

**100,000 GRADS...
AND COUNTING**
St. Lawrence College
reaches a milestone

**FRONTLINE
HEROES**
COVID stories from our
brave graduates

**BUILDING
RESILIENCY**
How to survive and thrive
when setbacks occur



voyageur



THE

100,000

GRADS



ISSUE



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BECOME OR FIND A MENTOR

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More info on how to join and download the Currents SLC app: currentsslc.com



 **Currents**


Alumni
St. Lawrence College

Contents



“This is not a glamorous CSI show; it’s high-risk work, heavy work, hot work, long hours, in masks and gowns, the unprettiest work to do some days.”

—Christine Bruce (*Medical Lab Technology, 1997*), Senior Director of the Laboratory Medicine Program-University Health Network, page 28

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By *Mike Hector*

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PHOTOGRAPHS (ABOVE) BY MAY TROUNG AND JOHNNY C. Y. LAM; ILLUSTRATIONS BY ELIANA RODGERS



ON THE COVER
We asked our grads for their selfies, and boy did they answer! See a complete list of names on page 3.



Glenn's selfie from his Kingston campus office, sporting his Canadian tuxedo



Growing Connections and Community

Despite the COVID pandemic, there is much to celebrate at SLC with the 100,000 grad milestone and new doors opening

A hallmark of a college is to be open and accessible and create connections for students, partners, and industry. As the pandemic began and many doors were forced to close, St. Lawrence College continued to provide opportunities, many of them created over the past year are as important to our alumni as they are to current students, as they demonstrate how the college you attended is growing, evolving, and making a difference in the world.

SLC is opening the door to delivering nursing degrees, marking the end of almost eight years of advocacy and hard work. In 2021, the first intake of students for the stand-alone Honours Bachelor of Science – Nursing program will start, and colleges will begin granting nursing degrees without requiring a university partner. Not much will change in SLC's classrooms and labs, as we will continue to offer the outstanding nursing education we are known for and graduate highly skilled health care professionals. The decision recognizes the exceptional quality of SLC's curriculum, program support, and services, which are a direct reflection of our world-class faculty and facilities.

We also continue to live our values and create opportunities through innovation. By offering programs that train people for in-demand jobs, SLC helps industry acquire the talent they need to grow and succeed. This year, SLC will launch a mobile learning lab

that will take training to students where they are, saving the expense of permanent facilities, while making education more accessible. We will also launch micro-credential programs in fields such as inventory and fleet optimization, supply chain software, quality assurance and compliance, 3D printing, cloud computing, and cybersecurity. These targeted opportunities will let people quickly develop skills they can then leverage in careers around the globe.

Another way St. Lawrence College is honouring our values is through our work around Belonging. Late last year, SLC created a Belonging, Equity, Diversity, and Inclusion Task Force with a mandate to establish and implement a framework for equity, diversity, and inclusion. The group's work will incorporate input from inside and outside the College, from our students, employees, alumni, partners, and community and will be a critical step in our journey to becoming as welcoming and inclusive a community as possible.

As we continue to create opportunities and open doors for students, our alumni play an important role. Through connections, networking, hosting placements, partnering with SLC for applied research projects, or even sharing your SLC experience with someone considering post-secondary, we are strongest when we are together, and together we have much to be proud of. Please know that at SLC, our "door" is always open, and we appreciate you staying connected.

Glenn Vollebregt, President and CEO

 @gvollebregt

The Alumni Relations office exists to encourage positive engagement with our Alumni through lifelong, mutually beneficial relationships.

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Wow! You
sent us over
350 selfies


Thanks for sharing your selfies!

To celebrate passing the 100,000 grads mark, we asked our grads to submit their selfies for our *Voyageur* 2021 cover. Here's a list of the #ProudToBeSLC faces on our cover.

ROW 1 Dilpreet Singh, 2020; Alexandra Strauss, 2019; Elaine Armstrong, 1979; Amrit Minhas, 2019; Ivan Yevchuk, 2019; Saha Barrid, 2016; Tony Vander Baaren, 1989; Heather Henriquez, 2011; Evan Sullivan, 2011, 2016, 2019; Alynn Boyle, 2004, 2011. **ROW 2** Cheryl Smith, 1972; Young Guen Lim, 2019; Nju Anubondem, 2016; David Cole, 2001; Dawn-Ann Catalano, 1997; Subhash Sharma, 2020; Hailey Heusser, 2015, 2012; Amanda (Roblin) Przada, 2013. **ROW 3** Darcy King Mc Kay, 1991, 2003; Gloria Cunningham, 1998; Amit Kumar, 2020; Lovepreet Kaur, 2020; Jaysen Wiseman, 2014; Rebbecca Zhao Li, 2018, 2019; Ajay Kaushal, 2018; Cindy Hierlihy, 1996; Justin Swift, 2017, 2018; Harleen Dhaliwari, 2017. **ROW 4** Lauren Izatt, 2018; Constantin Mugenga, 2016, 2017; Tara Nicholson, 1994, 1995; Jason Lemieux, 2017; Pauline Giles, 2017; Chris Myers, 2006. **ROW 5** Chadd Whitney, 2019; Sarah Paulson, 2013; Dilawar Singh Mann, 2018; Michaela Anger, 2020; Randeep Singh, 2020; Terri-Lynn Gammer, 2019; Matt McLaren, 2006, 2015; Kayden Wolf, 2020; Ken Thrasher, 2005; Lisa Parisien, 2003, 2011. **ROW 6** Nicole Warlick Business, 2020; Christopher Bower, 2016; Rosemary Waggott, 1993; Jobanpreet Singh, 2020; Tu Le Pre, 2020; Jay Rajeshkumar Patel, 2020. **ROW 7** Paul Dickey, 1970; Kanta Ahmad, 2020; Christine Conboy, 2010, 2011; Shahina Mamtaz, 2020; Bert Ruest, 1969, 1982; Nana Sarkodie, 2019; Dhruv Patel, 2020; Kelly Hallett, 2001; Adam Smith, 2007, 2008; Sharon Angela MacDonald (Burtch), 1980. **ROW 8** Emily Henry, 2016; Rene Melchers, 1982, 1984; Sara Barrie, 2004, 2015, 2015; Wayne McCaw, 1986; Blair Stinson, 2009; Carolyn Foley Leigh, 1971; Darin Evans, 2004; Pauline Timmerman, 2013. **ROW 9** Rishab Kumar, 2018; Kelly Gordon, 1991; Danny Dolan, 2019; Joanita Jose, 2020; Hope Knox, 1986; Chad Izatt, 2019; Laura Williams, 2012; Ron Barker, 1972; Jill McInroy, 1982, 2008, 2009; Rob Mendoza, 2005.

Go to p.14–15 for more selfies from our grads!

Class of 2020 Welcome

“Thank you so much 
I will always stay in touch with
SLC and I will never forget my
teachers, classmates and friends.”

—Vishal Kumar Sethi, *Computer Networking and Technical Support, 2020*

The Feed may be edited for length and clarity.

Holiday Video Responses

“Hey team SLC, it was so lovely to see SLC Alumni sending their love and greetings from across the globe to every one of us. Thanks for this wonderful video and wishing you all Happy Holidays. Stay healthy & Stay safe!!!” —*Dave Dhruvit, Business, 2016*

“Thank you all so much for this heartwarming holiday greeting. This was amazing & very much appreciated. I am forever proud of the education I received from SLC & the positive reputation the college has everywhere. Please stay safe & be healthy now & in 2021!” —*Kathy O’Neil, Diploma Nursing, 1982 and Registered Nurse–Management Skills, 1985*

“Thank you so much for your warm seasonal greetings! It has been 30 years or more since I graduated from St. Lawrence College, but I will NEVER forget the wonderful education that I received and the great people I met! Thank you!!!” —*Lorraine Barner, Early Childhood Education, 1992*

Giving Back

“My academic journey concluded at @westernuEdu but started at @SLC_Alumni. Honoured to give back to SLC for taking a chance on me & now I can pay it forward. Just donated 20K to establish an endowment fund for students who demonstrate resiliency. Such a blessing to radically give.” —*Dr. Robyne Hanley-Dafae, Behavioural Science Technology, 2000 (via Twitter)*

“I just made a donation to honour a professor, mentor, friend and now colleague who is retiring after 34 years of teaching. Please help me honour Michelle Paquin with a gift to a student award in her name.” —*Alynn Boyle, Business Administration–Accounting, 2004 (via Twitter)*

OPEN NEW DOORS



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with one-year graduate certificates.**

- Addictions and Mental Health
- Autism and Behavioural Science
- Business Analytics
- Communicative Disorders Assistant
- Digital Marketing Communications
- International Business Management
- Supply Chain Management
- Therapeutic Recreation
- User Experience Design



**St. Lawrence
College**

stlawrencecollege.ca/gradcert

SLC Diary

Seen & Heard on Campus



Did you know? A whopping 3,619 of the 100,000 grads are from the Early Childhood Education program.



FINE ART

Showing off their fancy pants

Inspired by the work of English artist Ian Berry, SLC Fine Arts students created self-portraits using denim as their medium, and the depictions are stunning! The finished pieces above are by (clockwise from top left) Michaela Bassey, Erika Fairbanks, Christine Antle, and Sasha Kravchenko.

CREATIVE UNITY

SLC innovates and connects during the pandemic



Creativity reigned supreme as the SLC community found ways to grow closer together during the COVID-19 pandemic. There was no shortage of inspiring stories of our College's graduates, students, staff and faculty driving innovation, achieving success, and most importantly, helping their communities during the pandemic.

Broadway and stage artists connect with Music Theatre students

Faculty called on expertise from stage veterans to support the Music Theatre Performance (MTP) students. Guest artists such as Chilina Kennedy, who originated the role of Carole King in Beautiful on Broadway, veterans from Stratford, performers from the West End in London, England, and LA-based creators and performers inspired the talented students through virtual class visits.

The show must go on mantra continued as MTP students delivered a double bill online performance of The Drowsy Chaperone and the Manifest Collective, a compilation performed and created by the students. Watch for information about online spring productions.



Launching Virtual Campus Tours

Do you want to revisit familiar spaces or discover what's new since you were last here? You can now explore SLC's campuses in Kingston, Brockville, and Cornwall from the comfort of home. The 360 virtual tours allow the College to showcase outdoor areas and green spaces, labs and classrooms, study and common areas, athletic facilities, and more. www.stlawrencecollege.ca

E-sports and pools keep students connected

Fall intramurals provided plenty of virtual opportunities for students to connect with peers, with offerings like as e-Sports (NHL20, Madden 21, Mario Kart, League of Legends), a Zoom-based face-to-face Fantasy Sports, and Fantasy Reality TV pools.

Do you want to learn how to make Focaccia?

The pandemic has spurred interest in cooking at home. SLC's culinary instructor Richard Hendy demonstrates how to make delicious savoury bread at home. Follow along and download the recipe. Just one of the on-demand videos available from the Experience SLC website. www.experienceslc.ca/lifelong-learning

SLC has a brand new website

Have you experienced the new College website? Check out the alumni section, with information about discounts, benefits, alumni programs, and alumni communication (including past issues of the Voyager). Find what you are looking for at www.stlawrencecollege.ca.

ECE Creative Mask Challenge

At top, students in the Early Childhood Education Program found ways to stay connected and safe with their Creative Mask Challenge during their virtual learning environment.



NEW LEADERSHIP

Dr. Barb Le Blanc appointed as SLC's first Dean of Health & Wellness



A name familiar to many SLC grads is Dr. Barb Le Blanc. A highly regarded health care professional and nurse educator with over 35 years of experience in various positions such as staff nurse, Coordinator of Quality Improvement, Manager of Infection Control, and Clinical Services Manager. In addition to her extensive health care-related experience, Barb brings years of experience serving in post-secondary education, most recently as Associate Dean of the Baccalaureate Nursing program at SLC, and previously as a Professor and Coordinator in the BScN program at Algonquin College.

Barb is a skilled researcher with a focus on student success, learner diversity in nursing education, and educational culture and experience. She is well known for her research, Gender Performativity in Nursing; Men, Power and the Construction of the

Ideal Nurse and has been invited to present her research nationally and internationally. An advocate for lifelong education, Barb has her BScN from the University of Ottawa, a Master's in Nursing from the University of Southern Queensland, a PhD in Nursing from the University of Ottawa, and has completed SLC's Leadership Development Program.

In her role as Associate Dean, Barb was instrumental, along with the excellent BScN faculty, in the development of our BScN curriculum and the government approval of SLC's stand-alone nursing degree. A testament to the strength of the program, SLC's BScN students consistently rank amongst the top hires in our communities and perform in the top percentile on the licensing exam.

SLC is very excited to welcome Barb to this leadership position.



“Throughout the pandemic, I have seen our faculty, staff, and students be courageous, innovative, and creative. They persevered through the challenges of experimentation and development with self-confidence and a positive attitude and new ways of teaching, working, learning, and attracting new students. The capacity of our people to adapt and grow has been truly inspirational and has made me #ProudToBeSLC every day.”

SLC President and CEO
Glenn Vollebregt

Check out COVID stories from the frontlines on p.28.



SLC Now Able to Offer Stand-Alone Nursing Degree
SLC has received formal approval to deliver its Bachelor of Science in Nursing (BScN) program as a stand-alone program. This announcement gives SLC the independence to continue to offer outstanding nursing education to serve our communities and address the shortage of health care professionals in the region.



NEW TASK FORCE

Equity, diversity, and inclusion at SLC



SLC is on a multi-year journey to advance its value of Belonging and recently established the Equity, Diversity, and Inclusion (EDI) + Belonging Task Force. The Task Force is comprised of various stakeholders including students, faculty, and staff from the College's three campuses. Most members self-identify as members of designated equity groups including racialized minorities, women, Indigenous peoples, LGBTQ2S+, and peoples with disabilities.

The Task Force will provide opportunities for everyone at SLC to share their unique voices, stories, and experiences through a series of 'listening tours' and community engagement activities. Our goal is to listen, learn, and take action to improve EDI while continuing to operationalize the College's value of Belonging.

Anyone interested in more information can follow updates from the task force on our College website at stlawrencecollege.ca/edi.



SISTERS IN SPIRIT

The Faceless Doll Project



SLC took part in a Canada-wide event to honour the lives of the Missing and Murdered Indigenous Women and Girls with an online Sisters in Spirit Vigil and participated in the Faceless Doll project. The Indigenous Student Services team is continuing this meaningful national conversation and commemoration of lost lives.



PHOTOGRAPHS SUBMITTED BY SLC COMMUNITY; ILLUSTRATIONS BY ELIANA RODGERS

TIME TO SURGE

All for One and One for All!



“It was time to unify our campuses under one identity. The process was rigorous, but the end result is an identity we can all be proud of.”

Kevin Biggs,
Manager of Athletics and
Student Engagement

The future of athletics and student engagement at St. Lawrence College evolved in 2020 with the unveiling of its new name: St. Lawrence Surge. With the change in name came an exciting new logo: a wavy yet sharp, superhero looking 'S' that unifies the three campuses. Famed movie, television, and voice actor Ron Perlman (Sons of Anarchy, Disney's Tangled) launched the Surge brand in a narrated YouTube reveal video at the conclusion of the virtual 2020 Athletics Awards.

“It was time to unify our campuses under one identity. The process was rigorous, but the end result is an identity we can all be proud of,” said Kevin Biggs, Manager of Athletics and Student Engagement.

SLC has a rich history of athletic passion and dedication to academic success that continues with the launch of Surge. Under the new name, the Athletics and Student Engagement department now looks to establish a college spirit not yet experienced at SLC: the unification of tri-campus pride under one name and logo.

The Surge name was carefully chosen from a list of over 200 submissions from community members, alumni, students, staff, and faculty through an online contest. The top 10 submissions, as voted upon by the naming selection committee, were then pared down to three potential names which were reviewed and the final name selected. From the top choices came Surge, a name that embodies energy, momentum, and power.

With the new name comes many other exciting evolutions

of the SLC varsity brand, including new uniforms, promotional materials and signage, and, last but not least, a new mascot. A fun and energetic furry red mascot with blue hair and horns will be making its appearance this spring/summer to usher in the upcoming varsity season and ignite SLC school spirit like never before.

Varsity student-athletes will eagerly take the stage for the

first post-pandemic season representing SLC in the first ever Surge uniforms. Upcoming seasons will see Surge teams in full red and white home and away uniforms that are designed to be sleek and simple, yet powerful, as they look to surge together and set the tone.

Don't miss Rewind on p.44 where we look back at our mascots and teams at SLC.

A sneak peek at the new Surge mascot, created by alumnus Adam Smith, SLC's Sports Marketing Officer.





THE Q&A

Amanda Relyea-Voss

A social media guru who is empowering female entrepreneurs

We catch up with entrepreneur Amanda, our 2011 Advertising– Integrated Marketing Communications grad who inspires others to embrace their authentic raw voice.

Tell us about your post-grad journey?

My first job was as a teller at Kingston Community Credit Union, then I was hired to do event promotions for Kingston Kiosk, a local business directory; then I was promoted and sent to head office in Ottawa. I worked for them for one year. During that time a few companies asked if I was interested in helping them with their social media. I put together a basic website, gave it a name, and decided to work for myself.

I had a few clients but as an insurance policy I sold cars at Pembroke Honda, for about four months—then I quit to pursue Like A Voss Social Media full-time.

There were a LOT of ups and downs, at one point I was ready to give up... but I pushed through and ended up hiring my first employee in 2018. We have grown to a team of six (which includes me), within eight years!

You inspire female entrepreneurs to share their stories and reflect on their path; how did you develop the concept of Voss Babes?

This actually started with us copying content from the Women of Influence social channels because we were so impressed with the women that they were featuring, but noticed that most were well-established, and that the sense of community we were looking for was not really there. My staff member, Sabrina Caverly, suggested we reach out to local business owners—and BOOM—Voss Babes was born. We are now past our one-year anniversary, and it's been AMAZING to help these women get more exposure and create a community around this initiative.

How did you use social media to define your brand?

Social media is our #1 passion when it comes to business. We run our social media to educate our audience and create an engaged community. We show up online as fun, authentic and vulnerable—values that

Amanda Relyea-Voss turned her social media passion into a thriving business.

the company holds as a whole. We want to inspire creativity and encourage everyone to follow their dream—and use social media to do that. *wink*

What do you love most about being a female entrepreneur?

Easy—connecting with and uplifting other female entrepreneurs. It is so powerful! It is quite a special community.

Your team is growing. How many SLC grads work with you?

There is something about how SLC grads FIT with LAV, three are working with me, Betina Koche, Interactive Marketing Communications, 2019, Sabrina Caverly, Advertising and Marketing Communications Management, 2013, and Kim Golding, Business Administration– Human Resources, 2020. Betina applied to work with LAV through a job posting, Sabrina was my intern at Ottawa Kiosk, and Kim is our HR manager.

What is one thing about working in your field that most people would be surprised to learn?

You need to educate your clients, you have to remind them that they hired you for your expertise and they need to allow you to do your thing. That being said, client input is always appreciated—but you need to be able to stand your ground and be confident in your recommendations.

Any tips for new social media users?

The time is gone of being polished and perfect online—it's better to be real and raw. These are our company values.

What advice do you have for new grads and students following in your footsteps?

GO TO CLASS! College is about being hands on, so if you are not there you are missing out. Period.

Do more than the assigned number of info interviews. We love hearing from students!!!! At least I do!

Last but not least—practice your craft!

www.likeavosssm.com

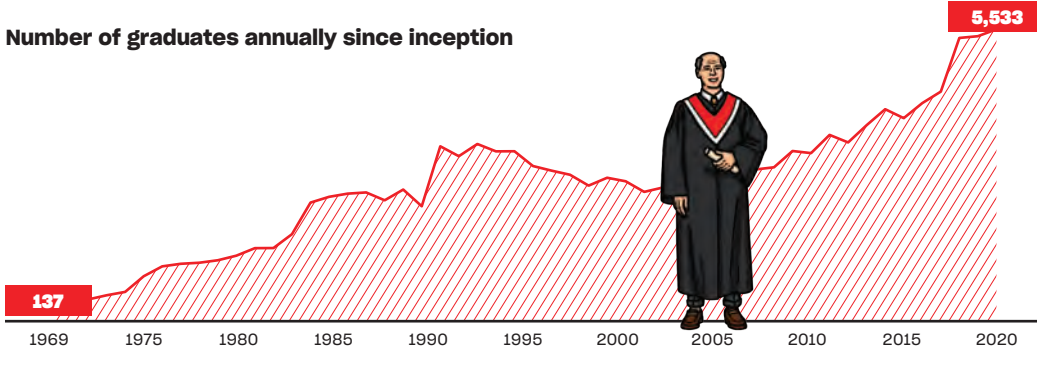
The 10⁵*
grads
edition!

AT A GLANCE

100,000+ Strong

We represent fifty-three years, diverse programs, ages, locations and career paths.

Number of graduates annually since inception



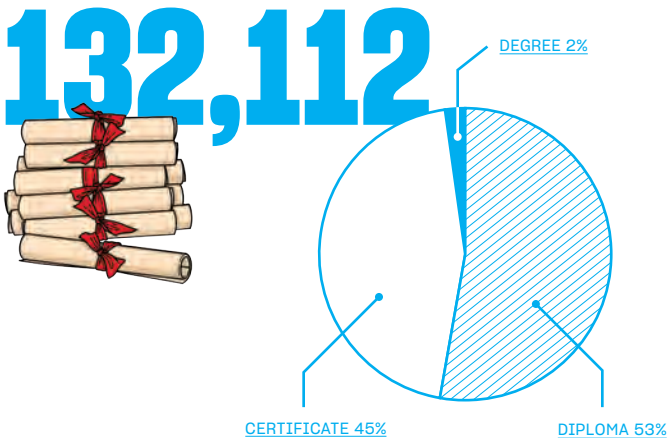
Number of completed programs by campus



Age range of graduates over the years



Total number of certificates, diplomas and degrees



Most programs completed by a single graduate

9

Between 1985 and 1995, Doreen Barnes, completed Human Services Management, Human Resources, Consumer Marketing, Computer Literacy-Business and Industry, Industrial Marketing, Secretarial Arts-Executive, Business Administration-Marketing, Office Systems Operations, and Stenographer.



Top 10 Programs

- 1. Early Childhood Education**
3,619 grads since 1969
- 2. Business**
3,490 grads since 1971
- 3. Nursing***
3,378 grads 1982-2004
- 4. Personal Support Worker**
2,882 grads since 1997
- 5. General Arts and Science**
2,653 grads since 1987
- 6. Child and Youth Worker****
2,606 grads 1970-2015
- 7. Health Care Aide*****
2,351 grads 1974-1997
- 8. Practical Nursing**
2,346 grads since 2003
- 9. Social Service Worker**
2,318 grads since 1993
- 10. Nursing Assistant**
2,087 grads 1974-1995

* Replaced with Practical Nursing
** Replaced with Child & Youth Care
*** Replaced with Health Care Practice

Fibre Arts-Traditional Rug Hooking

Health Care Aide (summer program)

* 10⁵ = scientific notation for 100,000



FIRST-PERSON

Liz Gorman

Meet SLC's new Director of Development and Alumni Relations

What was your perception of SLC?

I knew of SLC's growing presence and saw headlines about great things happening and I liked what I heard – community leaders talking about the leadership at the College and its commitment to its three home communities, the programs' adaptability and innovativeness, the range of educational opportunities, and the emergence of colleges as key parts of the overall educational infrastructure.

What do you think sets colleges and their graduates apart?

Colleges are strongly rooted in their communities and serve the real and practical needs of those communities. Graduates are the leaders and drivers of their economies, culture, social infrastructure, health care, and education systems.

What are you most looking forward to in your first year on the job? And longer-term?

Meeting SLC people in person (not on screen!) – internally, students and colleagues, and externally, alumni, donors, and community partners. A bit more challenging in the short term with COVID

but I am looking forward to being a part of the campus communities.

What is something you enjoy telling people about SLC, that not many people know?

The passion and commitment of our people. It is a community dedicated to and focused on truly delivering on the value of "Students First." I saw it from day one since I started on Sept 8 when students returned to the online teaching reality. Professors, student services, and all areas of the College were committed to helping students continue their education, despite the circumstances. One prof I know fully renovated her basement and painted one wall to be a whiteboard, just to help with online teaching!

You've worked in Alumni and Development for over 20 years. What is your philosophy towards this area?

Authentic relationships. People often think that Alumni and Development is about money but it is much more than that. People choose to invest in themselves through education and it can yield lifelong value if you stay connected. We hope alumni continue

to be a part of SLC—as speakers, advisors, industry partners, promoters, and, yes, donors. We seek philanthropic support as it is often the difference between quality and excellence and is an investment in our communities and the next generation. Donations support students starting and finishing their education, labs and facilities for exceptional learning environments, and program investments that allow us to keep pace with changing industries and innovate in education. I have done this for 23 years because I really believe in education as a worthy cause and that creating access and opportunities for all is paramount for societal good.

What is something SLC's alumni and donors should never forget?

Education is a driver for better things. Investing in education as a student to give yourself a career path or investing in education as a donor creates opportunities. And, it's a cliché but, every gift does count! Loyal donors are the backbone of all charities and SLC is fortunate and grateful to have many committed and loyal benefactors.

What do you think SLC alumni have to look forward to?

We hope they will tell us! We want to hear from our graduates. Many opportunities are available – the Currents online community, volunteer opportunities with academic programs, and many communications (make sure to keep your info up to date!) We want to know what alumni are looking for and will be connecting in various ways to learn more. We want grads to stay connected and get involved and we're here to help. It is now a global network of over 100,000 alumni in 79 countries and the global engagement opportunities are emerging quickly.

What do you like to do in your spare time?

I am a traveller and have been to 33 countries and Canada's 10 provinces (territories still pending). In the pandemic, I have become a cliché – baking bread, cooking new recipes, hiking, gardening, jigsaw puzzling, and reading! (83 books in 2020!)

What's on your nightstand?

Transcendent Kingdom by Yaa Gyasi. I loved her debut, *Homegoing*, and this one is also very compelling with a look at race, religion and science. ✖



ASK-A-PRO

Keeping it together

Advice from a Home Organizer grad

As our homes become havens and, in some cases, workplaces, home organizing, or the lack of it, has increased in importance in our lives. We reached out to alumna Heather MacArthur, a 1999 Office Administration grad, to provide some advice to help us in different scenarios, share purging tips, and signal when to call in the professionals. Heather is a Professional Organizer & Event Planner with her company, Bowtie Services.

Small Home Offices

Where possible, set up your home office in a quiet location with adequate lighting and privacy. If working from home is temporary, try repurposing items or rearrange the space to create a small work nook just for you. Use room dividers to keep office items out of sight,

define the office space, provide privacy, and set boundary rules for other family members.

Parents

Furniture with built-in storage, a low-lying bookshelf with baskets, or a modern wooden toy box could double as occasional seating for friends.

"Organizing begins with knowing where everything belongs," says MacArthur.

Once your child outgrows a toy, give it to a friend or donate it before buying the next toy. Limit the number of toys to the storage space you have.

Organizing begins with knowing where everything belongs and having clear expectations. Make the process fun by turning up the music. If your child has an intellectual disability, try breaking down the cleanup process so that the stages are easier to follow. Use labels to identify where items belong and set up a positive cleaning routine by occasionally adding an incentive.

Downsizing

Begin with a room that is used the least like a spare bedroom. Decide what is necessary to keep by defining how it would be used in the new space. Gift items you no longer need to a grown child who has moved out. A professional organizer can also help you determine a floor plan for your new home.

Retirees

Some professional organizers specialize in photographing and cataloguing items for future trips down memory lane. Overcoming the guilt of letting go may be easier if you set a goal to sell the items and buy something your family needs, or you donate the items to organizations that help those that are less fortunate. Your loved ones would be proud of you. ✂

Bowtie Services

www.bowtieservices.ca
Instagram: @bowtieservices
Connect with Heather on Currents SLC



5 Reasons to Hire a Professional Organizer

1. Curb the Chaos

The workday is hectic, and the evenings and weekends are just as busy with extracurricular activities, and there is no time to stay on top of being organized.

2. Control Consumerism

People are bombarded with advertisements and social media every day and asked to shop for more items they don't need. It's hard to say no.

3. Manage Accumulation

Having too much stuff can cause unnecessary anxiety and stress. An organizer will provide you with storage ideas that will help you to keep track of everything.

4. Purposeful Purge

Determining what may be kept, repurposed, donated, or tossed is easier for an organizer as they are not emotionally attached to your items.

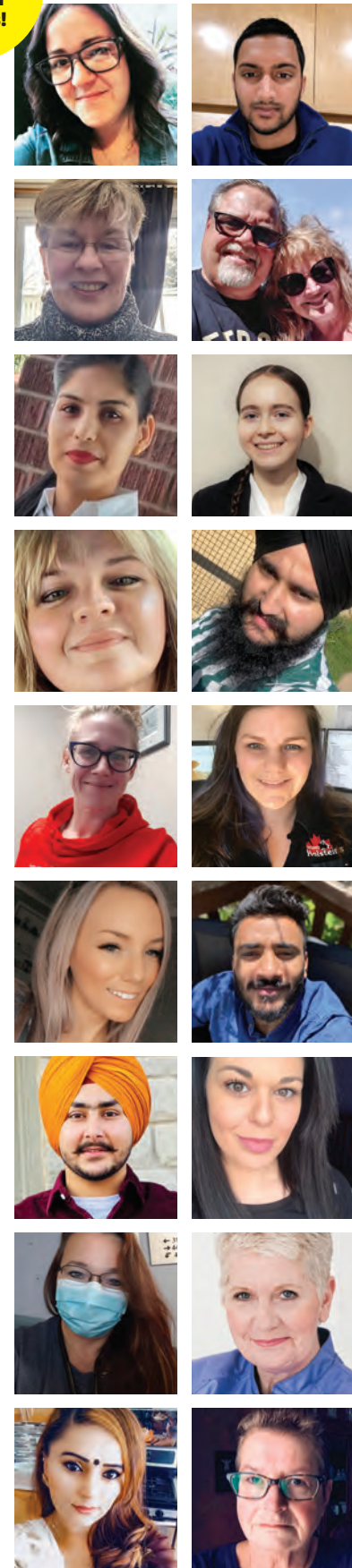
5. Moving On

The average Canadian will move ten times in their life. Professional organizers can assist on both sides of the move to help keep you organized.

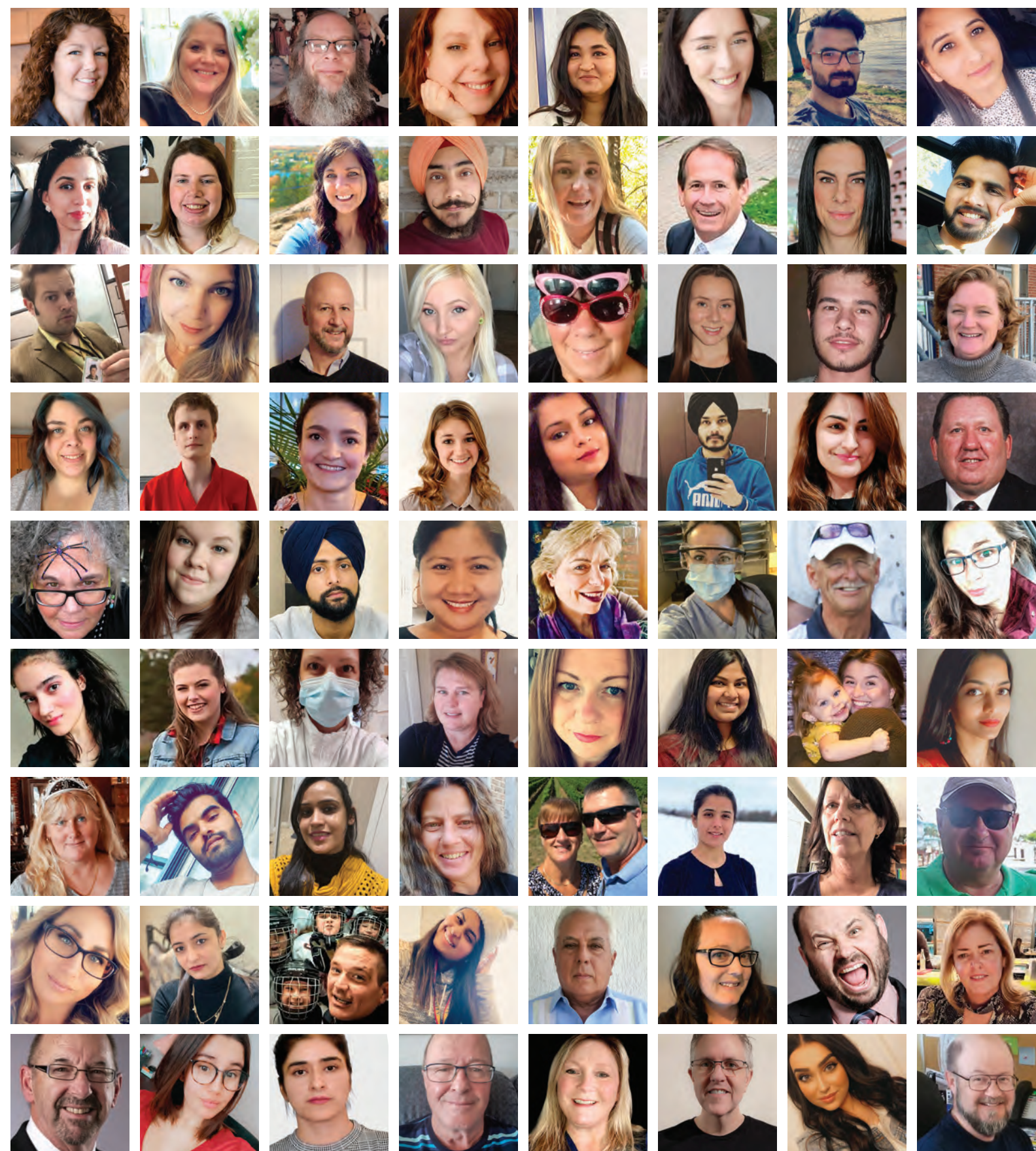
Thanks for sending us your selfies!

THE BIG PICTURE

A few of our 100,000 grads



ROW 1 Frank Lockington, 1983; Kelly Falco (Munro), 1998; Prabhjot Singh, 2020; Amanda Beaulne, 2016; Jodi Kipping, 2000; Vishnu Heerah, 2018; Melissa Hanley, 2005; Shannon Carkner, 1994, 2009; Gregory Matthews, 2007, 2008, 2012; Laura Rossetti, 2018; Anuradha Salhan, 2020; Mandy Gagne, 2009; Nabeel Akhtar, 2019; Kamaldeep Kaur, 2020. **ROW 2** Christine Bruce, 1997; Somy Susan Das, 2019; Faith Bland, 1978, 2016; Sukhdeep Singh, 2020; Julie Fraser, 1975; Brian U Ren and Laura U Ren, 1987; Jaspreet Kaur Bring, 2013; Megan Peeters, 2015; Heidi Barrio, 2019; Param Lubana, 2020; Ashley MacDonald, 2016; Kevin Lalonde, 1983; Kassandra Deguire, 2015; Aman Gongia, 2020. **ROW 3** Jennifer Dominguez, 2020; Robb Sinclair, 1996; Maggie Maple, 2010; Kally Portieous (McDonald), 1996; Jagdeep Kaur, 2020; Sasha Stewart, 2019; Nickolas Kukukska, 2008; Nicole Patrick, 2004, 2016, 2020; Ivan Labelle, 1984; Sierra Brittany Aspirot, 2018; Laurie Marquette-Brown, 2010; Mikaela Lamb, 2020; William Sunday, 2019; Lisa Dullemond, 2006. **ROW 4** Vaishali, 2019, 2020; Rosalie Felhaber, 2001; Abdullah Syed, 2020; Sandeep Kaur, 2019; Sonia Southwood, 2016; Ravneet Singh, 2019; Shelby Innes, 2018; Luke Savoie, 2019; Zoe Harris, 2017; Mykaela Mallette, 2019; Sapna Sapna, 2020; Khushpreet Singh, 2020; Afreen Khan Niazi, 2020; Rick Shaver, 1978. **ROW 5** Alanna Stillwell, 1996, 2000; Lindsay Collins, 2003; Sarbjeeet Saini, 2020; Callista Smith, 2020; Lisa Deschamps, 2010; Merina Johnston, 2012, 2014; Heather Smith, 1981; Amanda Keates, 2020; Amrit Singh, 2020; Madelyn Findlay, 2019; Gina Brouwer, 1994; Josee Amyot, 2009; John Poirier, 1969; Isabella Sloat-Krapels, 2018. **ROW 6** Tara Dohe, 2010; Twinkle Suresh, 2020; Michele Sabad, 1984; Naomi Burns, 2010, 2012; Kelsey Collins, 2011; Mohamad Ibrahim, 2020; Harsimran Khangura, 2020; Ebonie Kauffeldt, 2020; Vicki Kilpatrick, 2000, 2005, 2009; Linda Bearisto, 1991; Tammy Simpson, 2010, 2013; Amoli Jadhav, 2019; Hannah Flinn, 2019; Soniya Mogilipuri, 2020. **ROW 7** Swetha Bikkina, 2015, 2016; Bernard Clark, 1985; Kirsten Stewart, 2019; Paula Fontaine, 1985, 2001; Princepreet Singh, 2018; Tania Carfa, 2003; Elisabeth Carniello, 1992; Jaffer Bin Abood, 2020; Sharandeep Kaur, 2020; Monique Sawatis, 2014; Madeleine Vervuurt Brunet de Rochebrune, 1990, and Alex Vervuurt, 1990; Jashanpreet Kaur Aulakh, 2020; Debbie Barbesin, 1991, 1992; Bryan Mercer, 1977. **ROW 8** Anne Yee-Hibbs, 1974; Jackie Holland, 1984, 1992; Judy (Dickenson) Lowe, 1978, 2002, and Ed Lowe, 1978; Kristen Sommers, 2009, 2011; Vickie Cullen, 2011; Doreen Barnes, 1985-1995; Crystal Millar, 2000; Rajinder Kaur, 2020; Mike Pettinella, 2000; Meesha Paul, 2018; Ramon J Rodriguez, 1978; Krystal Williams, 2011; Denny Brown, 2004; Norma Rombouts, 1980. **ROW 9** Amanda Hulton, 2002; Tyera Steeves, 2014; Amanjot Singh, 2020; Victorian Charbonneau, 2016, 2018; Ramanjit Singh, 2015; Debbie Coates, 1980; Rick Upton, 1974; Kelsey Bell, 2019; Harpreet Singh, 2017; George Orser, 1975; Danielle Hogan, 1994; Ian Douglas, 1996; Steph Macfarlane, 2016; Glen W. Cameron, 1985



DOORS AND COUNTING

BY MIKE HECTOR

St. Lawrence College has officially crossed the milestone of 100,000 graduates. The alumni community represents a diverse mix of engineers, health care professionals, first responders, elected officials, teachers, chefs, designers, and beyond. ■ Over the last fifty-three years, alumni have stepped through many doors—both physical and metaphorical. Each blazing a diverse network of career paths, leading the way to a seemingly infinite range of opportunities. ■ As we look toward the next 100,000 graduates, I spoke with six alumni about their unique journeys. What doors have they opened and discovered throughout their respective careers? What words of wisdom can they impart on current students and future alumni?



PHOTOGRAPH BY JOHNNY C.Y. LAM



SHIRLEY YOUNG

Animal Care Technology, 1972
The Well Pet, 2003

Shirley Young was among the first alumni of the Animal Care Technology program. Originally from Windsor, Shirley came to Kingston after seeing a newspaper advertisement. She knew that she always wanted to pursue a career working with animals and chose St. Lawrence College. During the last two years of her studies, Shirley had landed a part-time job at Beardall Animal Hospital as the evening receptionist. After graduation, Shirley was hired full-time and assisted with surgeries, lab work, and other hospital operations for the next five years. During that time, she met her husband, Don, who was attending Royal Military College. After Don graduated, they married and spent the following years raising their two sons and moving frequently. Beardall welcomed Shirley back as she moved in and out of Kingston over the years as her husband's military career flourished.

Fifteen years later, Don was posted to Kingston, and we came back! Beardall Animal Hospital asked if I would like to come back as a part-time animal care tech.

Then Don was posted to Edmonton, and off we went again! We were there for two years before requesting a transfer back to Kingston, where we still owned a house. While there, Don retired from the military where he had served as an Air Force helicopter pilot and Lieutenant Colonel and was then hired by SLC as the Dean of Applied Sciences and retired as Vice President of International Education in December 2019.

When we had moved back to Kingston, Beardall asked me if I wanted to come back and work in the front office. Veterinary medical technology had evolved so much! I continued to work there until my retirement six years ago.

I have wonderful memories of the clients, their pets, and my coworkers. So many good memories—I consider myself very fortunate.

We were always very involved with the college. We've hosted many international school representatives and formed friendships with people from all over the world.

CYNTHIA EGBUNONU

Bachelor of Business Administration, 2015
Business Administration –
Human Resources, 2009

Originally from Nigeria, Cynthia came to Canada with a Bachelor's Degree in Math and Computer Science from the Federal University of Technology, Owerri. SLC will always be another home for her. After immigrating to Canada, Cynthia pursued further education at St. Lawrence College—earning a Bachelor's Degree in Business Administration and an advanced diploma in Human Resources Management from SLC. She has worked as a Project Manager and is currently an IT Manager at Empire Life in Kingston, ON.

I love my work as a project and IT manager. The most rewarding part is motivating my team and people from various areas of expertise and departments to collaborate.

I have hired a St. Lawrence College graduate to work on my team and spoke to other managers to expand opportunities for student work placements. It's a win-win situation. The students get hands-on experience, and we get valuable help with various projects.

My favourite moment was being recognized for the values that I brought to the class during our convocation.

My studies at SLC provided me insight into the Canadian work culture. The courses that I took helped me understand the different mindsets and perspectives of how people think — especially those in senior management and at the strategic level.

Not having a mentor to show me the ropes was quite challenging — trying to navigate the terrain of a new culture, a new place, where I now found myself.

I have taught a couple of courses at SLC. It has been quite rewarding to see the students empowered with knowledge they didn't previously have.

My advice for all grads and students: Understand who you are. You are a person of value and can add value wherever you find yourself.

Be patient. Be open to lifelong learning. Our world and the jobs of the future are always changing. Keep an open mind; never stop learning and try something new.

Always seek out mentors who have walked a similar path. They can help you with your journey.



“UNDERSTAND WHO YOU ARE. UNDERSTAND THAT YOU ARE A PERSON OF VALUE. YOU CAN ADD VALUE WHEREVER YOU FIND YOURSELF.”



PEPPINO “PINO” DISTEFANO

Civil Engineering Technology, 1985

Pino is the co-owner of Perras-DiStefano Construction & Design Services, a full service general contracting company based in Cornwall, ON. He shared how his studies at SLC helped prepare him for a highly competitive construction and design industry career. Having attended university before, he was able to maximize his previous credits and complete college in just over a year.

I liked the size of the group we had in our engineering class. The smaller size made it easier to bond with classmates and make friends. I felt comfortable instantly with the College, my classmates, and the instructors.

The construction industry is multi-faceted and ever-changing. While I was able to draw on what I learned at university and college, adaptation was the key to my success.

The way the SLC faculty taught courses was the most beneficial aspect. It was relevant to the real world and made the transition to my career a little more comfortable.

SLC's Civil Engineering program was very goal-oriented. My engineering courses aligned well with my career choice, so my interest level was higher. Because of the shorter academic period, I started my career earlier and found employment immediately.

After working as a designer in the construction industry for 12 years, I decided to start my own company with Frank Perras, another SLC graduate in Cornwall. It's gratifying to have built a successful business where our projects leave a lasting impression in our community. It's a great source of pride.

We have been able to hire college graduates over the years, including from SLC. Our company has been involved in several important SLC construction projects, mainly at the Cornwall campus. We have also been a donor to St. Lawrence College's fundraising efforts.

Anyone getting into civil engineering should also try to find part-time employment or summer work in the construction industry, both in the field as well as in the office. Civil engineering is a broad field, so any exposure that you can get will serve you well.



KERRI HURMAN

Child and Youth Worker, 1999

Kerri is the first SLC student to complete a work placement overseas, in Auckland, New Zealand—where she still lives and works to this day. Kerri’s perseverance, academic performance, and an act of sheer kindness made this pioneering placement possible.

Wilsie Hatfield, the former Chairman of SLC, and Frank Lockington, (former) Director of Alumni, were sitting at my table at the academic awards ceremony. They took a chance on a single mom with a harebrained scheme and set in motion a series of events that is still paying it forward today.

Alumni Services and the College, going to bat for me really instilled in me the knowledge of how one small act of advocacy or kindness can change someone’s life.

While I was still doing my placement in 1999, we held a two-week holiday camp for girls who came from gang environments.

Five years ago, I spoke at a large conference, and a young woman came up to me and said: “Are you Kerri from Canada? I was one of the kids who attended your camp back in ‘99. You are the reason I got into social work.”

That cemented my understanding of everything. That random act of kindness, that placement, not only changed my life but this young woman’s life and however many lives she will change throughout her career.

You aren’t going to save the world. People have to save themselves. If you’re good enough—and lucky enough—you will be able to give people the tools they need to rebuild or repair their lives. If you’re fortunate and good at what you do, they will allow you to walk alongside them and help them hold the tape measure when they do it.

Ensure that your work placements are outside your comfort zone and make them as different as possible. You will discover things that you didn’t think you needed to learn. Throw yourself beyond your comfort zone. It will make you a better person and a better social worker.



ADAM ARREAK LIGHTSTONE

Bachelor of Business Administration, 2015
Business Administration –Accounting, 2012

Adam Lightstone is a two-time graduate of St. Lawrence College, holding an advanced diploma in accounting and a Bachelor’s Degree of Business Administration in accounting and finance. In 2017, Adam was elected to the Legislative Assembly for Iqaluit-Manirajak in Nunavut, his home territory. Since graduating, Adam has devoted his career to public service, representing his community.

My fondest memory of attending SLC would have to be the camaraderie that I had with my classmates. One of the benefits of attending SLC is the smaller class sizes, which allows you to connect with your classmates and the school faculty.



I chose SLC because I spent a great deal of my childhood in Kingston, which is where my father is from. He was also an SLC alumnus so it was an excellent opportunity for me to follow in my father's footsteps, not just in my career but in my post-secondary education.

Before entering politics, I worked in the public service in Nunavut. The Business Administration diploma program coupled with the Bachelor of Business Administration helped give me a unique aspect of hands-on learning and all the theoretical elements to it. That was a great asset in helping me propel my career within the public service.

There is a tremendous amount of public service jobs out there — Canadians working for Canadians. Working for the people gives you (personal) satisfaction, and you can end the day on a positive note knowing that you've done something.

I attend many functions, including graduation ceremonies. Whenever I do, I always ask them: "What are your plans for after high school?" Many of them, I am delighted to hear, have made plans.

The best part of (studying) business administration is that the first year is generic. The second year allows you to pick your path and allows you the time to figure out what your potential prospects are and set your goals for them.



FELIPE DA SILVA SIMÕES

Game Development Technician, 2018

Originally from Brazil, Felipe now resides in Montreal, QC and works for Eidos Montreal—helping create AAA video game titles like *Shadow of The Tomb Raider*. Working in a fast-paced industry with evolving technologies is exciting and challenging, he stays on top of his game. Felipe shares his experience with me and some words of wisdom for aspiring game programmers.

The first door that SLC opened for me was the opportunity to come to Canada as an international student. They were very receptive and helped me understand everything that I needed to do to come and study here.

The second was helping to prepare me to work and stay in Canada. This where the College excels. They helped me prepare for the job market and the interview process. I was able to land a great job and keep working where I am.

My favourite memory was when we went to a conference where they were presenting our student projects. I saw people playing my game, having fun with it, and giving feedback.

A few months after graduation, I returned to SLC to share job opportunities and answer questions. One of my classmates works on my team.

Don't get too stressed out, but don't get too comfortable either. Improve your skills and keep motivated. While studying at SLC, we spent a lot of time in the lab. We faced challenges weekly. This lab time helped prepare me to meet challenges on my own.

There will be times when things seem dark, and you might not see the road ahead of you.

When you apply for a job or have an interview, hearing "no" can be very heavy and damaging. Stay motivated and keep pushing forward! I went through 40 different job interviews before I landed this job.

Hearing people say: "Hey, good job fixing that issue, I just used it, and everything's working fine!" That's extremely rewarding. The best reward is to see a game that I worked on launch and gamers posting videos saying nice things—it's the greatest reward.

CLASS OF 2020—GRADS TO WATCH



Lian Chin says, "Living without recreation is like a car without gas. It's stopped and parked waiting to be taken away. So why not give it some gas and take it to a wonderful place?"

Braelyn Amodeo
Therapeutic Recreation

Braelyn is working at Providence Manor as a Recreationist. She joined the team in July and discovered her passion for working with older populations. "I love the atmosphere of Providence Manor and the way the interdisciplinary teams enhance the quality of life for all residents. Therapeutic Recreation is an integral part of their daily schedule.



Your current struggles will help your next steps in life.

Maxime Robichaud
Welding and Fabrication Technician

Maxime works at Kirkey Racing as one of their aluminum welders. They specialize in aluminum racing and custom seats that are well-known worldwide as safe, lightweight, high-quality seats at an affordable price. "Our seats have also appeared in multiple movies and TV shows, one of which is *The Fate of the Furious*."



I believe having an attitude of mindfulness and gratitude for what is working rather than focusing on what is difficult, can be the difference between your own happiness, and misery.

Agum Wadhwa

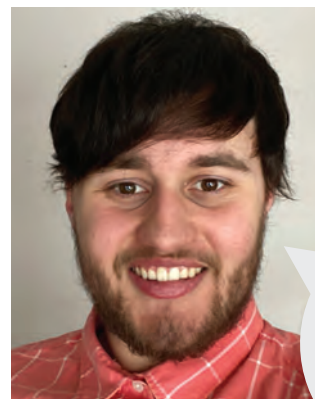
Advertising and Marketing Communications

Agum is working at Jani-King of Eastern Ontario as a Social Media and Marketing Coordinator.

He found this position on the SLC job board.

"At Jani-King, I am primarily focused on generating franchise sales by expanding the company's regional and social media presence.

I provide all the marketing-related work and design different ad campaigns to achieve the company's objectives."



For the current students who are on the road to furthering their education, I would say to find comfort in uncomfortable situations.

Josh Cooley

Community and Justice Services

Josh works at Kingston General Hospital with Paladin Security. He found his job while he was in the CJS program as it was one of his placement opportunities. "I work with a team of people to provide security work for the Kingston Health Sciences Centre. Working with hospital staff, the public, and coworkers to ensure the safety and security of the property and the many people that rely on its services daily."

The Class of 2020 completed their programs during the most unusual and unprecedented circumstances. This intrepid and resilient group of graduates may have concluded their programs remotely, had to shuffle placements, and innovatively network, but they have pursued their post-graduate goals and are thriving in their early careers. Meet some of the Class of 2020 who have shared their stories, advice and encouragement for students and fellow grads.

Network as much as possible, never say no, one opportunity often leads to three more.



Miranda Sanchez
Business – Marketing

Miranda is working as a Project Lead at Petrie Ford. “I started an e-commerce car parts store using Shopify in December 2018 and today we have an Amazon store!” She is also a freelancer who helps small businesses in Kingston with their paid media campaigns and websites.

Ask ALL of the questions! There are good people out in the new-grad world who are here to help guide us in the right direction. If you're ever unsure about something, just ask!



Reid MacDougall

Bachelor of Science in Nursing

Reid is working at the Cornwall Community Hospital. He found this nursing position as a career posting listed on the hospital's website. “As a nurse, our responsibility is to assess, treat, and monitor patients according to a unique, patient-centred care plan within a multidisciplinary team.”

Success looks different for everyone. Keep doing the hard work, embrace the changes, and you'll start to see some really unique opportunities, experiences and people coming your way.



Megan McGrinder
Child and Youth Care

Megan works as a Foster Family Support Worker for Bridgeway Family Homes and an Emergency Shelter Worker for the Young Women and Families Shelter. “It's a privilege to walk alongside clients as they navigate a system that is often working against them. These roles require a trauma-informed and harm reduction approach. The support offered must be non-discriminatory, requiring creative problem solving and meeting clients where they are.”

In the words of Kristin Neff, “If we can compassionately remind ourselves in moments of falling down that failure is part of the shared human experience, then that moment becomes one of togetherness rather than isolation.”



Devon Perkins

Mental Wellness and Addictions Worker

Devon is a Caseworker at Ontario Disability Support Program in the Ministry of Children, Community and Social Services. “While precautions surrounding COVID-19 cut my placement at ODSP short, I was fortunate to be offered a contract at the same agency and continue to work there.” He provides customer service and consultation, collects and evaluates information to determine eligibility for ODSP Income and Employment Supports, and resolves conflict situations.

With all the
challenges
created by
COVID-19,
how does an
organization
the size of
St. Lawrence
College ensure
no one is
left behind?

We're All In This Together



BY CHADHAM THOMAS

ILLUSTRATIONS BY NAJEEBAH AL-GHADBAN



S

LC ALUMNI WILL remember the College's commitment to our value of Students First. There have never been more examples of this value in action than since the start of the pandemic. As one of SLC's core values, putting students first has meant many things in the past year.

Every decision made, from the executive level down to individual educators and staff, puts the needs of students at the forefront both in terms of maintaining physical and mental health and providing a world-class education.

Teamwork and innovation offer an interconnected framework where new ideas and solutions are quickly communicated throughout the organization, ensuring everyone is on the same page. Educators and students are working together to address the unique needs of transitioning previously in-person programming to a blend of alternate format and on-campus programming.

Integrity has been clearly demonstrated through the openness and direct communication of President and CEO Glenn Vollebregt. Tough decisions have been made in a timely fashion to give both students and staff the information they need to plan for their changing lives.

As the College's communities evolve, SLC aims to create a sense of belonging for our students, team, and partners. Belonging is celebrating diversity, respecting our differences, valuing contributions, and fostering an environment where everyone feels they can participate without discrimination in our College community.

Demonstrating all five of our core values, SLC has worked diligently to ensure no one is left behind. Students have access to a plethora of services to support their mental health and the tools necessary to overcome the obstacles inherent in online and alternate formats of education.

For mental health support, in early 2019, a complete redesign was done to the wellness support services available at the College, which focused on an evidence-based, customized experience for each student, no matter their unique situation. Applying a Stepped Care Model to increase access to mental health services has served as a strong foundation for SLC's post-COVID wellness and accessibility support shift.

When asked about additional transitions required in the COVID context, Caryn Langstaff, Director of Wellness, Accessibility & Student Success, said, "While it appeared to be a seamless transition, there was an immense team effort and lot of rapid work behind the scenes to make that happen." Even with the foundational framework in place, the transition to alternative format and online education and remote access for support services required dedication from all areas of the College.



Determining proper safety protocols, technology and privacy requirements, developing secure documentation, practice changes, and participating in specialized training were all necessary steps in transitioning to remote service delivery. Thanks to tireless effort, students continue to have access to mental health and support services, including virtual video therapy sessions for both individuals and groups, mental health educational support groups, substance use programs, and telemedicine health care on all three campuses.

Further, KeepMe.Safe is an app recently introduced by SLC that provides culturally diverse mental health support. With a large number of international students, it was important to SLC that our support services be readily available to all students regardless of location. KeepMe.Safe allows international students to contact therapists who speak their preferred language and is accessible around the globe, for those students studying at SLC but living in different countries.

VIRTUAL VIDEO THERAPY has become the primary form of mental health service offered by SLC, as in-person counselling cannot currently support the social distancing requirements dictated by COVID. By offering individual and group sessions, counsellors can customize the experience to meet every student's needs. Individual sessions provide an opportunity for students to discuss the challenges they are facing, whether it be on a personal basis, as a result of COVID, or in relation to their schoolwork. Group sessions can offer all the same opportunities as an individual session, but with the added benefit of group social interactions, which are otherwise limited by lockdowns and safety restrictions. In some cases, having the chance to talk with peers about the things that are bothering us can make all the difference in the world.

Similar to virtual therapy are the mental health programs offered through Microsoft Teams. There are two major types of sessions offered as part of these programs. The first are psychoeducational drop-in sessions, where tips and strategies for coping with change and mental health are provided on a consistent basis, and students can choose to attend whenever and wherever they please. The second are scheduled, therapeutic sessions that require students to sign up in advance, to address their unique needs and provide the best possible aid.

With the stress of COVID compounding that of regular life, many turn to vices that provide temporary relief, but long term only serve to worsen the problem. St. Lawrence College has teamed up with Queen's University and KFLA Addictions and Mental Health Services to provide an 8-week support group for students on understanding substance use. This program will help students and the community as a whole.

An essential advancement for students is the transition of the Campus Health Centre to a virtual telemedicine platform. Previously, the health centre was only available on the Kingston campus, but after the telemedicine shift, it is accessible tri-campus. As a result of the change, students on all three campuses can now book virtual appointments with the Campus Health Centre's medical staff, making it clear that physical health is as important during these times as mental health.

WHILE STUDENTS HAVE access to a vast array of options to address both mental and physical health in whichever way is most comfortable, they are far from the only part of the SLC team. Staff are also experiencing a drastic change as a result of the shifting services, and SLC is dedicated to creating an atmosphere where employees feel that their own mental health and wellbeing is as much a priority.

With many working from home, it is essential that the College find a way to maintain the feeling of community that is so common within our walls. In support of this, the Human Resources and Organizational Development department is hosting webinars covering a wide range of topics including mental health, resiliency, and professional growth.

“People feel increasingly comfortable with one another and are willing to reveal their emotions.”

—Ashleigh McKeil, Manager, Employee Development

The College's virtual “water coolers” fit perfectly under the umbrella of establishing a sense of community. These are open-ended sessions, where staff can pop in and chat with coworkers about non work-related topics and experience some of the socializing that physical distancing prevents. These water coolers have spread tri-campus, providing an even larger community for interaction. In many cases, staff can meet coworkers they never would have before, whether due to working on separate campuses, or even separate departments on a single campus.

What started as an inconvenience for some has become a saving grace for many. Virtual meetings and conversations have provided an opportunity to get to know one another on a deeper level, and really build the relationships that are needed most at this difficult time. There are new personal connections developing among staff; people are opening up and letting others into their homes (virtually), and their thoughts.

“People feel increasingly comfortable with one another and are willing to reveal their emotions,” says Ashleigh McKeil, Manager of Employee Development.

There has also been a shift within staff at SLC toward increased professional training and development. While the opportunities for training were always available, it has become easier for employees to fit these events into their schedules. Personal growth brings with it a feeling of accomplishment that goes a long way toward lifting spirits and improving overall mental health.

As an organization, SLC has always worked diligently to provide a safe, encouraging environment for students and staff to thrive. Since the arrival of the novel Coronavirus, this framework has provided a more effective transition to online work and education, and the desire for belonging has kept mental health and wellness support at the forefront of SLC's many services. When it comes to adapting to such an unprecedented global and cultural shift, no one expects things to be perfect, but St. Lawrence College cares enough to try.

After all, we're all in this together. ✕

As the world is gripped with the panic of the pandemic, and our homes become our workplace and sanctuary, some of our grads find the strength to stand on the frontlines as we plunge into the unknown.

FRONTLINE HEROES

BY KRIS WARD

Christine Bruce,
Senior Director of the
Laboratory Medicine
Program-University
Health Network



PHOTOGRAPH BY MAY TRUONG

St. Lawrence College has trained students to be career-ready and to support their communities in times of need. Last year, we all learned to adapt, and emergency planning, lab services, health care, and supply chain and logistics played an essential role in our lives. These are but a few of our brave graduates working long hours, sacrificing family contact, and stepping up as leaders during chaotic times.

CHRISTINE BRUCE's career skyrocketed as her meticulous laboratory skills, leadership, and innovation mindset helped her team react during this unprecedented medical crisis. She took time from celebrating University Health Network /Sinai Health's one millionth COVID test milestone event to share her story with us. The self-proclaimed "St. Lawrence loyal" grad committed to the profession when she graduated from the Medical Laboratory Technology (MLT) program in 1997. She spent the beginning of her post-graduate career at MDS Laboratory Services as a medical laboratory technologist in a small lab in Bancroft. Her goal was to lead the top laboratory program in Canada one day; a pinnacle career goal she would achieve in the most memorable time of our recent history.

She has a storied career in laboratory settings, including Administrative Director, Pathology and Laboratory Medicine at Grand River Hospital in Kitchener. She was recruited to head the Sinai Health Microbiology Laboratory as Administrative Director, in September 2019. She has a strong reputation in change management, large installations, business development, and innovation.

She jumped in with both feet in her new work environment at Mount Sinai Hospital, stewarding in a new era. This gold standard lab in Canadian microbiology testing had played a significant role during SARS. Her

new team was eager to help as the growing concern of COVID-19 bubbled to the surface. In mid-February 2020, they applied for one of the inaugural licenses to perform SARS CoV-2 testing.

By February 23, the lab completed the validation on one analyzer that could result 600 tests per day, which they thought was plenty. On March 11, they were the first hospital laboratory in Ontario to test for the presence of the virus and became a helpful conduit to assist with slowing turnarounds and increased demand. Speed became the key motivator, as cases were spreading, equal and equitable access to testing was paramount. By the end of March, the instrument was full every day.

Private donors wanted to help. Sinai Health received a PCR analyzer (the ones being used in Wuhan) from BGI Foundation, donated by the organization to recognize Sinai Health as the first Canadian organization to install their equipment. They also received an anonymous donor's analyzer to complement additional equipment purchased through government funding. By the end of June, the lab could perform up to 10,000 tests per day. It is unheard of that a laboratory can validate and go live in such a short timeframe; however, these are unprecedented times, and Christine is working with an incredible team.

The laboratory had a massive hire, onboarding an additional forty-five people from a depleting pool of lab professionals

from June to July. The industry sought to redefine lab workflow, and determine how all available MLTs could be trained to the full scope of practice, to work in microbiology.

Being asked to turn things around in such trying times, Christine demonstrated her leadership abilities every day. She was undertaking massive capital expenditures, and being a thought-leader. She was often the first call when another lab was down to lend overflow support, share supplies, or just to commiserate.

As demand continued to increase, another six high-volume PCR analyzers arrived, and the microbiology team actively recruited another hundred lab technicians. By September, they surpassed 600,000 tests completed and spring-boarded to a phenomenal 1,000,000 tests by December. And the numbers keep growing.

"This is not a glamorous CSI show; it's high-risk work, heavy work, hot work, long hours, in masks and gowns, the unprettiest work to do some days." She rallies her teams and joins in as a resource, often supporting the night shift. In the middle of the crisis, her dream job became available at the University Health Network. She is now leading the largest laboratory in Canada and has her arms around all analytic disciplines as the Senior Director of the Laboratory Medicine Program.

Christine is dedicated to the profession and shares her wisdom and industry knowledge on the Program Advisory Committee for Medical Laboratory Technology at SLC and serving on the Boards of both the Medical Laboratory Professionals Association of Ontario and Canadian College of Health Leaders – Toronto Chapter.

KATIE HUNTLEY never imagined that she'd complete the Paramedic program under the unusual circumstances presented by the pandemic. As a new graduate, she experienced a relatively smooth transition between being a student and a working paramedic, despite the situation. She joined the Leeds Grenville Paramedic service after completing her preceptorship with them. Starting her career as a primary care paramedic during COVID has been challenging but rewarding. The pandemic has created opportunities for new graduates like Katie. The Paramedic program at SLC prepared her well for the challenges that she has faced.

As part of the paramedic team, she has learned how to conduct a variety of COVID-19 tests, including at pop-up clinics. She also helped lead paramedic students volunteering their time to help at the clinics.

"The paramedic students play an important part in a very complex system to ensure everything runs smoothly. There is a lot of

work that goes on behind the curtains, and every person involved in that chain has an impact. It is important to realize that anyone not involved in the health care field can help encourage a positive outcome for the COVID-19 pandemic by washing your hands, wearing your mask, and practicing social distancing to support health care workers during this time.”

MONIKA LATOUR completed the Bachelor of Science in Nursing program in 2011. After working in multiple locations within Canada and the United States, she had taken a position in West Texas and made spring 2020 plans to visit her hometown of Cornwall. Her travel plans dissipated, and her family accepted that they wouldn’t see her for at least two years, not only because of border closure but because of safety concerns.

Texas cases ballooned, and Monika herself contracted the virus. While recovering, she received notice that her unit – a surgical step-down unit capable of taking patients on high flow oxygen – would designate four beds for COVID. The next day it was six. By the time she returned, the numbers had tripled.

Temporary walls were installed, and non-COVID and COVID patients were separated. Two days later, the unit moved to a different hospital building, as the current building’s infrastructure couldn’t keep up with the negative pressure requirements. Within days, Monika’s entire unit was designated for COVID.

Federal Emergency Management Agency (FEMA) nurses were sent to the hospital to help. Two medical tents were erected to house patients nearing discharge to free up room for more acute COVID patient care.

“We wear Tyvek suits, N95 masks, glasses, face shields and double gloves to go in the room and get sprayed with a disinfectant when we leave the room. We stay in these suits sometimes for hours and are drenched in sweat when we take them off.”

Before COVID, mortalities in the ICU were a rarity; now, it has become a daily reality, asking how many deaths today is the new norm for the team. Post-mortem care is something they regularly do—a grim reminder of the mortality rate of the virus.

“We typically see our patients move to the ICU or another floor if they are stable, but for the few we get to discharge home directly from the ICU, a lineup of staff sends them off.”

NATASHA REID, a 2004 Medical Laboratory Technician and Office Administration SLC alumna, opened Tie One On Creativity Bar on February 22, 2020, after two years of planning. Her husband, Joe Buffett, an Electrician – Construction and Maintenance



Katie Huntley, Paramedic,
Leeds Grenville
Paramedic Service



Monika Latour,
Progressive Care Certified
Nurse in West Texas

SLC graduate from 2015, completed most of the electrical work and built the wrap-around bench for the bar, which offers a range of crafts, creative projects, workshops, and parties. On March 15, the first lockdown closed them down after less than a month in business. Devastated at the closure but determined to keep their name out there, they quickly devised a way to deliver craft kits and package their menu to offer takeout. Around town, every day, Natasha, Joe and their two children kept the dream alive. But as a Med Lab grad, she was also in high demand for her skills.

“I got the call... The Microbiology lab at Kingston Health Sciences Centre (KHSC) had been one of the first labs to test COVID-19. The lab desperately needed help and



Natasha Reid, Lab Assistant at
Kingston Health Sciences Centre

wondered if I would come back part-time. Since my husband was off work as an electrician and knew how to work the online store, I decided to help in the battle and go back to the lab almost full-time hours to help with the COVID-19 testing.”

She worked days at the lab and nights at the creativity bar—or vice versa—for five weeks after they re-opened for dine-in service. Wanting to maintain family life and focus more on her business, she scaled back to a casual position at KHSC. Although she wants to continue to help at the lab, she realized two things: “There was no way to balance working two full-time jobs. Unless I focused my energy on the bar, it would not survive the pandemic.”

TERRI-LYNN GAMMER decided to continue her post-graduate nursing studies online at SLC and believes that things happen for a reason. She worked as a Research Nurse Coordinator in brain cancer at the University of Alberta for six years until 2013. In February 2014, she received the devastating news that her husband had been diagnosed with Stage 4 B Cell Lymphoma, which spread to his brain six months later. He was given two months to live, and her journey took a turn as she experienced what she previously had consoled families about.

He spent a year and a half in the hospital. After three surgeries, a setback with ICU sepsis, nine different types of chemotherapy, a stem cell transplant, multisystem organ failure, and isolation for months at a time, he was finally released home. He had dressings, multiple medications, and an extremely compromised immune system. But he was also instrumental in encouraging her to pursue a new career path in nursing at SLC.

“I loved the first course, and before I knew it, I had enrolled in the next and the one after that.” She doubled up on courses to finish early in August 2019 with a Registered Nurse–Occupational Health Nursing with Distinction credential. A decision that prepared her for an occupational health position during the pandemic.

She responded to an ad asking for certified occupational health nurses to work for Covenant Health in Alberta. She has been working for Covenant Health as an OHN since April 2020, where she conducts contact tracing for COVID-19, blood and body fluid exposure, and communicable disease assessment and immunization.

“Looking back, my SLC education proved to be one of the most timely decisions I have ever made. Who would have known that the pandemic planning and the occupational exposure material that we all studied would be put to use so quickly in the year 2020!”



Nandini Verma,
Dental Assistant
in Kingston



Jimmy Johnson,
Assistant Team
Leader, Matrix Logistics
in Cornwall, ON



Terri-Lynn Gammer,
Occupational Health
Nurse in Alberta

NANDINI VERMA obtained her Bachelor’s in Dental Surgery at Pandit Bhagwat Dayal Sharma University of Health Sciences in Rohtak, India, where she practiced dentistry for three years, while also volunteering her time at the National Institute of Visual Disabilities (NIVH). She moved to Canada and enrolled in the SLC Health Care Administration program at the Kingston campus, graduating in 2019. With her dentistry skills and her Canadian credentials, she now works at a Kingston dental office. “Being an international dentist, I got a chance to start working as a dental assistant level 1 at the dental office.”

“Working at a dental office increases the chance of exposure to many aerosol-borne diseases, not just COVID-19.” She is dedicated and trained to work in risky and harsh situations and doesn’t shy away from working at the dentist office. In addition to the clinic, she is a supervisor at a local Tim Hortons.

JIMMY JOHNSON started as an order picker at Matrix Logistics and a Customer Experience Associate at Walmart in 2019 while studying in the Supply Chain Management post-graduate program in Cornwall. He coupled it with a second credential in Project Management in 2020. His career at Matrix started with the internship he completed as part of his Project Management course. Pleased with his work ethic and skills, Matrix Logistics has promoted him through the ranks, as a Floating Assistant Team lead where he’s also training to be an Operations Supervisor.

Supply Chain is a booming industry with sophisticated technology and software to increase efficiency and enhance customer experience being introduced at a rapid pace.

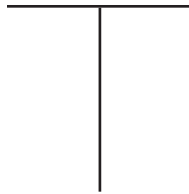
Panic-buying and stockpiling became a concern as the pandemic raged on. Consumer trips to replenish essentials and reduced capacities within stores became prevalent. People turned to online shopping, curbside pickup, essential weekly shopping and home delivery out of necessity and the supply chain and logistics had to adjust accordingly.

“It’s been the best so far to work in the supply chain industry. Having completed the program at SLC gave me a base and broader understanding of how the supply chain works as a crucial element in bringing the world closer. The opportunity of an internship at one of the reputed companies, Matrix Logistics, gave me a more hands-on and in-depth experience.” Jimmy gives back to his program as he volunteers on the SLC Program Advisory Committee for the Supply Chain Management program.

Thanks to all our grads who are keeping our communities safe and functioning. ✖



RESILIENCY REVISITED



Life pressures pull on our time and energy. We are often left feeling weary, overwhelmed, and disengaged from the parts of our lives that matter most.

**BY DR. ROBYNE HANLEY-DAFOE,
BEHAVIOURAL SCIENCE TECHNOLOGY, 2000**

LIFE IS RELENTLESS. With all the noise, pressures, and pulls on our time and energy, we are often left feeling weary, overwhelmed, and disengaged from the parts of our lives that matter most. On top of a 24-hour news cycle, which perpetually reminds us of unprecedented political, environmental, societal, and technological change, we face a myriad of challenges in our day-to-day lives. Personal and family health issues, relationship challenges, financial and work-related stress, and, for some, traumatic events can seem overwhelming and at times insurmountable.

But we are stronger than we realize. Humans are hardwired for struggle.

So why are some people able to get up and move forward in the face of adversity and change, and others are not?

Neurologically, there is no difference between those who give up and individuals who get up. The difference is resilience. Many liken resilience to “grit” and mental toughness, but this is a narrow view of its power. Resilience enables us to thrive even when setbacks and tough breaks occur. It gives us the ability to turn the brokenness of our lives into masterpieces. Everyone has the capacity to be resilient. There is no special manual or training required. The key is to recognize this and take positive action to strengthen this vital skill. I believe that we are well equipped once we reframe and focus.

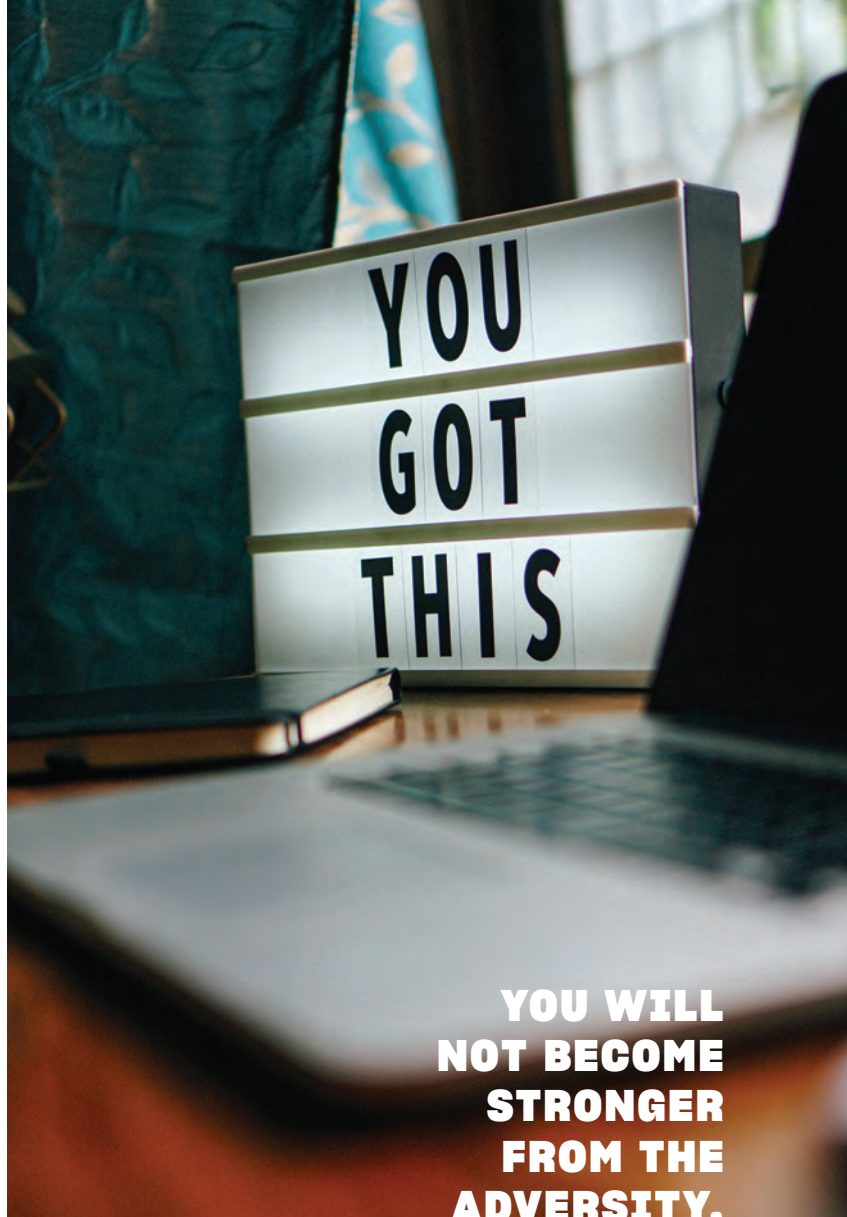
Resiliency is reserved not only for the mentally tough, the strong, or the fearless. Each person has the capacity for resiliency. It isn't something you have or don't have, and it isn't something you are born with. Resiliency is there, inside us – it just needs to be recognized and then awakened. When a person lives an examined life, they come upon the knowledge of how to be resilient naturally. When we know where to look, we realize just how truly equipped we are to deal with all of life's challenges.

Resiliency is the capacity to rally. It is the ability to bounce back and recover from a setback or difficult experience. It is how we dust ourselves off and get back up when we fall. My approach is known as everyday resiliency because it is the small decisions we make each day that set us up to do the extraordinary. The big hurts, losses, setbacks, seasons of change, and even the traumas – they can all be navigated with skill when we apply the simple techniques, backed by science, that I teach. I believe that everyone can be extraordinary. I know it because I have seen it countless times with the thousands of people I have worked with worldwide. With

practice, everyday resiliency becomes a tool that aligns with our primal drive to feel safe and secure.

When developing our resilience, there are some key factors that help us to bounce back from and grow stronger through difficulty. I have come to call them the Five Pillars of Resiliency. They are belonging, perspective, acceptance, hope, and humour. Each pillar contributes to the overall constellation of skills, traits, and behaviours that allow us to persist and thrive through adversity.

In the current landscape of our world, we are facing some truly wicked problems. Wicked problems are complex social or cultural problems that are difficult to solve by their very nature because the issues involved are so interconnected and bound up with



**YOU WILL
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STRONGER
FROM THE
ADVERSITY.
YOU WILL
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THE NEXT
RIGHT
DECISION
FOR YOU.**

other concerns such as the economy, health, justice, the environment, well-being, and so on. Our physical, emotional, and mental health are being taxed and tested every single day. As such, there is an extraordinary need to build, foster, and practice resiliency like never before so that we can navigate and take care of the most basic parts of our lives.

Despite the enormity of the challenges we are facing right now, I want you to know that we are so much more capable than many of us think. This is because we humans are incredibly adaptable. Even in seasons of great challenge and change, we will find our way through with a dialed-in commitment to wellness. It is helpful to remember that sometimes a storm does not come into our lives to destroy; it comes to clear a path. So, as this season of uncertainty unfolds in front of you, your job is simply to make the next right choice for you. You do not have to carry the whole world – just take the next right step that best serves you and your loved ones. I promise you – all will be well because you can do hard things.

Life is a mosaic of experiences that are both positive and challenging. Accepting that bad things will happen and learning to let go of negative experiences enables us to see that we are not defined by mistakes and failures and allow us to move through hardship constructively. Learning is disruptive. If life didn't challenge us, it wouldn't change us. It is important to trust the process of growth and accept that we are well equipped to move through challenges and change. We have to trust the process of growth and recognize that we are never too old and it is never too late to learn a new way of traversing our lives.

Loving and caring for ourselves and practicing self-compassion can be difficult. Self-care is often viewed as a luxury, which makes it hard to prioritize in our lives. Instead, it should be viewed as self-preservation. It is a means of not only protecting ourselves, but also those we love. We must remember to make what matters most, matter the most, and realize that the details will fall into place. Self-care is not selfish, it's science!

Research has shown us that we all have the capacity to be resilient. A lot of practices of resilience are common knowledge, but they are not common practice. By understanding the five core competencies we can start to apply them in our day-to-day lives. When we live a resilient life, we have a true sense of our worth and can feel confident that our head, heart, and values are aligned.

“The strongest people are the ones who are still kind after the world tore them apart.” ❖

TRULY OKAY

“You are going to be okay.” That is the most common statement made by first responders when they come upon someone in distress or at the scene of an accident. Hearing those words can de-escalate someone from panic and fear, and even subdue pain. Why is it that being okay in most other circumstances is not good enough? Yet in life-or-death moments, the words, “You're okay” or “they are going to be okay” are a lifeline?

“Okay” is absolutely everything. It is all that truly matters. Okay and being okay are at the heart of true resiliency.

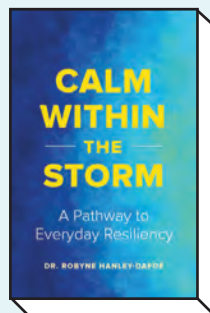
This book is an invitation to reframe how we think about resiliency. Often associated with concepts like persistence, mental toughness, or grit, resiliency is portrayed as a battle cry to summon Herculean strength. This forceful understanding and practice of resiliency is not attainable or sustainable for many of us. Life is hard, and

it continues to be hard, but bearing down and pushing through the pain is not the only way to navigate the bumps, bruises, setbacks, and heartache. White-knuckling pain is not the only option.

Resiliency to me means doing the next right thing. It is taking that precarious step in the direction you want to go, despite what the world says about you or how hard it might be.

Unlike the current resiliency landscape that yells at us that we are not doing it right, or we just have to get over it, this book introduces a new theory of resiliency—what I call everyday resiliency. My theory of resiliency is based on years of experience working with people all around the globe. I never intended to create a new theory. My intention was to support people through their life's journey. To welcome people where they were and help them map a course for where they could go. To help people see who they could become and live a life that reflected their truest self. I think Ram Dass said it best when he wrote, “When all is said and done, we're all just walking each other home.”

The ultimate goal of everyday resiliency is to foster a deep and personal sense of being okay, no matter what. I want you to discover that what you already have in your head and heart makes you capable of meeting any obstacle and rising to any challenge. With this steadfast self-awareness, you will live with the conviction that you are okay, and you will be okay. Rather than being at the top of your game or perfect all the time, you'll realize that being okay is truly enough.



Excerpted from
*Calm Within
The Storm:
A Pathway to
Everyday Resiliency*
robynehd.ca/book

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Alumni News

Celebrating your milestones, testimonials and fondest memories



"Evening Tea" by
Cindy van Lanen,
Visual and Creative
Arts - Fine Arts, 2009
and Practical
Nursing, 2017

Did you know? Over 95% of this issue of Voyageur was written by SLC graduates.

ALUMNI

Wish You Were Here art exhibit

The public cast over 450 ballots as the annual alumni art exhibit transitioned to an online format, amid COVID restrictions. The *Wish You Were Here Alumni Art Exhibition* through the Marianne Van Silfhout Gallery pivoted to a virtual experience and opened up new possibilities. →

This online format facilitated the participation of grads not in the local area and attracted new participants, including Class of 2020 artists. During the virtual reception, each artist spoke about their artistic journey, preferred media, current activities, and artistic inspirations. View the exhibit at www.mariannevan-silfhoutgallery.ca.

Wish You Were Here Alumni Art Exhibition Awards

1st place: Mary Mokrushyna, Visual and Creative Arts – Fine Arts, 2020; 2nd place: Heidi Wallace-Patenaude, Graphic Design, 2007; 3rd place: Cindy van Lanen, Visual and Creative Arts – Fine Arts, 2009 and Practical Nursing, 2017

“Lost in Time” by Mary Mokrushyna, Visual and Creative Arts – Fine Arts, 2020



OVERCOMING HURDLES

Retiring Dean helps students reach the finish line



Throughout her career, Elaine Armstrong has been tenacious at putting students first. She saw firsthand how students’ journeys evolved as the Dean of the Faculty of Arts. Students may have all the success elements: they are doing well academically, and participating

in extracurricular activities and placements, but then reach a financial hurdle that thwarts their plans just as they are close to graduation. She wants to help them get over the finish line.

Elaine began her SLC journey as a student; she graduated from Creative Arts and Fashion design in 1979. In 2013, she returned to SLC as the Associate Dean in Justice Studies and Applied Arts, then became Dean, Faculty of Arts in 2016. She’s always embraced new opportunities and led projects, cheered on students, and attended events, proudly watching as students became alumni.

Upon her decision to retire in 2020, she requested that her colleagues help fund the new bursary she established in lieu of a gift. Supporters donated over \$1,500 towards the bursary, something she contributes to and wishes to continue for many years.

Giving back to students and helping them achieve their goals with some financial assistance motivates Elaine. “I’ve always said students first. Supporting students who need extra financial help to complete their program is my legacy. I am grateful to my awe-inspiring colleagues, friends and family, who joined my virtual retirement party and rallied to support the new bursary. I’m retiring from SLC on a high note.”

Elaine Armstrong, retired Dean of the Faculty of Arts



LEAVING A LEGACY

New bursary will benefit mature nursing students



Pat Ransom was born in Dickinson’s Landing, one of Ontario’s Lost Villages and her family relocated to Ingleside, ON in 1958.

A few years after graduating from Queen’s University’s Physical Education program, she enrolled as a mature student in the St. Lawrence College Nursing Diploma program, where she graduated in 1984, with her nursing class achieving the highest class average in Ontario.

She had a vibrant career that spanned over 30 years in psychiatry at KPH (known then as the Kingston Psychiatric Hospital) and advocated for those who suffered from mental health issues. She passed away in 2019 at the age of 64 from Glioblastoma.

Faye Ransom can think of no greater honour than to leave a legacy for mature students following in her sister and best friend Pat’s footsteps. She created the Patricia Jane Ransom Memorial Bursary in Nursing, with the first recipient selected in August 2020.

“She would be excited to know that her bursary will ease some of the financial pressures on a future nurse and would want to wish the recipient of her bursary a long and fulfilling career,” said alumna Faye, who graduated from the Human Resources program in 1996 at SLC.

PHOTOGRAPHS BY BERNARD CLARK (ELAINE ARMSTRONG, CIVIL ENGINEERING STUDENTS), ILLUSTRATION BY ELIANA RODGERS (RIGHT)

“Both David [Logan] and I understand the financial toll that paying tuition causes, which is why we decided to give back to the program that excelled our careers.”

Braedan Rogers,
Civil Engineering,
2020



SOLID GROUND AWARD

Civil Engineering 2020 grads pay it forward



A few months after graduating from the Civil Engineering program at the Kingston campus, David Logan and Braedan Rogers established an annual award for students following in their footsteps. As recent Civil grads, they wanted to give back.

Seeing the importance of starting post-secondary with a strong foundation, they established the Solid Ground Award. The annual award will be given to a Civil Engineering Technology student passionate about their field and interested in pursuing a career in Civil Engineering. SLC faculty selected the first Civil Engineering student recipient of the Solid Ground Award in November 2020.

“As recent Civil grads, we wanted to give back to the program and help a student succeed in their studies. We encourage other grads to consider paying it forward

and establishing a bursary or supporting existing student bursaries,” David expressed.

“Both David and I understand the financial toll that paying tuition causes, which is why we decided to give back to the program that excelled our careers. We encourage graduates, industry professionals and companies that have benefited from the Civil Engineering Technology program at SLC to give back and help prepare the next generation of competent civil engineering technologists,” shared an enthusiastic Braedan.

They hope that other Civil Engineers will contribute to the bursary. Their ultimate goal is be able to pay for a year’s tuition with this award.

To donate or learn more about supporting SLC students, check out www.supportslc.com/support.



Civil Engineering grads David Logan (top) and Braedan Rogers established a new annual award for students following in their footsteps.

For more on our 2020 grads, see Grads to Watch on p.22.



Vikings, Schooners and Sharks ... Oh My!

As we usher in a new SLC Athletics era, let's look back at our fond memories of SLC Athletics. We've had some incredible moments, some intense rivalries and oh...the memories.

The battlegrounds, the cheers, the screeching sound of sneakers on hardwood, the bus rides, the hoisting of the cup, and the proud banners that adorn entrances of the college doors are part of our history.

With the introduction of SLC Surge, a new era in St. Lawrence College athletics, and the unveiling of a new mascot, let's look back at our campus teams and mascots, give thanks to

the brave students who donned the costumes and added flavour, not only to the games but to college events. You are forever in our hearts!

Please help us fill in the gaps. Share your stories, send us photos and watch for more tales from our SLC Athletics past. alumni@sl.on.ca or tag us #SLC_Alumni

See Time to Surge on p.9



What are the benefits of being one of the 100,000+ SLC alumni?

You can check out the **new SLC website** for lots of great information on programs, grad certificates, community connections, and, of course, alumni opportunities!

Check out the new alumni pages to learn about the lifelong benefits of being part of the SLC alumni community, including:

- Discounts and perks, including discounted insurance
- Communications, including past issues of the Voyageur
- Programs and activities
- Opportunities to support the College

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