



St. Lawrence College

voyageur

The Magazine for Alumni
& Friends of St. Lawrence
College

SPRING 2010

Mind the Gap

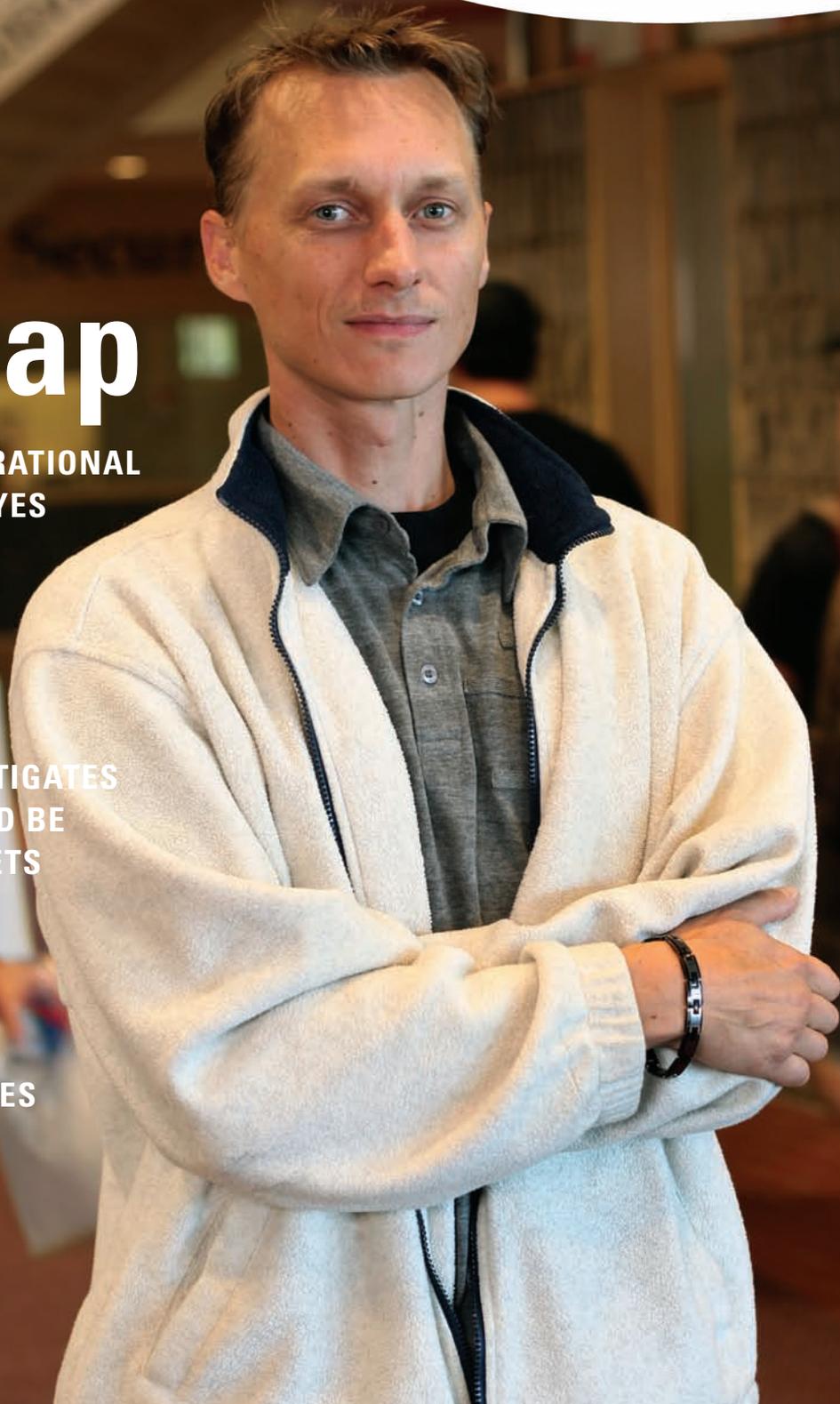
IN THE MULTIGENERATIONAL
WORKPLACE, ALL EYES
ARE ON GEN Y

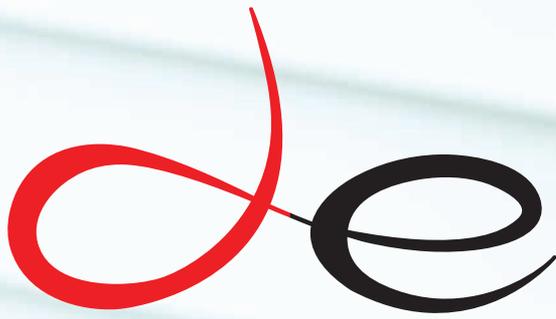
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HOW HOT IT SHOULD BE
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On the cover

Carm Hunter is often at the centre of the storm when eager young employees meet up against workplace realities. *Feature Story, page 5.*

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St. Lawrence College



NOTES FROM THE EDITOR

The Fountain of Youth

BY JANINE FOSTER | MANAGER, ALUMNI & ANNUAL GIVING, ST. LAWRENCE COLLEGE

WHEN I began working in higher education six years ago, I quickly became a huge fan of students. They're creative, intelligent, enthusiastic and energetic. Working in an environment with thousands of young people is like dipping your toe in the fountain of youth: you're invigorated by their presence.

But I will also admit that, by this time of year, I'm counting the days until quiet returns.

The relentless energy students bring to the College can also be just a little exhausting.

Our cover story in this issue came about with the increasing attention our young graduates are getting in the workplace. Not exactly a clash of generational cultures, but more a head-scratching conundrum. Wired for life, the millennial generation can text on their cellphones and work on a spreadsheet at the same time, while listening to their favourite tunes on their iPod. And Facebook is always in the background.

There are those that employ them and marvel at their multi-tasking abilities. Others wonder how they can get anything done with so many distractions. Some IT departments have blocked Facebook on company computers, while others have turned their workplaces into casual environments with lounges and ping-pong tables – all the better to nurture creativity and make them feel at home.

But the entrance of a new generation into the workforce is always fraught with apprehension. There has

always been the fretting over “young people today” by an older, perhaps forgetful, generation.

Will the millennials change the workplace? Probably. Just as the boomers and their ambitious desire to climb the corporate ladder made the 8-hour workday a distant memory, and the GenXers' entrepreneurial bent tested the boundaries of corporate culture.

Each generation is shaped by its defining events and the ethos of its time. I'm with Canadian demographer David Foot when he dismissed the rush to label each generational quirk as some new “trend” worthy of hype and endless fascination.

Boomers didn't invent “nesting” he said when he spoke at an event I hosted back in the 1990s when his book, *Boom, Bust and Echo* was a publishing sensation (and still worth re-reading). That's what people with young children do – they stay at home. And one by one, he picked off every new trend being touted as the next big thing, and pointed out how there was in fact evidence that each generation had indeed behaved in a similar way.

Young people –through every generation – have been the first to try new things – whether it was the automobile or the iPhone. It's what you do when you're young and everything is exciting and you've got the time and energy to (a) figure out how it works, and (b) find new ways to use it in your life or work.

And thank goodness for that. 🌊



A Sure Thing

BY CHRIS WHITAKER | PRESIDENT & CEO
ST. LAWRENCE COLLEGE

WHEN AN ECONOMIC IMPACT STUDY ON COLLEGE EDUCATION WAS RELEASED IN 2008, IT WAS QUICKLY PUSHED ASIDE BY THE WORLD ECONOMIC CRISIS. BUT THE STORY IT TOLD ABOUT RETURN ON INVESTMENT DESERVES A CLOSER LOOK.

THIS is probably one of my favourite times of the year at St. Lawrence College. As I write this, students are wrapping up their last assignments and exams, and soon-to-be alumni are preparing for the big day when they'll cross the stage at Convocation and celebrate a goal realized: a College education.

Much is made of this special occasion. Here at the College it's the goal we all work towards for our students. And the proud and beaming faces of parents, spouses and even the children of our graduates are a testament to that achievement.

But nine years after graduation, as our alumni build their careers and make their way in the world, there's another achievement to celebrate, though few even realize it. According to a study released in 2008, at exactly 9.4 years after graduation, you will have re-couped all costs – including wages forgone while attending college – that you invested in reaching that goal.

Commissioned by the Association of Canadian Community Colleges, the study, *The Economic Contribution of Canada's Colleges and Institutes*, put hard numbers to what we've always known to be true: an investment in a College education pays dividends.

According to the study's authors, alumni see a 15.1% return on their investment in the form of higher earnings than would have been realized without post-secondary education. Further, the study found the provinces and territories receive a 15.9% rate of return for their investment, and that the payback – in the form of higher tax receipts and avoided social costs – is realized in 8.7 years.

At St. Lawrence College, the spring of 2010 has brought both of these factors into sharp focus. First, we were pleased to see that the Province continued its unprecedented investment in post-secondary education with the recent provincial budget. The ongoing commitment to ensuring we have the ability to welcome more students was coupled with a goal and funding commitment to see that 70% of Ontarians achieve a post secondary education – an 8% increase in the current rate of attainment.

Choosing to support education – especially in a tough economy – makes sense, as many of our graduates can attest. The ACCC study not only identified ways in which your life has been enriched by your college education – increased earnings, better health and a greater likelihood your children will also attain higher learning – but our community and economy benefits as well.

In Cornwall, for instance, where the provincial and federal governments are making a considerable investment in the revitalization of the campus, we calculated the direct economic impact

of the College's presence in the city at \$22 million. But that was a relatively easy calculation based on SLC's own budget, and the economic impact of our employees and students. Those are "today" dollars. When the City of Cornwall stepped up to add \$1 million to the project, they knew that their investment, while made today, would pay dividends tomorrow.

That message was brought home with the results of the annual Key Performance Indicators (KPI) study released last month. The College scored tops in the province for the percentage of grads who had found employment (89%), and earned high praise from employers for their job-readiness. (*See the full story on Page 21 of this issue.*)

Yet, as reassuring as all of these numbers are, they tell only a small story about the impact St. Lawrence College has in our communities and beyond. The bigger story is told by you, our alumni.

You are the educational assistants who teach our children in our schools, the nurses who care for us in our hospitals, the business and tradespeople who propel our economy, the personal support workers who care for our elderly, and the environmental technicians who protect our environment. When you leave our campus and venture forward in your chosen career, you are making an impact, whether or not you are consciously aware of that fact. Thank you for being our ambassadors. 🌊

Mind the Gap

WITH THE MILLENNIALS ENTERING THE WORKFORCE, OLDER WORKERS ARE FEELING THEIR AGE.

BY JANINE FOSTER

CARM Hunter can sum it up in one word: “Facebook”

It’s the number one cause of his headaches and phone calls, and perhaps the defining emblem of a generational divide among the over 120 student bursary employees he manages, and the College employees they work for.

Hunter, who in his mid-thirties would himself qualify as a member of the Generation X, is also in his final year of the Bachelor of Business Administration program at the College. But for the last three years, he’s been at the front lines of the multi-generational workplace as the Student Employment Coordinator – acting as the liaison between the College’s HR department, the various departmental “employers” and the students who fill the hundreds of student bursary positions on campus each year.

When asked what are the main sources of friction between student employees and the GenX and Boomer SLC employees that manage them, it’s a list most of us could produce at any time in the history of inter-generational relations: attire, etiquette, choice of music, work ethic.

But add the role that technology – the generation’s defining characteris-

tic – plays into the mix, and the usual inter-generational complaints become specific: a preference for electronic communication over face-to-face; the omnipresent earphones; the constant Facebook breaks; the ringing, buzzing or beeping cell phone.

Certainly some of it can be chalked up to the age old complaints of “kids today”, but according to a series of studies by the Pew Research Centre, the Millennials (those born after 1980 who are coming of age in the new millennium) are the only group that DOESN’T list “work ethic” as a defining characteristic.

The survey, published in June of last year, had even the Millennials themselves identifying that their elders were more likely to claim the title of having a good work ethic and moral values. Concludes the study: “Millennials may be a self-confident generation, but they display little appetite for claims of moral superiority.”

Hunter would no doubt have a quibble with the assessment. A full-time student, he has two part-time campus jobs – Editor of the Kingston campus student newspaper, The Nomad, and student employment coordinator – and an off-campus job as a counsellor in a treatment

centre for young people. He works seven days a week, but he acknowledges he’s perhaps not the norm. And yet he sees just as many hard-working students juggling jobs and school work.

Cyndy Robinson is also a label-defying observer of the multigenerational workplace. In fact, she’s made it her business. A graduate of the Class of 1990 with a diploma in Graphic Design, she has a number of tech-savvy businesses, and one, itweet4biz, specifically aimed at bridging the generations. In short, companies hire her to run their social networking sites. It’s a case of trend-savvy Boomers who know they need to have a social media presence, but lack the skills, time or insight into discerning what exactly that presence should be. Enter Robinson, who has fused a lifelong interest in technology, with a lifelong role as a student of human behaviour.

She applauds the Millennials for their empathy, creativity and the ease with which they adopt new technologies. But she also worries that technology is sometimes the end goal itself. In the hands of Boomers, the GenXers, and even the Civics (the 70s and up), technology is an extension of the skills we had to build the old fashioned



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communications
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Yet, according to Hunter and others in the generational trenches, it's communications that also hold the key to a smoothly running workplace that fits the Civics, Boomers, GenXers and Millennials. Take for instance the questioning "the way we've always done it", says Hunter. Traditionalists view it as a challenge, while Millennials may view it as an opportunity for conversation. As a generation raised by doting parents who gave them a voice at the dinner table, Millennials are quite comfortable giving their opinions. It's how those opinions are received that may be the issue. Young workers believe they are contributing, while older workers view it as a challenge to authority.

Hunter tells his young charges – and their employers – to talk it out. "Make it a conversation and not a one-time event," says Hunter. He encourages employers to have a clear conversation about expectations, but

*Cyndy Robinson bridges the
generation gap for businesses*

to also be cognizant of the generational differences. "Awareness is a great place to start," he says. "When someone is intolerant to generational issues, they may be intolerant to other issues too."

As for advice, he suggests each should respect the abilities of the other. "You don't have to agree with everything," he says, arguing instead that they need to be inclusive.

"One of the things for me is to ask what you would do and how you would do it ... before I hand out the commands. That way they feel they're a part of the task and not just the person who does the task."

In fact, that was the comment one blogger made to a 60 Minutes piece that labeled her generation a group of "narcissistic praise hounds" allergic to hard work and in constant need of affirmation. "Guidance" not praise, is her generation's goal, she argued.

In fact, L'Oreal Canada, in a recent story in the Montreal Gazette, found it was the Millennials themselves who benefitted most from understanding the point of view and experience-shaping events of the generations ahead of them. GenXers, forever scrapping for every morsel in the shadow of the Boomers tend to be entrepreneurial loners, while Boomers, who have enjoyed great opportunity, have adopted the work ethic of their parents, the Depression-surviving, world-war-fighting Civics, as a way to feel less guilty about their good fortunes.

There are some who take the segmentation a step further, dividing the broad Millennial generation into first wave GenYers, the scions of the Boomers, and the true, late stage Millennials, the children of the GenX.

It's Generation X, who has followed the Boomers and borne the brunt of

economic bubbles and busts that have perhaps created the one element of the Millennial philosophy about work that most seem to agree on: the desire for work/life balance.

"Sometimes the goal is experience over money," says Hunter. Robinson agrees. She's inspired by the young people she meets who have made the gathering of experiences more important than a focus of moving up the pay ladder. Voluntarism is high among the young, and not just because they were required to do it as part of high school curriculum requirements. "They have so much empathy," says Robinson.

Tempered with a stark realism. "In an era of layoffs and shut-downs," says Hunter, "they are aware they might get dumped. They know it's an empty promise – that job for life. Bigger companies, instead of giving them that empty promise, should fill it with things like re-training and flexibility."

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“Generation Y has such a thirst for knowledge,” says Robinson, and their love of technology is the gateway to quench that thirst. It’s also the tool with which they feel they can make positive change in the world – whether by creating Facebook groups or running online campaigns.

And for a generation identified by their technology, it’s also the way they express the work/life balance in the workplace. Whether it’s choosing to soundtrack their day by way of the ever-present iPod, or checking in regularly with friends and family via texts and Facebook, that’s just their way of asserting their values into the workplace.

“If I’m going to live my life at work,” says Hunter, “then I’m going to bring my life to work.”

THE GAP GLOSSARY

The dates are always in debate, but what follows is the rough scorecard on each of the generations:

The Silent Generation (also known as Civics, or Traditionalists) born between 1927 and 1938, is the generation that includes those who were too young to fight during World War II. Many had fathers who served in World War I. Generally recognized as the children of the Great Depression, this event during their formative years had a profound impact on them.

Canadian demographer and author David Foot defines a **Canadian Baby Boomer** as someone born from 1947 to 1966, the years that more than 400,000 babies were born. However, he acknowledges that is a demographic definition, and that culturally it may not be as clear-cut.

Generation X, commonly abbreviated to Gen X, is the generation born

after the baby boom ended with earliest birth dates used by researchers ranging from 1961 to the latest 1981

Generation Y, also known as the **Millennial Generation** or Generation Next or Net Generation, describes the demographic cohort following Generation X. Its members are often referred to as Millennials or Echo Boomers. As there are no precise dates for when the Millennial generation starts and ends, commentators have used birth dates ranging somewhere from the mid 1970s to the early 2000s. Later years – offspring of the GenX – are often called Millenials, while younger – the products of the Boomers – are sometimes referred to as GenY.

Source: Wikipedia

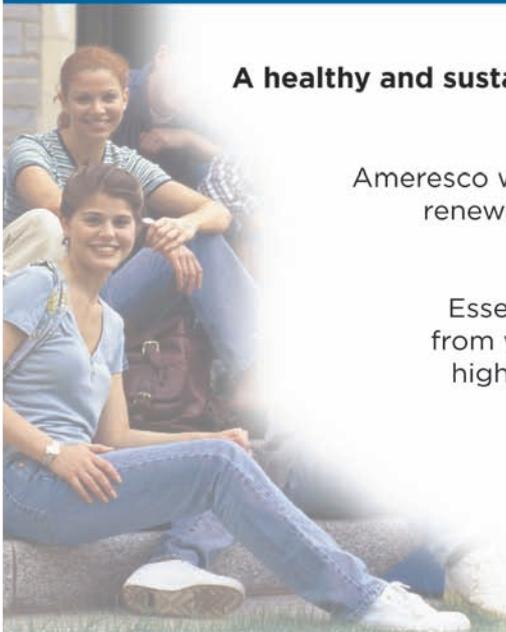
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older The new face of students

DIANA Drury laughs but she knows there's truth to her words. "When I taught, it was the mature students who sucked the life right out of me. They wanted more reading, more resources, had more questions."

The message is simple: having returned to school later in life, mature students were hungry for knowledge. According to Drury, they're the first to sit in the front row, and the last to leave the room. But the trade-off comes when their maturity and life experience enhances the classroom.

Introducing the new face of the "college student". Sure, there's still plenty of teenagers, but fully 60% of the students who begin their first day on each of the St. Lawrence College campuses, is, shall we say, more seasoned. So while there's been a lot of attention paid

to the way the Millennials are changing the workplace, what's the impact of mature students entering the hallways previously teeming with teens?

As the Student Counsellor on Kingston campus, Drury sees the impact first hand. "Mature students feel intimidated at first when they come here," she says. "It is scary. They've been out of school for so long, they're worried about keeping up with everything." Top question on their minds: "How do I study?"

And Drury is quick to note that St. Lawrence is struggling itself to meet their needs. Last year there was an attempt at creating a Mature Student Network, but the idea did not catch on.

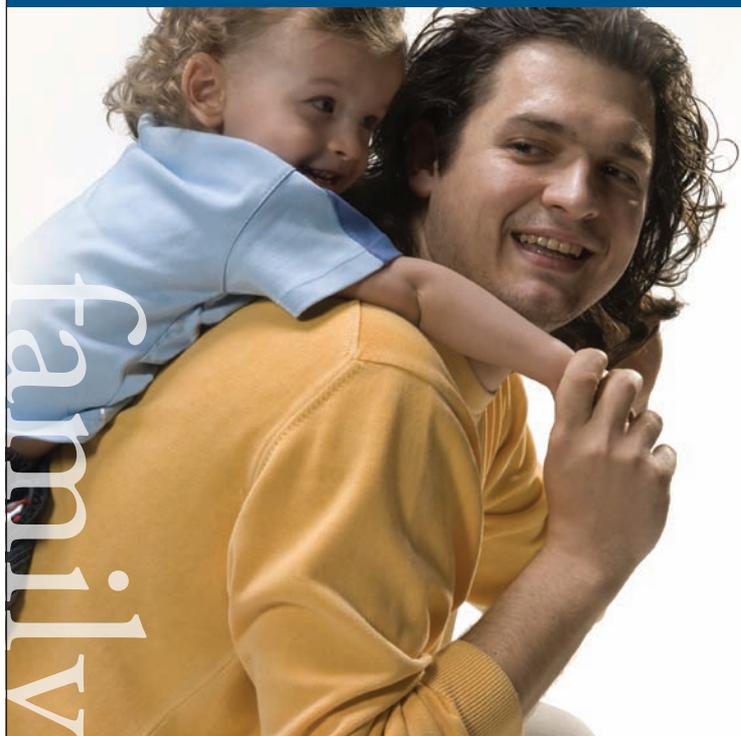
Granted, Drury comes into contact with mature students when they're at their most overwhelmed. "By Thanksgiving, or the first round of exams, that's when we see the attrition," she says. Even the idea of seeking a tutor can be fraught with anxiety. "That's a

pride thing too to ask someone to help ... especially if (that help is) younger," she notes.

But Drury is quick to point out that it's not all bad news. In fact, many faculty insist on integrating group work so that mature students are forced to work with younger students and vice versa. The result? A truly educational experience. The mature students' desire to excel and seriousness of purpose can rub off on their younger classmates who rise to the challenge. Younger students, with their ease with technology and a good decade of classroom experience find they have something of value to share with their fellow students who may very well be the age of their parents.

"When you get a mix in the classroom you have young people with knowledge and older people with experience," says Drury. The result, she says, enhances the learning opportunities for everyone. 🌊

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FOR PFP GRAD SHERRIE EDMUNDS, DECIDING TO GIVE WAS EASY. RECOVERY TOOK A LITTLE LONGER.

BY CHRISTINA CHANT



TO MEET soft-spoken 22-year-old Sherrie Edmunds, you would never imagine that just seven months ago she donated 70% of her liver to someone she had never met.

After recovering from the operation and forming a fast friendship with the recipient of her liver donation, Queen's University professor Dr. Chris Mueller, Sherrie is simply taking everything in stride, seemingly unfazed by the media attention that her act of altruism has generated.

She's been profiled in Maclean's magazine, the Kingston Whig-Standard, and in a TVO current affairs program since her gift became public knowledge, and while she's become a young media veteran, she's still somewhat perplexed by the attention. After all, giving comes naturally to her.

Sherrie's decision to study Police Foundations at St. Lawrence College, which she graduated from in 2008, was also borne out of a similar desire to pursue a career in which helping others would be central.

Sherrie describes Police Foundations as "a great program" and is confident that the two-year course has prepared her for the rigours of Ontario Police

College. She explains that the Police Foundations program also helped open her mind to some aspects of twenty-first-century policing — such as the study of psychology — that she hadn't previously considered.

As well as participating in the volunteer placements offered as part of the course, Sherrie went on ride-alongs with friends from the Kingston Police Force and volunteered with a number of other local organizations, a habit, she says, that had been a regular part of her life long before studying at St. Lawrence.

"In terms of volunteering, a lot of it starts with my parents," explains Sherrie, whose volunteer experience includes coaching hockey and working for Kingston's Youth Diversion Program. "They've always been involved in the community and it's just something that's instilled in me. If someone asks for help and you're available to help them, then why not?"

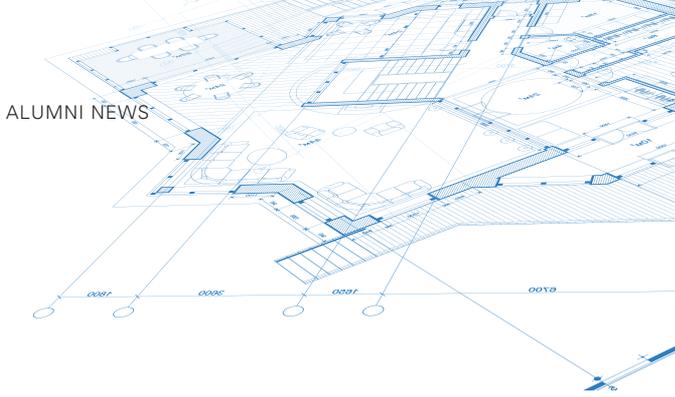
During her time at St. Lawrence, Sherrie continued to coach hockey and volunteered with Victim Services Kingston & Frontenac. Her role as a Victim Assistance Volunteer meant that she was frequently on-call and had to be ready to respond quickly to emergency

situations. "From any experience you always learn something, whether it's about yourself or something else," Sherrie says. "Through volunteering I've learned a lot about myself. I've often learned that something I thought I could never do, I can do."

Sherrie continued this trend after graduation, setting off for Chiangrai, Thailand where she worked for two months as a volunteer community developer and English teacher for the locally based Mirr Foundation. The cultural experience and basic language skills acquired during her time in Chiangrai also gave her the confidence to spend time travelling solo through Thailand after her volunteer placement came to an end. "I'm proud of myself that I would just book a plane ticket and go, and even try bungee-jumping when I got there," says Sherrie. "I was just living life to the fullest and having fun."

It was only a few months after returning home from Chiangrai when another opportunity to help presented itself. For Sherrie — a regular blood donor and registered bone marrow donor — donating 70% of her liver to Chris Mueller was an experience she describes as "physically the hardest thing I've ever been through," but also "rewarding beyond measure." Now that Sherrie has fully recovered, a small area of numbness over the incision site is the only remaining physical after-effect of the surgery. "This whole thing has been one of those things that you know is meant to be," she says, describing the close friendship she now enjoys with Mueller and his wife, Sally. "There's something out there that brings people together."

Sherrie's hoping a career in policing is also "meant to be". Having taken time off in order to heal from the surgery and regain her strength for the police fitness tests, she has begun the process of preparing for the various tests and examinations that will hopefully lead to a job offer with either the Kingston Police Force or the OPP. 🚔



Building Better

FOR FRANK PERRAS AND PINO DISTEFANO, WORKING TOGETHER AT THE COLLEGE AGAIN IS A CIRCULAR JOURNEY

BY JANINE FOSTER

FRANK Perras gets to do something that probably more than a few students have only dreamed about. He has completely demolished his English class. And a couple of labs. And probably a whole bunch more, but he's not entirely sure. The memory's not as sharp as it used to be.

As the contractor on the revitalization of the Cornwall Campus, and as an SLC Cornwall grad, he was familiar with the building that is now his company's job site, and with apologies to his English prof, he's pretty happy about the entire project.

Perras (CET 1981), along with his friend and business partner Pino DiStefano (CET 1985), formed their company Perras & DiStefano over 13 years ago, but to hear them talk, it seemed almost like fate. Both were Cornwall boys (Pino emigrated with his family from Italy as a toddler), both had the goal of becoming architects, and both were accepted into Carleton University. Both also quit Carleton and found their way to the Civil Engineering Technology program at SLC – albeit Pino in Brockville and Frank in Cornwall.

They met when Pino was a summer student and Frank was embarking on his first post-college position at Menard Structures Canada in Cornwall. When Pino graduated, he also joined the firm. They worked in all aspects

of the business – from residential to commercial, industrial and institutional. When the owner retired and the family decided to focus on residential construction, they saw an opportunity in the commercial market and struck out on their own in 1997.

"I guess everybody at some point wants to be their own boss," says Frank. But with two young families, it wasn't a cakewalk. "We didn't take a paycheque for six months," he recalls. They both smile at the memory, but they're smiling even more when talk turns to their company today.

You could say that Perras & DiStefano are a lot like the city they call home. Their business has grown and their work has evolved, just as the city of Cornwall has seen its economy evolve. From retail and industrial, to corporate, commercial and institutional, you name it and they've probably helped build it. From factories to call centres, they continue to keep busy. As one of the few design/build firms able to tackle large-scale projects,



Frank (left) and Pino on the job at Cornwall Campus

they've earned the respect of the city's movers and shakers.

Both Frank and Pino chock up their success to keeping an eye on the details. "If you screw up in a small community, you've probably screwed up for your last time," says Frank.

Going forward, the two aim to evolve their company, just as Cornwall evolves. "Our biggest concern is replacing our retiring superintendents," says Pino, noting that the looming shortages in skilled trades are already being felt. "How many young carpenters are out there?" he asks.

At least with the revitalization of the Cornwall Campus on their "to do" list, they can say they're actively playing a part in preparing the next generation of tradespeople. 🌊

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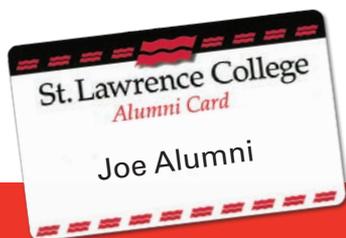
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How hot should it get between the Sheets?

A NURSING ALUM FIGHTS FOR PATIENT COMFORT... AND WINS

BY ANN ARBUCKLE MASSEY R.N. – NURSING 1985



I THOUGHT I was going to have a normal day in the Birthing unit (BU) with lots of excitement and adrenalin; a natural child-birth here and a cesarean section there...

However one day something changed. As nurses we don't like change unless you can prove to us that it will benefit our patients or our unit. Without warning, memo or email, engineering (physical plant) received a mandate to turn down all blanket and water bottle warmers from 70 to 42 degrees centigrade. In the Birthing Unit, our toasty warm blankets are our reward to patients that have been through or are facing frightening procedures, experiencing pain and exposing body parts.

Patient comments re: the warm blankets have included, "Oh that feels wonderful", "thank you so much" and "oh that feels so good." After turning the warmer down to 42C we would apologize as we draped patients in lukewarm blankets and say, "they used to be warm ... sorry about that." How could we lose that important

reward without a fight?

I started with speaking to my nursing colleagues and our doctors. It seemed that everyone was distressed by the blankets. Our Clinical Manager, Julia Watson Blasioli, counselled me that changes would have to begin from below and move upward so I set to work gathering data in support of warmer blankets.

I began by taking the temperature of the blankets regularly for two weeks. The temperature ranged from 30C to 38C. With the frequent use of our blankets, they would rarely reach even 42C. In my mind, there was only one solution, turn the warmers up, and with my manager's support, I set out to do something about it.

Fortunately I was already scheduled to attend a presentation by Dr. Jack Kitts, CEO of The Ottawa Hospital. I had only a few weeks to conduct a study, compile the statistics and take the opportunity to bring this issue to the top. Soon I had enough data to prove my point. When I met with Dr. Kitts, he told me that would personally give this information to Dr. Worthington (Senior VP, Medical Affairs, Quality & Patient Safety).

Within a few days, two board members arrived on our unit. I was working that day and noticed them

literally putting their heads into the warmers. On the spot I took the temperature of the blankets and all were in agreement that they were not warm enough.

I checked with many other units with blanket warmers and they too found their blankets not warm enough. I also researched the issue on the internet and found that the problems from the warming units occurred because of hospitals that over-heated IV fluid and bottles of water that in turn were used on patients for positioning in the operating room as wedges, resulting in burns. In addition, another hospital was administering overly warmed IV fluid directly into the patient's veins causing severe burns. In each case the problem was the temperature of the fluids not the blankets. There were no cases of blankets burning patients. The blankets were simply guilty by association. The simplest solution is to separate blankets from fluids, across the hospital.

The temperature of the blankets rapidly drop once removed from a warmer. Cloth, unlike fluid, does not hold its temperature. By the time a 42C blanket is removed from the warmer it drops to 34C in 60 seconds.

I was to meet with Dr. Worthington on March 4, 2008. I was fully prepared and ready to present my case. What I was not prepared for were the people who would be attending the meeting – Vice-Presidents, Clinical Managers, Doctors (OB and NICU), a Board Director and me (Yikes!). When it was my turn to speak, I thought this was it, these people had the power to turn up the warmers and this was my chance to state my case – the blankets were innocent of the crime; they were only guilty by association.

When it was stated that the warming-unit temperature was turned down to 42C by an international safety board for hospitals across the world, I almost gave up. Who would go up against such a powerful and influential body as that?

It was then that Dr. Worthington asked, “If we were to trial an increase in temperature of the warmer for blankets only, what would be a good starting temperature?” Wow! What? With my research in mind, I suggested that we turn the temperature up to 50C for a 42C application. Everyone agreed, with one catch – our unit would have to monitor the temperature three times a day and only the temperature of the blanket section of the warmer could be increased.

On April 22, 2008 we reported our findings back to the committee; and proved that the increased temperature caused no patient harm and met the minimum requirements for warming patients and babies. In my opinion, the blankets aren’t warm enough yet, so I pledge to continue to work on this issue, so that someday, it will be “hot enough” between the sheets! 

[Since this article was originally published in the Ottawa Hospital newsletter, Ann has been invited to make presentations throughout the hospital to encourage staff nurses that they too can make a difference, at all levels, concerning the quality of patient care]

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Horse Nurse

FOR CHRISTA SANDERS, WORKING WITH HORSES IS A DREAM JOB COME TRUE

BY ANNE PATTERSON

LIKE most horse-crazy kids, Christa Sanders dreamed of working with horses when she grew up. Unlike most horse-crazy kids, she found a way to do it.

Christa (VetTech 2004), who works for the team of equine veterinarians at Paton & Martin in Langley B.C., decided to focus her career on large animal emergency and surgery while she attended St. Lawrence, first in the Veterinary Assistant program, and then in Veterinary Technology. She then spent a year studying at the University of Guelph, where she took additional training in animal research.

"When I started out, I wanted to work with animals in general, but then decided I wanted to be able to spend my days with horses. I got hired right after my practicum," said Christa, who was an avid eventer before moving to B.C. from Ontario.

While vet techs are nothing new in the small animal world, more and more equine vets are discovering the benefits of working with fully trained "horse nurses," as Christa puts it. She spends most of her time working at the surgical centre, assisting surgeon and lameness specialist Dr. Antonio Cruz.

"Equine vets are utilizing us a lot more, partly because of advances in technology. The more they utilize us, the more efficient they can be." Christa is qualified to take X-rays without a vet present, and is licensed to give IV injections. "I work mostly with patients in our hospital. I monitor their vital signs, I run the anaesthesia for the surgeries and scrub in so I can assist the surgeon during procedures.

Another little-discussed job requirement is fitness and physical strength. "The equine side of this work is mentally and physically hard.

I go to the gym at least four times a week to keep in shape to lift 60-lb. X-ray machines in and out of the truck," she says. "I deal with large, unpredictable animals who are often in pain. You really have to be able to read them. I've been thrown into walls a few times, and injured my ankle once when a horse reared up and landed on it."

She also gets tremendous satisfaction when her enormous patients improve and recover at what Christa calls the "high-end horsey hotel." 🐾

Anne Patterson is a Langley B.C.-based horse enthusiast and freelance writer. Her article originally appeared in the Langley Times.



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Snow Kidding

CET STUDENTS TRIUMPH AGAIN OVER QUEEN'S AND RMC

BY LAURA TULCHINSKY

ONCE again, SLC Civil Engineering Technology students triumphed over teams from Queen's University and RMC at the Feb Fest Snow Sculpture competition in Kingston's Confederation Park.

Their winning sculpture was a bobsled run. Kids had an option to try the main run or a secondary, less challenging slope on the backside of the sculpture. Needless to say, it was a big hit with the kids.

The 24-hour building competition started at noon on Thursday, Feb. 4 and ended at noon on Friday, Feb. 5. Three professional engineers judged the entries based on criteria such as creativity, incorporation of engineering principles, presentation and team spirit/morale.

"The planning, teamwork, and spirit demonstrated by our Civil



Engineering Technology team was tremendous," said Bob Tester, coordinator of the CET program. "I'm so proud of their effort."

Interviewed before the event, team leader Danielle Cardoza, a second year student in the Civil Engineering Technology program, said the team was pumped to defend the title it first captured last year – the first time SLC was invited to join RMC and Queen's in the competition. "We've been working on our plans for quite a while now

and are looking forward to getting out there and winning!"

Teams of students took shifts throughout the 24-hour period, working to complete their Olympic-themed entry. While it may have been cold work, the teams were warmed with food provided by Chef Thomas Elia and the students in the Culinary program. Building materials were generously donated by Atkinson Home Building Centre. 🏠

Cornwall students master the universe

BUSINESS STUDENTS STRATEGIZE TO SUCCESS TO RANK IN THE TOP 30 WORLDWIDE

BY LAURA TULCHINSKY

A TEAM of SLC business students from Cornwall was one of only four teams of more than 3000 from across the globe to rank in the Top 30 in The Business Strategy Game (BSG), an online "competition-based" strategy simulation game.

For the simulation, class members are divided into management teams and assigned to run an athletic footwear company in head-to-head competition against companies run by other class mem-

bers. Companies compete in a global market arena, selling branded and private-label athletic footwear in four regions — Europe-Africa, North America, Asia-Pacific, and Latin America. Company operations parallel those of actual athletic footwear companies Nike, Adidas-Reebok, and New Balance.

"Our team is thankful for the opportunity to play this business simulation while attending St. Lawrence College," said student and team co-manager Sylvie Vivarais. "We learned that in order to succeed you need to be adaptable and to stay focused on the many business environments surrounding your company. We ran the business as if it was a real company. The reason for our success is that we always stayed two steps ahead of our competition."

The best-performing BSG companies are identified each week in the categories of Stock Price, Earnings per Share (EPS), and Return on Equity (ROE). During the week of March 21, there were 3,488 teams from 221 colleges and universities participating in the simulation world-wide.

The team of Harbinger from St. Lawrence College earned a Global Top 100 ranking on the three performance criteria:

- Earnings per Share of \$20.34 was the 14th best EPS performance of the week
- Return on Equity of 49.2% was the 20th best ROE
- Stock Price of \$357.47 was the 30th best Stock Price performance of the week, worldwide!

The co-managers of the SLC team are Sylvie Vivarais and Adan Condie. 🏠



Ready for their close-up

GRAPHIC DESIGN STUDENTS SHINE WITH FILM FESTIVAL

BY LAURA TULCHINSKY

FOR the sixth year, students from the Graphic Design program at St. Lawrence College have worked with the Kingston Canadian Film Festival to design their feature poster. This year marks the 10th Anniversary of the Festival, and not only did our students design the poster, they re-branded the organization with a new logo. The winning design students are Didem Karadeniz and Mark Birksted.

Festival Director Alison Migneault was extremely pleased with this year's results. "The level of talent coming out of St. Lawrence College is fantastic," Migneault said. "Every year I'm so impressed with the students' work, it's always hard to choose a winner!"

This competition is part of the *Design Your Community* project and is integrated into the curriculum for the third year students. For the past six years, students have designed the marketing material for the festival. The students are presented with the strategic brief which guides their concept and design solution. The main ingredient for success is creativity.

The Design Your Community project has been a major project for graduates portfolios, as well as being very effective at generating interest in the Graphic Design program, and St. Lawrence College. Past winners of the project have gone on to successful careers in design: one is in Vancouver, one in Calgary, and two in the Design Department of Much Music in Toronto. 




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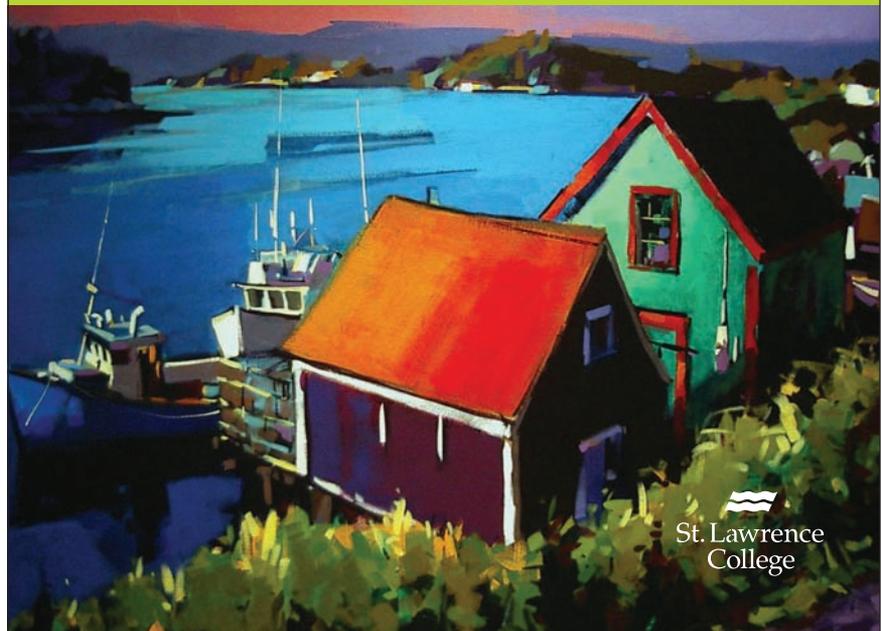
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Grad Bash 2010

In three cities, on three campuses, over three days, we welcomed the newest members to the St. Lawrence College Alumni family! The graduating class was invited to lunch and learn about the opportunities and benefits open to them as SLC Alumni and over 400 took us up on the offer. They learned how they can keep in touch with the College and one another through volunteer opportunities, reunions and, of course Alumni Perks in the form of discounts and exclusive benefits. 🏠



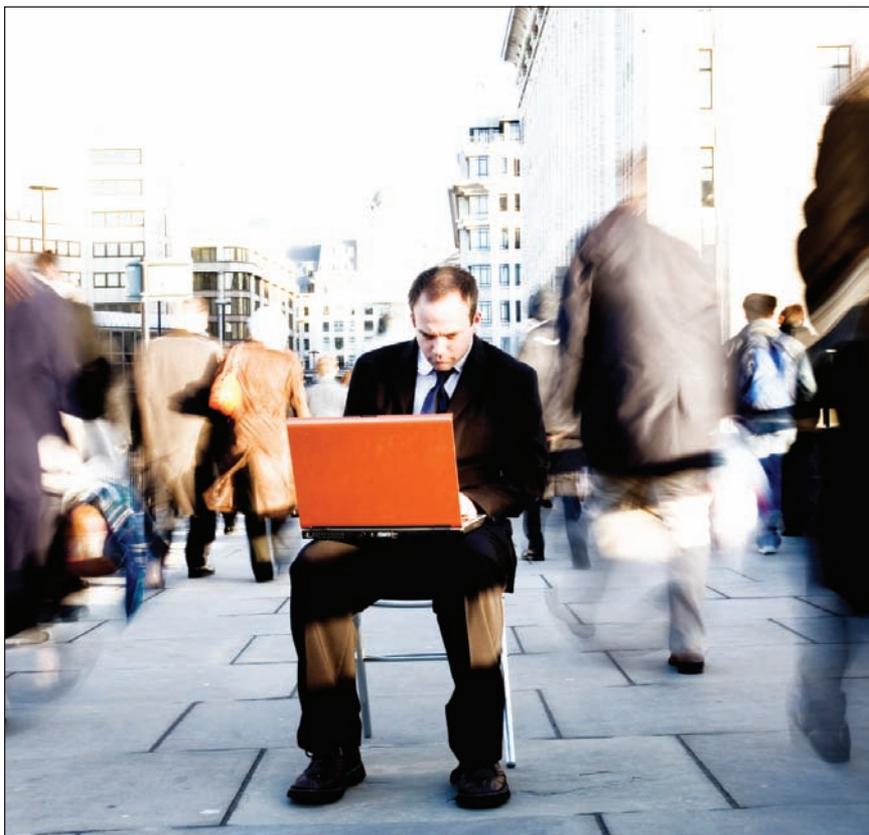
A new tradition is born

ST. LAWRENCE College's athletes have learned how to juggle multiple priorities, represent the College with distinction, and the importance of making a connection. In fact, they may not have been aware of it at the time, but they've got the makings of great SLC alumni ambassadors.

That is why the Alumni & Development Office partnered with Athletics to introduce a brand new element to the annual Athletics Banquet on each of the three campuses last month. For the first time ever, graduating athletes were given special recognition for the roles they played as students and ambassadors for the College.

"Our athletes have shown dedication and commitment to their sport – along with their studies – and it was a great opportunity to thank them for the energy and vitality they bring to each campus, and for the way they have represented SLC out in the community," said Janine Foster, manager of alumni relations.

Athletics Director Brad Greenwood hopes that these graduating athletes will remain connected to the College and athletics as they move forward to build their careers. Whether it is assisting in identifying promising athletes in their communities, or supporting the Vikings, Schooners or Sharks when they are at home or on the road, there's plenty of ways for them to remain involved, said Greenwood, and he's hoping they'll choose to make that connection. 🌊



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Renewable Energy

EVERYTHING OLD IS NEW AGAIN AS THE CORNWALL CAMPUS GETS AN UPGRADE TO MATCH ITS RAPIDLY-GROWING STUDENT POPULATION

BY FRANK LOCKINGTON

A MAJOR effort to revitalize the college's Cornwall campus is well underway. The most visible element of the project is a total retrofit of the campus' original building, Moulinette Hall. Other initiatives tied into the revitalization include enhanced financial aid for students and support for new academic programs on campus. The projected investment in this phase of the project has been pegged at \$14.5 million.

Funding for the effort is expected to come from three main sources. Local elected officials Guy Lauzon, MP, and Jim Brownell, MPP, were on hand last spring to announce that the federal and provincial governments were each committing \$5 million to the revitalization of the campus. This funding was part of the federal/provincial Knowledge Infrastructure Program.

The St. Lawrence College Foundation is now preparing to launch a \$4.5 million campaign in support of the project as well. In February, Cornwall City Council voted to support the campaign with a commitment of \$1 million. "We're extremely pleased to have the City of Cornwall backing this project", says Peter Gault, Chair of the St. Lawrence College Foundation. "The future of our community is directly linked to the future of our College."

Once the revitalization effort is complete, the Foundation is expected to add \$1 million to its endowed bursary fund. Each year, interest earned on the fund will be used to finance awards for students in financial need. As well, a new \$500,000 academic program fund will allow the campus to make strategic investments in support of new academic program



offerings in Cornwall. "New academic programs help ensure our graduating students are prepared to meet the employment needs of employers in our area and beyond" explains Don Fairweather, Cornwall Campus Dean.

On the construction side, the plans call for the concentration of all academic activities into Moulinette Hall. New classrooms and labs will be constructed. As well, the facility will feature leading edge computer, chemistry, physics, nursing and paramedic labs. There will be an expansion of carpentry and welding shops as well as a new student/customer service area. Athletic facilities are also receiving a facelift as well as the College/community board room, The River Room.

"The new three-story entrance tower will help redefine the campus,"

says Chris Whitaker, President & CEO of the College. "In the past 10 years we have seen a 46% increase in full time student enrollment in Cornwall. Applications for the fall of 2010 suggest this trend will continue for the foreseeable future."

In the past decade, revitalization efforts have seen improvements to facilities at the College's campuses in Brockville and Kingston. The current project in Cornwall is the College's highest capital improvement priority. Construction in Cornwall began in January. A large portion of the work will be undertaken over the summer months and into the fall. Construction is slated to be completed by early next spring. 🌿

Class of 2009 defies trends

BY LAURA TULCHINSKY

THE NUMBERS are out and they're good – especially if you're a graduate of SLC's Class of 2009.

The province's annual assessment of how Ontario's colleges are performing was released in April and St. Lawrence grads earned high marks, with 89.3% reporting they found work within six months of graduation.

"College education and training continues to prepare people for success," said Chris Whitaker, president and CEO of St. Lawrence College. "Even in a worldwide recession, the vast majority of college graduates were being hired."

The employment rate for graduates is among the Key Performance Indicators (KPI) data released for the province's colleges last month. Provincial results show 84.8% of the 2008-09 graduates entering into the labour force found work within six months of graduating.

"I can't imagine a better measure of our success, given the mandate of public colleges," said Linda Franklin, president and CEO of Colleges Ontario, which represents Ontario's 24 public colleges. "Colleges were created to provide hands-on, career-focused education to meet the needs of local businesses and industry. Clearly, we are very good at this."

Since 1998, the provincial KPI data have been gathered annually by two independent research firms for the colleges and for the Ministry of Training, Colleges and Universities. The most recent data were collected from March 2009 to February 2010.

Whitaker said the employment rate confirms that postsecondary education is important for people entering the workforce. The most recent data from Statistics Canada shows the employment rate for people without postsecondary education is only 74.9%.

The KPI data also found that 94.9% of employers were satisfied or very satisfied with the quality of the St. Lawrence College graduates they hired.

"College graduates enter the workforce with an excellent combination of academic education and skills training," Whitaker said. "Graduates have the problem-solving abilities and the up-to-date skills to succeed in their careers."

Other key findings for SLC in the KPI data included:

- 83.5% of graduates were satisfied with the usefulness of their college education in achieving their goals after graduation.
- 78.8% of students were satisfied with the overall quality of learning experience, knowledge and skills acquired, services, programming and resources available to them.

Whitaker said the results are particularly important as Ontario prepares to address a pending labour shortage. A recently released report by Seneca College president emeritus Dr. Rick Miner has found that more than 700,000 people in Ontario will be unemployable by 2021 due to an insufficient level of higher education and training.

"The evidence is clear that higher education is essential to helping people fulfill their career goals," Whitaker said. "In the new knowledge economy, it is more important than ever to produce greater numbers of college graduates."

The KPI results are available at www.collegesontario.org.

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AT THE BRANCHES

CYW Alumni Chapter

ONE YEAR DOWN, MANY MORE TO COME!

THE CHILD and Youth Worker Alumni Chapter just marked its first year with an Annual General Meeting at the Kingston campus on March 31. Many thanks to our guest speaker, Wendy Webster of OM4Youth, for her presentation about how her organization uses yoga in its work with young people.

In addition to the presentation, the AGM was a time to look back at the work we've done, and look ahead to where we can go. The Chapter will continue its quest to promote the St. Lawrence College Child and Youth Worker program within our profession and communities with a continued focus on creating a network of Alumni.

We had a presence at the OACYC conference held in Toronto in June '09, visited third year students in Kingston and Brockville, held our first social on November '09 and had Alumni representation at both Open Houses held by St. Lawrence College.

We have focused on reconnecting with lost Alumni and connecting with

our future Alumni. We realize the importance of all the Chapter has to offer and are pleased with the creation of our website (<http://slccywalumni.weebly.com/>) as a way to allow CYW have partnered with a great career website and added a job board to the site that automatically feeds job postings across the province for Child and Youth Workers. It's always changing so check back often.

We have kept the needs of our Alumni at the forefront of our planning and as a result invited Alumni to complete our needs assessment survey. With feedback from the survey, and collaboration with individuals and groups with similar interests to ours, there are many exciting possibilities for social events, networking opportunities and professional development in the coming year. Join us! cywalumni@gmail.com

submitted by Lee Anne Campbell

Fine Arts Alumni: Showing and Sharing

THE FINE Arts Alumni Chapter has had two successful art exhibits this year. The first exhibit was held at the Brockville public library, and the second exhibit was displayed at the Brockville Art Centre. The art shows were organized by Ann Crawford and the show committee.

An interesting painting workshop with instructor Bob Shackles was held at St. Lawrence College Brockville. It is always a fun, artistic day for the group. The Fine Art Alumni always look for inspiration through the workshops to stretch their artistic skills, and interact with fellow grads.

Dianne Fisher organized the workshop.

The Fine Art Alumni group will be hosting an art exhibit at the Marianne van Silfhout Gallery at St. Lawrence College Brockville. The show runs from September 24th-October 25th. An opening night reception is being held at the gallery on September 30th from 5-7 pm. Come out to see the work of SLC alumni and find out more about the Fine Arts Alumni Chapter.

submitted by Jean Noel

Brockville Branch

REACHING OUT AND BUILDING UP

THE BROCKVILLE Alumni Branch is everywhere! On Facebook, at the Chamber, the Ad & Sales Club and, of course, busy promoting the College, its students and our alumni at our own events.

On March 27th comedians Scott Faulconbridge & David Pryde entertained a packed crowd at the campus pub as the annual Comedy Night & Silent Auction raised a new record total of \$1,400 for the campus Student Emergency Fund. Special thanks to State Farm Insurance, the Mortgage Professionals and Comfort Inn for sponsoring the great entertainment! Details of our fall comedy night will be confirmed early this summer. Visit <http://www.stlawrencecollege.ca/AlumniB>.

The Branch became members of the Brockville Chamber of Commerce and will soon be members of the Greater Brockville Ad & Sales Club (thanks to SLC Director of Business Development, Charlie Mignault) The Branch is also on Facebook with over 100 "fans" and growing. Become a fan and stay up to date on Branch events and



Comedian Scott Faulconbridge performs to a packed house at Comedy Night, which reached a new fundraising record in support of the Student Emergency Fund.

announcements. Search for "St Lawrence College Brockville Alumni Branch".

The Branch is proud to announce that the Brockville Alumni Pavilion will be built this summer next to the campus pond and will serve as a landmark for alumni, students and friends of the College to enjoy. Further details and photos will be in the next issue.

Branch members Keith Hare and Willy Primeau were in attendance to see Olympic gold medalist Jayna Hefford of the women's 2010 hockey team speak at the Greater Brockville Ad & Sales Club dinner.

The Branch will also be assisting the annual Great Trivia Challenge event for Palliative Care on October 27th. To enter a team of four in this entertaining event, please contact Branch President Keith Hare.

Want to get involved in the events and activities of the Branch? It's a great way to connect with other alumni and the greater Brockville community. Contact us at Alumni-BranchB@sl.on.ca 📧

submitted by Keith Hare



The Branch's newest member (and soon-to-be-grad) Willy Primeau (CYW 2010) poses with gold medalist Jayna Hefford at an event.

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Lucie Gerritzen-Stevens

Business Administration, Finance – K
Lucie married Joe Stevens of Tucson, AZ in 2003, became a US resident in 2007; spends the summer in Lake George, NY and still visits friends and family in Ontario in the summer. Her daughter, Alexandra graduated from Veterinary School (Ross U) in 2009 and married another vet in Sept 09 and is currently an intern at Tufts U near Boston where her husband is a large animal prof. You may contact Lucie at lucies@wbhsi.net.

1974

Bonnie Sears

Nursing Assistant – K
Due to medical reasons, Bonnie has not worked in a number of years. She worked almost 20 years in the field - both at Hotel Dieu and Kingston General.

Russell Dore

Business Administration, Marketing – C
“After graduation this credential was like a wild card for an interview. It was an introduction to your competitive competency.” Russell can be contacted at russell.dore@gmail.com

1978

Laurie Storer

Nursing Assistant – B
“I worked as an RNA at St. Mary’s Hospital from 1979-1988. As well the Red Cross and two local Nursing/Retirement homes. I retired my N.A. license in 2000. I have worked for HBC for 12 years. I volunteer now at St. Mary’s Hospital, Kitchener. I have also volunteered a bit, for the Parkinson Society of SW Ontario. I have supported/helped out with ‘M&M’s BBQ for Chron’s & Colitis’. Our oldest son was married in 2008. He is a licenced Mechanic. Our youngest son is getting ready for college in Sept. 2010. I wish to thank my nursing instructors for all of their dedication and hard work that they put into the training programs. Miss Harper, Mrs. Brownlee, Mrs. Jean Mylks & Mrs. McClintok to name a few. They were a wonderful support team, along with the ‘Freeman sisters,’ and other dedicated Nurses from BGH & St. Vincents. Thank you.

1982

Kimberly Gow

Advertising and Public Relations – K
Kimberly can be reached at kgow@sympatico.ca

1983

Robert Schilt

Electronics Engineering Technician – C
Bob can be reached at bob@a-fsc.com

1984

Evelyn Mallett

Nursing – B
Evelyn now spends periods of the year in St. Louis, PEI

Rhonda Jansen

Nursing – B
Rhonda is working at a Mental Health Crisis team and is very involved with volunteer work at Canadian Red Cross Disaster Management Services

Shawna Marshall

Nursing – B
Shawna is now working on the Mental Health Crisis Team at BMHC and love it!!!!

Steven Larkin

Business Administration, Marketing – C
Steven has a son, Robert, and daughter Jennifer from his first marriage. He is also stepfather to Nikita and grandfather to Merrick from his current marriage.

Golden Girl

DIANA DRURY WINS GOLD AND BECOMES AN HONORARY ALUMNA

SHE didn’t really have to travel to Australia to do it, but for long-time SLC staff member Diana Drury, it was the right opportunity to do the right thing: make her an official “honorary alumna” of St. Lawrence College.

The occasion was a special ceremony during half-time at Vikings men’s basketball game in December. The reason was to recognize the gold medal she received at the 2009 World Masters Games in Australia last fall. The opportunity was to recognize a career-long dedication to St. Lawrence

College and its students, by welcoming her to the alumni family.

Frank Lockington, director of Alumni & Development with the College, presented Drury with an honorary alumna certificate and gift from the Alumni Office. “Diana’s commitment to our students is exemplary,” said Lockington, “and her recent athletic triumph is a model for students, staff and alumni about continuing to be involved in our community and making a positive impact.”

Drury competed as a part of the Canadian Free Spirits women’s softball team which brought home the gold medal at the 2009 World Master Games. The Games featured 28,000 athletes in 28 sports, with many of the games held in the same venues as the 2000 Summer Olympics. 🏆



**Carla Ryan**

Nursing – C

Carla can be contacted at carlaryan08@yahoo.ca

1985**Joseph Scott**

Stationary Engineering - 4th and 3rd Class – K

"I graduated Stationary Engineering in 1985 and after graduating became gainfully employed as an engineer until 2005 when I was injured on the job. I was brought back to St. Lawrence College again in 2008-2009 and completed the course with great success. I am now enrolled in St. Lawrence College Civil Engineering three-yr program starting Sept. 2009.

Alain Levac

Business Administration, Finance – C
CGA designation obtained in 1988

Louise Ramsay

Stenographer – B

Louise is seeking new career opportunities in Brockville

1989**Dorothy Nelson**

Behavioural Science Technology – K

"I love my job within an educational setting. My students have an opportunity to learn new skills and improve on educational skills. I am married and have a son, who teaches us to remember how fun life can be when you are learning new skills."

Sean Blair

Hotel and Restaurant Management,
Co-op – B

Sean is married with three children - two daughters and one son. He took over family business in Brandon in 2006.

1990**Joseph Johnson**

Marine Engineering Technology – C

Joe can be reached at joejohnsonis@rogers.com

1991**Nadeen Kane**

Social Service Worker – Gerontology – K

Nadeen can be reached at drl06@netscape.ca

1992**Stephen Harper**

Health Care Aide – B

Stephen is a father to Hunter, age 7 and Liam, age 4.

Gina Marin

Graphic Design – K

"I am currently developing a letterpress business. I have a line of greeting cards and have started to print wedding invitations, announcements, business cards, stationery and other specialty, small-run print jobs. www.marinpress.com"

1995**Catherine Mcphee**

Business – Accounting – C

Catherine can be reached at featherandrose@hotmail.com

1997**Jeremy Fraleigh**

Business Technology –

Information/Communication Systems – C

Jeremy can be reached at

jfraleigh@gmail.com

Stuart Studsrud

Business Administration – Accounting – K

Stuart can be reached at studrud77@hotmail.com

1999**Sandra Marshall**

Medical Laboratory Technology – K

"My program had a very small enrollment and over the three years, we became something of a family. The teachers at SLC were very involved with our learning and training and everyone worked together to make sure no one was left behind. It was an incredible experience that I wouldn't trade for anything."

2000**Faris Joatar**

Medical Laboratory Technology – K

Faris would like to hear from his former classmates from Med. Lab. Technology program. fjoatar@hotmail.com



Alumni Aaron Matheson (2001) and Angela Batten-Stachowski (2004) were among a handful of Advertising/IMC alumni who celebrated the 30th Anniversary of the Greg Awards on April 17.

Shannon Tugnette

Personal Support Worker – B

Sharon has been married now for 7 years, and is mom to five-year-old Keegan and expecting her second child on May 14th, 2010!

2002**Robert Perry**

Computer Engineering Technician – C

Robert can be reached at rperry@mrgasltd.ca

2004**Shalla Boyce**

Veterinary Technology – K

& Stevan Larocque

Civil Engineering Technology – K

From the newspaper, EMC St. Lawrence: Ethan William Christopher Larocque was born in Brockville General Hospital at 10:37 p.m. on New Year's Day weighing in at 3.7 kilograms (eight pounds, two ounces). He is the first child of Stevan Larocque and his wife, the former Shalla Boyce, of Brockville... married on Nov. 24, 2007. For the past 18 months, Shalla has worked at the Cranberry Hill Animal Hospital in Kemptville. Stevan works in Perth at the public works/engineering division of Lanark County and is primarily responsible for the design and construction of roads.

Alumni Echoes



Amanda Cottreau, BST 2002

While in college, I began singing lead and background vocals in a worship band from 1998-2003, in Kingston, at NeXt Church (once non-denominational, now a Free Methodist Church). We played everything from Jann Arden to U2 and Coldplay. Not just your traditional “church” music. I was privileged enough to play with some very talented local musicians and was part of a very rich artistic community. It was there I was first recorded on a compilation

Around 11 – Track 12 “ I Will Arise.”
<http://www.nextchurch.com>

Since graduating from the Behavioural Science Technology program and obtaining a specialized certification in Acquired Brain Injury facilitation, I have worked in Ottawa as a Rehabilitation Therapist/ Neurobehavioural Lifeskills Counselor. I had three jobs in my field working shifts as much as 60-90hrs most weeks... I was a bit of a workaholic... but truly passionate about my work. I picked up the guitar in 2004 and discovered a whole new passion, thanks to a client who just so happened to be a musician pre-injury. He taught me my first few chords and how to strum some basic rhythms and from there I picked up as much as I could through our jam sessions with other musically inclined clients and staff members.

I have played small bars (40-120 capacity) between Kingston-Ottawa-Montreal (Avant Garde Bar, Daniel O’Connell’s

Irish Pub, The Carleton, The Royal Oak, Irene’s Pub, Quinn’s Pub, 3 Minots, Tir Nan Og) I have also played at numerous charity shows (MS Walkathon, AIDS Walkathon and Women’s Shelters). In addition I have played in cafes (Umi Cafe and Church Cafe) and galleries (Ecclesiastical Gallery and Saw Gallery).

I was recently featured in a local documentary “OPEN MIC” created by students of the Carleton University School of Journalism’s masters program. The piece is centred around my story as up-and-coming singer/songwriter in the Ottawa Music scene. My first album, *Universe in a Soft Shell* is slated to be finished by the end of Spring, just in time for a tour out East come summer.

Demos samples are available on her myspace page at: www.myspace.com/amandacottreau 🎸

Chris King

Graphic Design – K

“It was about six years ago when I graduated from SLC’s three-year Graphic Design program and much has happened. So much in fact that it would be hard to fit in this small space. I haven’t always been working in my field. Graphic Design is a competitive field and always demands your best. Looking back, I’m not sure I was cut out for it. In fact, I ended up working in retail for several years to try to get some perspective. And now I am back at school to upgrade my skills in web design.”

2005

William Young

Electronics Engineering Technology – K
William is on the east coast and says he is “frequently on the move”.

Joanna van Benschop

Child and Youth Worker – K
Joanna can be reached at divazariah@hotmail.com

Tabatha Walker

Hairstylist – K

Tabatha can be reached at tabatha.walker@gmail.com

2006

Scott Sauve

Police Foundations – C

“Recently I was hired by the Ontario Provincial Police posted to Prince Edward County (Picton), and I owe a great deal of this success to the program and instructors at St. Lawrence College. After completing the Police Foundations program I had ventured out into the world eager to gain valuable life experiences and get involved with the community. I took some courses at Cambrian College in Sudbury and Fleming College in Peterborough. I then worked as security for approximately a year and a half until I was hired by the Ontario Provincial Police as a Cadet out of Leeds County (Brockville). Most of the training as a cadet was received at the detachment; however, having a background with Police Foundations made the learning

process very smooth. On December 1, 2009 I received the call from OPP recruitment that they would like to hire me as a Constable. I have recently finished one week of pre-opc training in Orillia and one week of training at the Ontario Police College in Aylmer.

Angela Thies

Social Service Worker – C

Angela can be reached at athies28@hotmail.com

2007

Gregory Matthews

Computer Engineering Technician – C
Gregory returned to school September 2009 at Kingston campus in the Computer Programmer Analyst three year diploma program.

2007

Shaun Kelly

Business Administration, Marketing – K
“My time at SLC were some of the best years of my life. From the education I received, the relationships I developed with



my professors, to the lifelong friendships that I made, it was a great experience that I would recommend to anyone.”

Maureen Clifford

Integrated Marketing Communications – K
Maureen can be reached at clifford_mau-
reen@hotmail.com

2009

Brett Short

Marketing – K
“My time at SLC was one I will never forget. As an international student there are always doubts about whether or not you have chosen the right school and whether the working and cultural differences will be too much to handle. Fortunately for me, being from Barbados, the only difficult obstacle to overcome during my time at SLC was the winter weather. The teachers are very friendly, knowledgeable and accommodating, which really helped to put me at ease during my first year. But schedules and work load are something I had never experienced before. Too many all-nighters to count, projects and presentations overlapping each other, working in groups with strangers, the quizzes, exams ... it seems odd for me to describe it as fun. But looking back now it was all worth it, I wouldn't have changed a thing. SLC really has been my home away from home. Thanks again to everyone at SLC for a memorable college experience.”

Joanne Sands

Social Service Worker – K
Joanne is working as a School Readiness Worker for Better Beginnings for Kingston Children, as well as a placement Liaison for the SSW program in Kingston.

Megan Prevost

Bachelor of Applied Arts – Behavioural Psychology – K
Megan is working as a support worker with Christian Horizons in Kingston.

Danielle Frink

Accounting – K
“Being a mature student I was nervous going back to school. The staff and students at St. Lawrence were great. They made the adjustment so much easier.”

Kelly Terwilligar

Office Administration – K
“Attending St. Lawrence College was a great opportunity for me. I had previously tried to attend university when I first graduated from high school but quickly realized that university was not the right place for me. I withdrew and moved back to Kingston where I worked for a couple of years in retail. I knew that retail was not the career path for me, but realized that I enjoy paperwork, filling, forms, budgeting and other administrative work. As a result, I enrolled

in the Office Administration program at SLC. The Program was fantastic, it was up to date and all of our professors were there to help us succeed and give us the edge we needed to find the right administrative career path for us. There was a ton of ways to be involved at the college and I've made both lifelong friendships and great business contacts as a result of my time at SLC. Going back to college changed my life in a great way!” terwilligar_kelly@hotmail.com

Brockville nurses celebrate 25 years

TWENTY-ONE members of the Class of 1984 (Nursing) gathered to celebrate their 25th reunion last August in Brockville and it was a great opportunity to rekindle old friendships and pay homage to the teachers “who were instrumental in our success” and remember those no longer with us.

Organized by Evelyn Mallett, the class found their fellow graduates now living in Brockville, Kingston, Perth, Ottawa, Thunder Bay, Oshawa, North Bay, Sudbury, Florida, North Carolina, Alberta and Germany.

Joining them were teachers Judy Woodcock, Ann Quigley, Millie Craig, Jane Hess, and Elaine McClintock, former Health Science Administrator.

The group gathered around a “Remember When” table of scrapbooks, photos, mementos of past get-togethers and

recalled the many great times they enjoyed. They had previously celebrated their 10th and 15th year reunions and have enjoyed the activities so much, they've already named their 30th year coordinator, Rhonda Kelsey Jansen (email Rhonda.jansen@hotmail.com)

“A special thank you to everyone (students and teachers) who attended our reunion,” wrote Evelyn. “You all made it a beautiful day to remember.”

EDITOR'S NOTE: If you'd like to plan a reunion – this year or 25 years from now – make sure you keep your alumni record up-to-date by visiting our website at www.stlawrencecollege.ca/alumni. The alumni office will help you contact your classmates, but if we don't know where you are, you'll miss out on the fun!



Cathy (Clark) Fox, Caroline (Sullivan) Duncan, Jennifer Grothier and Ellen (Kiel) Napier catch up at the 25th reunion.

Man on a Mission

Dan Shannon's (Nursing 1996) career has taken him everywhere. But landing at SLC Cornwall Campus was exactly what he planned.

You graduated from the Nursing program but you were already a paramedic at that time. Why did you return to school? Nursing was meant to be an additional training pathway and a second career path for me. I had felt that I wanted to do more patient care than I was currently doing as a Primary Care Paramedic, even though I was working as both a land paramedic and as a flight paramedic at various services across Ontario.

When did you begin teaching and what led you to that decision? After completing Nursing school, I began teaching part-time and while working at KGH as a nurse, I was also a CPR and Advanced Cardiac Life Support instructor, and then as a contract instructor for an American firm that taught first aid and emergency procedures to the aviation industry. I travelled a great deal both nationally and internationally - from Toronto to Singapore. After a few years I moved into management in Quality Assurance and Training, where I continued to hone my skills as an instructor. I was offered the full time professor position at SLC Cornwall in 2005.

How has your experience as a student at SLC informed your role as an instructor and coordinator? I have a deep understanding of the pressures and costs involved with attending college on a full time basis, which has certainly given me a better understanding for my students.



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