability to attain, common uses and benefits. After an

informative presentation the group went on to discuss the ins and outs of privately operated businesses, reflecting on the necessary entrepreneurial skills they have yet to develop, and would soon encounter.

"What impressed me the most about Auk Island Winery was that it was started by one man 13 years ago," said student Raya Winter, referencing the winery's owner, Winse Jennings. "I have a goal of owning my own spa and cafe business, and seeing that entrepreneurs can successfully open and grow a successful business for 13 years is an amazing accomplishment."

At the end of the tour the class was provided with a large amount of fermented bakeapple extract, which they have started to experiment with in class.

Authentic Assessment Workshop

Nova Scotia Community College (NSCC) hosted an *Authentic Assessment and Evaluation of Adult Learning* workshop from October 22-29.

Facilitated by Mike Hill, associate VP of academic services at NSCC, the workshop was attended by 60 participants from the four public community colleges in Atlantic Canada, including six faculty members from CNA; Rick Dalton, Maureen Kennedy, Lucy Doyle, Andrea Green,

Holly Morris and Bill Howse.

Topics covered during the event included the difference between assessment and evaluation, formative and summative assessment, authentic assessment, classroom assessment techniques (CATs), planning tools for assessment and evaluation, a glossary of terms, rubric construction and test construction.

Feedback from the workshop was extremely positive and event handouts have been posted

on the Learning and Teaching SharePoint site at <http://www.cna.nl.ca/employees/PD/default.asp> under the Assessment heading in the Documents menu. Among the various items contained therein are recommended Classroom Assessment Techniques for each school.

For more information feel free to contact any of the six attendees or Sheldon Brown, PD Coordinator for Learning and Teaching.

CNA employee searches for solutions to homelessness

On November 24 the Community Education Network (CEN) brought together community partners and government representatives to discuss housing affordability, adequacy and availability.

Jane Robinson is the college's Labour Market Research Analyst/Policy Planning Research. She was one of the 50 people who attended the networking meeting.

"Like many CNA employees, I am committed to community development. I volunteer with the Bay St. George Status of Women Council (BSGSWC). Finding housing can be a challenge for new students and staff arriving in Stephenville and other towns where CNA is located," Robinson said.

The BSGSWC has found that housing

affordability, adequacy and availability are big issues for many clients.

"Rental vacancy rates are currently at historically low levels in many of the larger towns in Newfoundland and Labrador. Homelessness is often hidden. As one person pointed out, it can happen to anyone. We would like to be part of the solution for this situation."

The CEN meeting consisted of various discussions among all stakeholders present. There were also presentations given by representatives of Service Canada's Homelessness Partnering Strategy and the province's Supportive Living Community Partnership Program.

Robinson said the meeting was just the start to solving homelessness for the province.

"It is the beginning of a process for involving all interested stakeholders and developing an understanding of housing in this area."

CEN has two networking meetings a year to discuss major issues such as homelessness in the province.

The organization's Strategic Plan identified the need to do some research and continue the network building around the housing issues. CEN and all 50 participants will meet again in the new year to further the discussion on homelessness.

Baie Verte campus celebrates with the community



On December 5 the local Santa Claus parade was held. College of the North Atlantic was represented by a wonderful float depicting the North Pole - including Nanuk! The float was so well done that it placed 2nd in the voting. Well done students and staff!



This fall a group of Grade 2 students from the local primary school came into the campus to participate in the annual "Pumpkin Carving" day. There was also face painting available and treats were given out to all the young students. This annual event has become one that students of all ages look forward to each year.



The annual Christmas Raffle was held on December 3 with close to \$1,000 raised to aid local charities. The morning began with breakfast sponsored by the campus and then a raffle of items brought in by students and staff was held.

Students donate to community organizations

The Community Studies class at Carbonear campus gave to two worthwhile community organizations through fundraising efforts this semester.

The students have to complete three leadership courses before program completion. The second course was structured so students are able to work on a fundraising initiative. This helped the students develop their leadership skills by working on a specific project in conjunction with a community group.

The second-year class was split into two groups and brainstormed on the various incentives to raise funds for their chosen cause. One group raised funds for the new Iris Kirby House that will be opening in the area in 2010. The other group raised funds for the PHA fund for the AIDS Committee of Newfoundland. Funds were raised from September to October, before the students headed off to complete their work terms in November.

The Iris Kirby House is a safe place for women, with or without children, who are experiencing recent relationship abuse. It operates 24 hours a day, seven days a week. It is a 22-bed shelter that won't charge its occupants for their stay. The maximum length of stay is six weeks, however extensions will be considered if necessary.

The AIDS Committee of Newfoundland & Labrador, in particular the PHA fund, is a community generated fund for people living with HIV/AIDS and provides essential health related services which are not provided by government or other community programs.

One of the student groups held weekly bake sales during the campus lunch hour. These weekly delights consisted of the selling of ice cream sundaes, cookies, cupcakes and brownies, chocolate treats, dessert squares and the final push to complete the project was a BBQ lunch with ice cream desserts. The students also decided it would be a good idea to make coin cans for anyone wanting to donate their spare change. The cans were located around the various businesses in the community and the group was able to collect \$1,061 to donate to the Iris Kirby House.

The funds raised for the PHA Fund were generated by the publishing of a student cookbook entitled *Red Ribbon Recipes*. Carbonear Campus Administrator, Gary Myrden, gladly supported the students by paying for the cost of production. By doing this there were no overhead costs and all of the \$700 collected was donated to the AIDS Committee of Newfoundland & Labrador.

The Community Studies program is a two-

year diploma program which prepares students for challenging roles in community-based agencies and as community leaders. More specifically, the program focuses on leadership and other career-related skills required for work in a wide variety of Human Services professions. These may range from one-on-one support and counseling roles to positions which involve coordination and facilitation of groups or communities. The courses are fast-paced and dynamic, and are founded on the tenets of experiential learning and direct involvement with the community. Students are challenged to think critically and to become self-directed, lifelong learners.

To everyone who contributed or helped out with the initiatives put forth by the Community Studies class we offer a big thank you! Your contributions, time and effort were greatly appreciated. It is with all of your support that we were able to make these generous donations on behalf of the Carbonear campus.

Submitted by Sherry Quirke, community studies instructor at Carbonear campus.

Clareville campus goes green

Students in Free Enterprise (SIFE) at the Clareville campus held an Environmental Week from November 30 - December 4. The purpose of the event was to engage the students and staff in productive ways to live a greener lifestyle.

Enviro Fest had a week's worth of events, starting with a showing of An Inconvenient Truth, the Academy Award winning documentary on climate change. Later in the week, the campus had special guest, Carl Duivenvoorden, visit the campus and talk about the popular film.

There was a Book, Movie and Music Swap, where students and faculty traded their old goods for new items. The group also held a water testing competition - students and staff tried to tell the difference between tap water and bottled water and the winners received their own Brita water filter.

SIFE and the student council also organized a trivia challenge based on environmental issues.

Teams of five competed for the top prize; a bag filled with environmentally friendly goodies. Each bag consisted of a reusable bag, energy efficient Christmas lights, energy efficient bulbs, environment friendly detergent, dishwasher liquid, shower heads and more.

"The students felt that the Enviro Fest was a great project to undertake due to the fact that many feel we are limited by living in a rural setting (and) in the ability to recycle," said Deidra Strowbridge, a business administration instructor at the Clareville Campus. "Based upon this assumption, the students thought of unique ways to incorporate the 3Rs to show that even though we are at a disadvantage we can make a difference in our communities."

"Overall, the first Enviro Fest was a great success. Based upon some of the events we held, the SIFE team has decided to develop other projects they are hoping to execute throughout the winter and spring semesters."

One of those projects consists of testing

the energy used by three different computers. One will be left running all day and night, the second goes into sleep mode when it is not being used, and the third shuts off at night and reboots in the morning. The goal is to have all computers at the campus on a schedule so they help save energy.



President and vice-president of the Clareville SIFE team, Edward Vey and Jody Crocker, were responsible for running the Water Challenge event during Enviro Fest.

Carbonear library upgrade

The Carbonear campus library has undergone a major upgrade for its audio-visual rooms. The acquisition of two 32-inch LCD flat screen televisions, as well as two DVD players, has greatly enhanced the exposure of the rooms and has made viewing course-related videos a more enjoyable experience.

Comments from students and teachers on the newly acquired materials have been overwhelmingly positive. This in conjunction with a new paint job has made the library an even more welcoming environment than ever. It is only through teamwork at all levels of the Carbonear campus that efforts like these can

flourish, and such efforts should be recognized.

With all the new things happening in the library it is a good day for all learners at the Carbonear campus!

Submitted by Stephen Nolan, librarian at the Carbonear campus.

North West River holds open house

"Punitau uanapasish, natshaminatau nipishapu kie mah kapi" – "Let's have a break for some tea or coffee"

The North West River (NWR) Learning Centre of Happy Valley-Goose Bay campus (HVGB) hosted an open house on December 1 for the residents of Sheshatshiu.

The purpose of the afternoon tea break was to promote the programs offered at the campus while focusing on the various aboriginal initiatives, aboriginal programs and staff positions available to students to avail of once enrolled in a program.

Various staff members participated in the event including the HVGB campus administrators, guidance counselor, student services staff, aboriginal resource specialist, Inuit education coordinator, business development officer and Aboriginal bridging instructor. Women in Resource Development Coordinator, Suzanne

Charlton, and the Sheshatshiu Innu First Nation staff were also present, as were members of the public.

A PowerPoint presentation was facilitated by the team and was followed by a question and answer period. Level I, II, and III students, along with the instructors of the NWR Learning Centre, were in attendance and considered the session to be very informative. The Aboriginal Bridging students proudly displayed class projects and were available for questions regarding their program. In addition to providing an information session, the open house also allowed college staff members and instructors to meet the education department members of the Sheshatshiu Innu First Nation.

We hope to increase the enrollment of Innu students on campus and feel that having a raisin tea biscuit, a cup of tea, and a friendly chat is one step on the road to obtaining this goal.



The North West River Learning Centre held an Open House event in early December. Students, the public and members of the Sheshatshiu Innu First Nation were in attendance to meet CNA staff and instructors.

Overall, it was a successful event and one that we hope to deliver again in the future.

Submitted by Valarie Hart, Inuit education coordinator, North West River Learning Centre

Cooking up Christmas at Seal Cove campus

The Seal Cove Christmas Dinner is always a highly anticipated event for the campus. The dinner features the excellent work of the Cook program but it is highlighted by faculty and staff serving students a delicious meal.

It's not every day students in the program get to experience preparing for a large function.

"It is a little taste of how you do things in mass production," says Carmel Giovannini, a student in the program.

Everything is made from scratch, from the gravy to the cookies. Days before the event students are busy deboning turkeys and preparing vegetables. Students also get the opportunity to experiment with some new cooking techniques and trends, such as making candy-cane ice cream using dry ice.

In previous years, dessert was served buffet style, but this year students created individual desserts, including Christmas pudding, Christmas logs and fresh fruit salad. There was



This Santa is a butter sculpture created by cooking student Richard Jarvis. All cooking students have a sculpture project to complete throughout the year which can take upwards of 20 hours.

also an artful display of gingerbread houses, butter sculptures, pastries, cookies and squares.

The students provide daily lunch options at the campus but at Christmas dinner the serving responsibility falls on the faculty and staff volunteers.

"I view this as an opportunity for faculty and staff to step into the shoes of the cooking

students, while doing our best to serve a meal to all our campus," says Chris Patey, Seal Cove campus administrator.

The dinner would not be possible without the efforts of Barry Steel (Cook instructor), James Dillon (Cook instructional assistant), and Brenda Wiscombe (Cafeteria Services), and of course the students in the Cook program.

In addition to Christmas dinner, students and staff participated in a Christmas Food Drive, where the Seal Cove Student Council donated \$1 for every food item donated for charity. There was also a Mitten Tree on display in the cafeteria where donations of mittens, hats and scarves were used to decorate the tree and later donated to help keep someone warm for the winter.

Submitted by Jessica Shanahan, student development officer, Seal Cove Campus

BICT hosts first cultural tourism conference

Professionals working in cultural industries and the tourism sector throughout Atlantic Canada, and beyond, gathered at the first conference on cultural tourism to be held in Atlantic Canada.

People and Place: Realizing Potential was held in the historic town of Trinity, November 18-20 and was hosted by the Bonavista Institute for Cultural Tourism (BICT), a joint initiative in cultural tourism professional development spearheaded by the Bonavista campus of College of the North Atlantic and supported by the Atlantic Canada Opportunities Agency, Tourism Atlantic and the provincial Department of Innovation, Trade and Rural Development.

The gathering was held in partnership with the provincial Department of Tourism, Culture and Recreation, Parks Canada and the Department of Canadian Heritage, and attracted 85 participants to this small town rich in culture and history. The event provided participants with the opportunity to learn about best practices of cultural tourism locally, nationally and globally. It also showcased the rich culture and heritage of the Bonavista Peninsula and linked this to the executive training opportunities available at the BICT.

Roger Gruys, experiences manager with the Canadian Tourism Commission, highlighted the Celtic Colours International Festival whose founder, Joella Foulds, also presented at the conference.

"They see themselves as celebrations of culture, not specifically designed for tourists, so that keeps their authenticity and makes

them an even better experience if you're lucky enough to attend," said Gruys.

The challenges and successes of building a successful business or arts organization on the strength of culture came across in presentations by Steve Knudsen of Dark Tickle, co-owner of the only operational Economic Museum in the province, as well as Nancy Lockerbie of EdVentures in Fredericton, New Brunswick, Atlantic

Gordon Pinsent, who shared his own insights into the value of culture in society and some personal anecdotes about his own life and how it was shaped by a place like Newfoundland.

"I know that on a personal basis, if I have picked up anything since leaving here (not that I have ever completely left) in the way of a good and stable understanding of where I was going, it was because this home of ours was there to remind me of where I had come from," said Pinsent.

A last minute and unannounced addition to the evening was a demonstration of traditional throat singing and dance lead by Jenny Williams of Tourism

Nunatsiavut and Stan Nochask who invited Mr. Pinsent to join them on stage for a celebration of northern Aboriginal culture.

Cyril Organ, vice-president of Academics and Learner Services, attended the conference and brought forward greetings on behalf of the College Executive. Organ highlighted the significant role all of the college campuses play in their respective regions. Brent Howell, dean of Tourism and Natural Resources, captured the synergy of the three days in his closing remarks.

Details on upcoming courses at the BICT in Culinary Tourism and the Arts, Building Place: Planning and Developing a Creative Cultural Destination and Profitable Partnerships: Maximizing Cultural Tourism Opportunities are available at www.bonavistainstitute.ca.

Submitted by Ella Heneghan, program coordinator at the BICT.



A moment of levity with Gordon Pinsent during an interview conducted by actor/playwright Paul Rowe.



Conference participants take part in "Creating and Savouring Enriching Experiences" an interactive session on Culinary Tourism and the Arts, one of the feature programs of the Bonavista Institute for Cultural Tourism.

Canada's largest and most diverse vacation learning program in craft and culture. EdVentures was also this year's

winner of the Tourism Industry Association of Canada's Innovator of the Year award.

In addition to high profile panelists and interactive conference sessions, participants were also immersed in local culture as evidenced by the unique setting of the Town of Trinity and a command performance by Rising Tide Theatre showcasing *The Silent Time*, a two-act play by local writer Paul Rowe based on his book of the same name.

The true highlight of the cultural showcase and conference event was An Evening with

Under the big lights!

Students enrolled in Bay St. George campus's Mobile Crane course were involved in an "under the lights" project recently as they had to complete the remaining 48 hours of their training. The hours were a total of two weekends they had remaining from their summer contract training project, which had the students complete a compressed 10-weeks with instructors Darren Hann and Brent Styles. The students completed their related studies at the Grand Falls-Windsor campus from September to October.



Spread your Wings

Fish and Wildlife Technician student, Christian Wright, was the grand prize winner of the *Spread your Wings* contest. College of the North Atlantic (CNA) partnered with the Department of Innovation, Trade and Rural Development in offering the contest to CNA students as part of the 2009 Export and Innovation Week.

Christian says he was quite surprised to have won the MacBook Pro laptop computer because he had never taken a business course throughout his entire educational experience. However, taking it on as a challenge, he decided to participate in the contest.

"My first thought when I saw the contest posters around campus was both confusion and frustration. I really had to think about it. I took a day or two to let the question sink in. And because I am not a business student and in fact, have never taken a business course before, I had to take a crash course in business 101 and do some serious research," said Christian.

"I based my essay on the notion of having a connection between those small businesses and post-secondary students studying business; a program designed to help both business owners and students. I thought it would be a way of solving some of the problems; have fresh new ideas from the next generation youth who are studying business right now. In some sense,

have the students and local business owners educate one another."

Christian's essay, titled, "A Force to be Reckoned With," is based on the question of how local/small business can leverage innovation to succeed in export markets. He puts his spin on the subject with the idea of using post-secondary business students to help business owners increase their market.

"Spread Your Wings encourages students to put forth their thoughts on how innovative and creative thinking can strengthen the province's position in export markets," said the Honourable Shawn Skinner, Minister of Innovation, Trade and Rural Development. "There is tremendous opportunity for the province in markets over the globe. By taking the necessary steps to realize those opportunities, the vast career possibilities that exist for today's youth are significant. I would like to congratulate all those who made submissions and their valuable insights and look forward to continuing this contest in the future."

The runners-up winners were Corinne Tulk of Stephenville, Meghan Curtis of Botwood and Sheldon Boone of Grand Falls-Windsor. Each of the runners-up were presented with an iPod Touch and CNA jacket.



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

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