

**BURN BABY BURN!**  
Alumni athlete knows that food  
is the fuel for performance



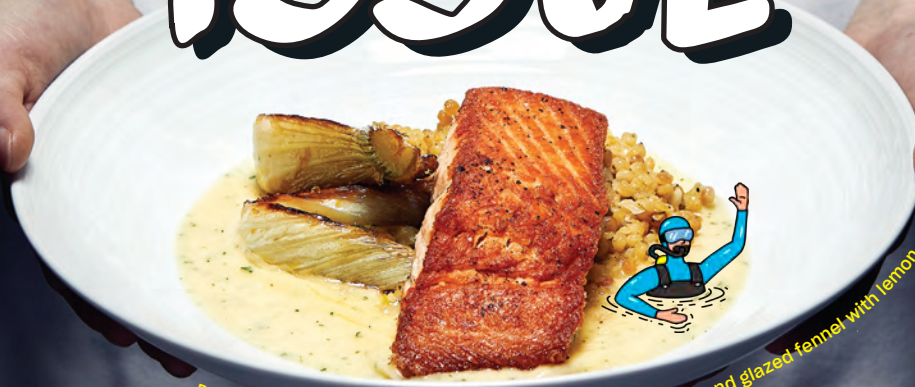
**WAIST MANAGEMENT**  
A behaviourist's answer to  
why you crave doughnuts

**PUT A FORK IN IT**  
For SLC grads of all stripes, the  
business of food is good business

# voyageur

  
St. Lawrence  
College

## THE FOOD ISSUE



Pan-seared salmon in beurre blanc with Israeli couscous and glazed fennel with lemon

# GOOD STUFF CHEAP!



**ALUMNI PERKS,  
JUST FOR YOU**

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“We’re excited by what it makes possible — healthy lifestyles, school spirit and hosting provincial and national championships.”

—Kevin Biggs, Manager, Athletics & Student Engagement, page 8

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1st Year Culinary student Kyra Noyes and her Pan-Seared Salmon in beurre blanc with Israeli couscous and glazed fennel with lemon.

Photo by Jaime Hogge.



# Making the Grade

Alumni are the secret ingredient to SLC's educational recipe

On any given day, on any campus, you're likely to find an SLC alum... volunteering. It could be Tourism & Hospitality grad Matt Day, who has taken time from his own restaurant—Days on Front—to guide our Kingston Student Association in the creation of our own student-operated pub, St. Larry's.

Or Susan Waycik, Dan Thompson, Brendan D'Souza and Joss MacNeil, who shared their time and talents at a 'talk back' with Music Theatre students after Susan's troupe of comedians finished a show on campus. They shared their insights in creating their own performance opportunities through staging original work.

Or Chef Justin Tse who has shared his wisdom and enthusiasm with the young chefs who will follow in his footsteps. If not to the Arctic—where he's an executive chef to adventure travelers—then at least to the kitchen.

No doubt, as you are reading this, somewhere an SLC grad is either guiding a student on placement, speaking to a class, judging a student competition, or serving on a program advisory board.

We like to say that experiential learning is the 'secret sauce' that makes an SLC education so special. And if that's the case, Alumni involvement in our students' learning is the dash of hot sauce that kicks it up a notch.

**Interested in volunteering?**

Email us at [alumni@slc.on.ca](mailto:alumni@slc.on.ca)  
or update your record  
at [slcalumni.com/update](http://slcalumni.com/update)

Last year over 175 alumni volunteered in some capacity with the College. By the end of the fall term this year, we were already over 135 alumni volunteers—on track to a record year. SLC grads have been doing this for a long time, and our fellow colleges have taken notice – reaching out to the Alumni Office to find out how to set up a program and how to encourage their alumni to be just like SLC's grads. Thank you to our grad volunteers for being an inspiration and showing the way!

And speaking of inspiration, thanks should also be extended to the graduates whose names will soon adorn the College's first ever Alumni Wall (official name tba)! Work is underway to design a work of functional art bearing the names of our alumni donors to the Uncommon Campaign. It's not just a way to recognize our donors, but we're hoping the wall will inspire the students who will see it every day. We want them to know that there's always a way for graduates to stay connected to their College and to make an impact through volunteering or financial support.

SLC is about community - our campuses, our students, and the cities and counties in which we live and work. But with over 96,000 SLC alumni, we have built our own special community-within-the-community as well, and we're grateful our Alumni community maintains their connection to the College that is forever their home.

After all, you're an SLC student for a short time, but an SLC Alumni for life.

**Glenn Vollebregt, President**  
[@gvollebregt](https://twitter.com/gvollebregt)



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

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## Letters



Last issue, we asked you to help identify what was in this photo...



### Of Cocoons and COBOL

As one you dubbed “pioneer students” I enjoyed President’s Page and The Very First Day in *Voyageur*. Perhaps I could bring my perspective to those early days. ¶ I made my way to college along with seven grads I knew from Brockville. That first day a teacher had us look at the person behind and in front. “Look at them. They will not be graduating in three years.” He was right. We had finally left the cocoon of our hometown high school and arrived in the real world. ¶ St. Lawrence expanded our horizons enormously, few of us returned home to seek employment but sought out careers in the Globe and Mail, Toronto Star or through ‘head hunters’. Thus we scattered far and wide. Jobs were plentiful then as business and industry were very curious as to how these new hybrid people would enhance their business. SLC opened doors for us to careers that would be inaccessible today. ¶ You mentioned data processing and although I learned Fortran and Cobol, I never saw a computer early on. We used punch cards, can you believe it! ¶ Thank you again for remembering us the ‘pioneers’ who 50 years later are now around 70 years old, retired, and thankful for our time at good old SLC. Fifty years and 92,000 grads...incredible!—Bryan Stanford, *Business Administration, Marketing, 1970, Peterborough, Ontario*



### The Voice in Your Head

“Sometimes when we’re working through problems at work people ask “how do you remember all this stuff” and I tell them (like Mr. Ernst might say) “I don’t need to remember it—I learned it where I went to college”.—Rob Ames, *Marine Engineering Technology, 1985, Winnipeg, Manitoba*

### Mystery Solved?

(Re: 50th Anniversary issue, on p.5). I am a 1975 graduate of the Instrumentation program. My instructor was C.K. Yu, Cornwall Campus.

I enlarged the photo and believe that this is a photo of a student running a flow, pressure, or level (or combination of these) control test lab in one of the SLC campus Instrument labs. I do see pressure gauges, and an alarm panel, and possibly a pressure relay. I believe that this photo was taken between 1975 and 1985. There is still an alarm panel and pneumatic relays (on a package boiler) like the one shown in use at the pulp mill where I worked for 30 years. —Hugh Ross, *Instrumentation Engineering Technician*

### Or Maybe Not . . . ?

Congratulations on SLC’s 50-year anniversary and thank you for sending me the magazine—it brought back nice memories.

For the query about photo #10 on p. 5, but I believe that the equipment is the Refrigeration Training System located in Mr. Dayton’s thermodynamics laboratory in Cornwall. To his right is a little double-acting steam engine that could be connected with a belt drive to dynamometer.

I was in the 3-year Marine Technology program at SLC can honestly say that I consider myself most fortunate to have had the opportunity. I have good memories of our lab days and the equipment we got to play with.—Rob Ames

*Letters to the Editor may be edited for length and clarity.*



# CONTINUE YOUR EXPERIENCE

**TAKE YOUR DIPLOMA OR DEGREE FURTHER  
WITH ONE-YEAR GRADUATE CERTIFICATES**

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



**St. Lawrence  
College**

**HELLO FUTURE**

**[STLAWRENCECOLLEGE.CA/GRADCERT](https://STLAWRENCECOLLEGE.CA/GRADCERT)**



# SLC Diary

Seen &  
Heard on  
Campus



Did you know? 1 in 4 households in Kingston, Cornwall and, Brockville is home to at least one grad.

## COMMUNITY BASED LEARNING

### Students “hack” for charity

Students at St. Lawrence College held a social hackathon to benefit Brockville charity, Homeward Bound Brockville, which supports mother-led families to earn college diplomas, start careers, and achieve economic self-sufficiency.

Teams of Advertising and Marketing Communications (AMC) students put their team building, creativity, and problem-solving skills to the test to help the charity design a communications and marketing strategy to promote and increase donations to their scholarship fund. →

“The social hackathon is a unique way for us to use our creativity in a challenging and innovative way,” said Taetum Roseberry, a participating third-year student. “This is an amazing opportunity for us to help a local organization in need.”

According to Kathy Patterson, who teaches in the AMC program, social hackathons are similar to classic computer hacking marathons, but instead of tech challenges, they aim to solve social problems. “In essence, students work for an extended period of time in a ‘design sprint’ on a focused client problem and compete to present the best solution,” she said.

During the hackathon, students were briefed and conducted interviews with the client. They worked in teams for about five hours, coached by faculty through a process of problem solving, which culminated in a round of presentations in the final hour. The winning team won a certificate and prize, funded by the college. The client received the final work and ideas from each of the teams to use in their marketing communications tactical solutions.

“As part of our commitment to the women in our program, we are seeking to raise scholarship funds to help offset educational costs of attending St. Lawrence College in Brockville,” said Sue Watts, Executive Director, Employment and Education Centre. “Homeward Bound Brockville has enormous potential to break the cycle of intergenerational poverty and change the trajectory of life for an entire family.”

## Stay Up-to-Date

See what’s happening at the Innovation Hub @InnovationSLC

## READY FOR EXAMS

# Studying together can be a #S\_Nap



We get it. We’ve all had the tendency to procrastinate, and then the anxiety of looming exams crept in. The remedy for SLC students: S\_Nap SLC (Night Against Procrastination).

For one night from 5pm -10pm on each campus it is all hands on deck in the newly renovated libraries where students are encouraged to bring assignments, group projects and books to study. Tutors and Student Success Facilitators are on hand to help out the Library and Student services team.

The evening is peppered with stress release activities, brain breaks, 15 minute massages and some furry friends- our Therapy Dogs who happily visit, spreading cheer. With the new app UR SLC, reminding students they are not alone, attendance surpasses previous years with over 530 students participating in last fall’s outing.

Did you know you can turn your diploma into a degree?  
Check out [stlawrencecollege.ca](http://stlawrencecollege.ca) and search for credit transfers.



## POST-GRAD

# New Pathways to Athabasca



A new educational pathway between St. Lawrence College (SLC) and Athabasca University will allow graduates from five programs to complete their Bachelor’s Degree in two more years, with 60 transfer credits to the university program.

Two-year diploma graduates from Community and Justice Services, Early Childhood Education, Fitness and Health Promotion, Mental Wellness and Addictions, and Police Foundations may apply their diploma credits toward a Bachelor’s Degree in Professional Arts in Human Services, Professional Arts in Criminal Justice, and Professional Arts in Governance, Law, and Management.

“We are grateful for this partnership with Athabasca University, as it provides yet another important way for our students and graduates to continue on with their educational goals,” said SLC President and CEO, Glenn Vollebregt. “This articulation agreement will benefit St. Lawrence College graduates by granting them the opportunity to earn a degree in two more years.”

SLC offers several pathways for degree completion through partnerships with universities in Canada, and around the world, including Queen’s University, Carleton University, University of Ontario Institute of Technology, as well as several in Ireland.





“So many smiling, shining faces and pride at a task well completed.

Our AMC students outdid themselves.

100% of our third year class worked from 2pm until the very end of the event, 10pm(!)

to develop and present solutions to an important social issue and local agency Homeward Bound. Thanks to all of you for being professional, respectful and creative.”

@amcslc thanking all the SLC Hackaton participants via Twitter



#### COMMUNITY RESOURCE

## Historical treasure trove on Brockville Campus



Elmer Strong grew up in the Valley, and while life would take him many places, the Ottawa Valley and the St. Lawrence Seaway never really left him.

And now the Brockville Campus is home to a collection that he hopes will inspire others.

The Elmer Strong Community Collection is Eastern Ontario's single largest collection of community history books. For amateur genealogists and historians, it's a snapshot not only into the history of the area, but the way our ancestors lived and the communities they built and called home.

The books—many rare because so few were published—provide a snapshot of the people and the industries that played a part in the development of Eastern Ontario. Strong had a particular interest

in forestry—one of his first projects was an oral history of interviews with the last of the log drivers—and he amassed the collection over many decades.

When it came time to find a new home for his books, he approached the College and it was decided that Brockville would be the most accessible place for them to call home. The books went into storage over the summer while the campus library was being renovated, but now have a front-and-centre home.

Any member of the community is welcome to view the books during library hours. However the books are reference only, and may not be removed, so bring your notebook or your laptop and get ready to meet your history.



**Titles You Will Find in the Elmer Strong Community Collection**



*Glengarry School Days,*  
by Ralph Connor



*The Hub and The Spokes,*  
by Anson A. Gard



The special events centre will host student and community events



STUDENT LIFE CENTRE

## Open for business



It was the day vision became reality. On November 23, the new Student Life Centre officially opened with a grand celebration.

The addition includes the new gymnasium and special events centre, a computer lab, classroom, purpose-built labs for the Fitness & Health Promotion

and Music & Digital Media programs, and the return of a campus pub – St. Larry's.

There's still some work to be done, and the Uncommon Campaign is very close to its \$11.5 million goal, but it was a day to celebrate the uncommon spirit of SLC in a space so many helped create.



At 80,000 sq.ft., the Student Life Centre expands the College footprint



### 1. Newcourt House

The historically designated Newcourt House, built in 1842, was redeveloped and renovated to create a permanent home for the Centre for Behavioural Studies.

### 2. Gymnasium

Laughter and cheers erupted centre-court after the ribbon cutting finally succeeded after multiple attempts.

### 3. Athletics

SLC Vikings Women's and Men's Basketball teams hosted a double-header on the new court to cap off the evening.

### 4. Celebration

An air of celebration as alumni, students, donors, staff and community members gathered to view the spacious new facilities on the Kingston campus.

### 5. Guided Tours

Student and staff volunteers donned red and black checkered shirts while providing tours and answering questions.

### 6. Seating

Functional and comfortable seating space invites SLC community to sit, and converse in the spectacular new centre.



Avid biker Erol explores hard-to-access countryside on his KTM 300 EXC, two-stroke Enduro competition bike.

THE Q&A

# Erol Frik

A Life that is Never Boring by Design

We caught up with Erol Frik, Mechanical Engineering Technology, 1980. He shared his story about taking the helm at his family's pharmaceutical business in Turkey, modernizing and expanding it from 40 employees to 400, using his college acquired skills, and finding love where he didn't expect it.

**Now that you are retired, are you still involved in the business world?**

As former Chairperson of the Board of Directors I remain on the board of *Ortopro* a company that exports prosthetics implant products to EU as well as Mexico, Argentina and Brazil, with plans to enter the Canadian market.

I am truly enjoying the "retired" life and spend most of my time traveling the world.

**What did you consider the most important course you took at SLC?**

Business Correspondence & Communications course, which gave me a definite edge for finding employment.

After graduation I traveled across Canada. I noticed an ad in one of the newspapers, for an opening at Petro Canada Research Lab. As soon as I returned to Kingston, I sent an application, they flew me to Calgary for the interview and I was chosen for the position. No doubt my transcript marks helped a lot but I believe the communication skills I learned from the Business Communications course I took at SLC played a big role.

**Can you share some highlights of your post-graduate journey?**

I worked at Petro Canada Research as a member of the Heavy Oil Research Group for three years, specializing in real-time data acquisition for scaled modelling. I resigned at the end of August 1984 and applied to Queen's University to get a degree in Computer Science, where I took Electrical Engineering courses towards a degree in computing, however, in 1986 my father visited me in Kingston and asked me to make a decision between continuing my career in Engineering, or moving back to

Turkey and taking over the pharmaceutical company that my grandfather established in 1946. It was a tough decision to make for many reasons, but in the end, I moved back to Turkey in 1987.

**You took over the family pharmaceutical business and modernized it—taking it from 40 employees to 400 and annual revenue from \$5 million to \$60 million.**

Even though I had no business or medical background, I found ways to apply my engineering skills to run and modernize our family business. Over the years my father stepped back and let me run the company on my own. By 2009 we had about 400 employees and the revenue had increased to \$60 million USD / year. We were getting a lot of attention from foreign pharmaceutical companies wishing to enter the Turkish market. It was the right moment to sell. In 2011, an Italian pharmaceutical company ended up buying us. Initially I had doubts about ending our 65-year-old family business, but seeing the downturn of the market afterwards eliminated all that doubt.

**You like to have balance in your life. How do you spend your downtime?**

My passion with motorcycles continues to be an important part of my life. I currently have two sport-bikes for the street in addition to having an enduro bike for the off-road. It keeps me fit and gives me an opportunity to explore the countryside—impossible to see otherwise.

I am also the de-facto computer consultant of everybody who knows me.

**Family business led you back to Turkey—where you connected with a childhood friend—but ties to Canada continue?**

My wife Berrin and I have known each other since childhood but never had the thought or intention to marry as long as we have known each other. We worked together in our company for 10 years before getting married. Life is full of unexpected events and this is one of them. My son and my daughter who are from my first marriage, live in Canada and I recently visited them. There is not a boring moment in my life and as long as I live, I doubt that there will be any. ✕



AT A GLANCE

# Cash Crunch

The kindness of strangers makes a difference for students with more talent than tuition

Many thanks to all our donors!



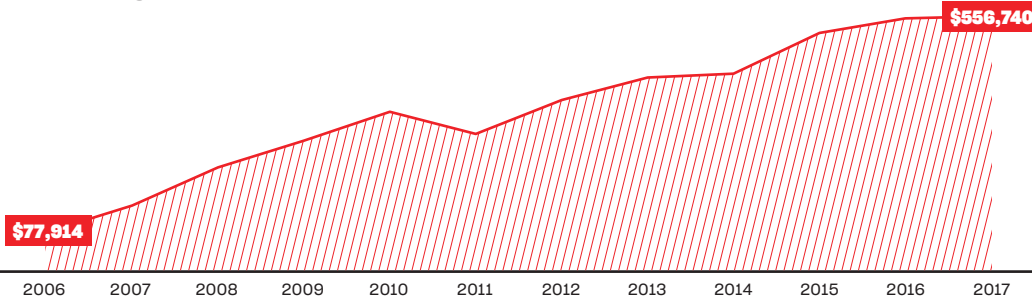
## Number of Student Recipients



## Average Award Amount Per Student in 2017

**\$1,039.00**

## Total Funding Disbursed of the Years



## Annual Tuition at St. Lawrence College

LOW END  
**\$3800**

AVERAGE  
**\$5935**

HIGH END  
**\$8070**



## The Real Cost of Education

**\$4,000**

Average tuition paid by an SLC student.

**\$1,488\***

Average student expenses per month above tuition.

**\$17,839**

Average yearly cost for students to attend St. Lawrence College.

**BREAKDOWN OF STUDENT EXPENSES** Rent \$500-750 / Groceries \$300-\$400 / Books & Class Supplies \$125-\$200 / Transportation \$150 / Personal Care & Entertainment \$200 / Per Month



## New Awards Created 2017-18

Clinical Hematology Award  
—  
Amherst Island Wind Project Bursary Fund  
—  
Cormier-Palmer Bursary  
—  
Patrick Legault Memorial Award  
—  
Biotech Most Improved Award  
—  
Collins Blay Chartered Professional Accountants Bursary  
—  
Novatech Engineering Excellence Bursary  
—  
Anne McConnell-Strong Experience Ireland Fund  
—  
Bus Admin Accounting Alumni Award for Academic Achievement  
—  
Patrick Hickey Premier's Award Bursary  
—  
The Baker Tilly Business Award  
—  
The Calvin Bansfield Bursary  
—  
Tomiko Rogerson Culinary Bursary  
—  
Macartney Peer Excellence Award





## FIRST-PERSON

# Susan Waycik

The Impresario-in-Progress brings business sense to the performing arts and becomes a new form of triple threat: Producer, Performer and Director

Susan Waycik is a tornado in human form. As she arrived at her old stomping grounds on Brockville campus—alongside the grads and performers she gathered from Toronto to bring here for a show—she was the calm centre of the storm. Albeit a storm of her own making.

I caught up with the bubbly Music Theatre grad, and between hugs and tugs on her sleeve from faculty and friends, we were able to connect. She is a busy lady, who greeted everyone who approached her with warmth as she eyed the setup and prepared performers for their time on stage.

I first met Susan as a student when she initiated a series of behind-the-scenes video blogs providing a glimpse of productions she and her classmates were rehearsing. It gave classmates and production team a chance to shine, and

the public a chance to see how productions evolve. It was apparent then that Susan possessed a keen business acumen for promotions and production and a collaborative approach.

Her firm belief in a “make it yourself... create your own work” mantra has led her to her true calling as a producer. A successful participant in the Summer Company program, the Manitoban found success producing a cabaret, *Start Here*, injecting some musical theatre summer activity in the community, as the cast toured throughout Brockville in her all-Canadian music review. Her proven success and drive lead to the coveted position as assistant director for *Anything Goes*.

After graduation she ventured to Toronto where she founded her company, Waycik Productions, and became independent producer to help other artists who are not getting the exposure they deserve, particularly in the LGBTQ community.

She secured Beau’s Brewery as sponsor for her Toronto-based *Fresh Squeezed Comedy Stand-Up* shows, which have a consistent line-up of up-and-coming comics, including some former grads that she promotes through her social media.

Not forgetting her roots, her recent return to the Brockville campus with her one-night-only production of *Funny Faces—A Comedy Night* featuring fellow grads Dan Curtis Thompson, Joss MacNeil and Brendan D’Souza, plus current MTP students and headliner Chanty Marostica, (Sirius XM’s Top Comic at *Just for Laughs*) was the combo of laughter and learning. The evening capped off with a talk-back, giving the students a chance to ask questions, as the panel of performers provided insight, tips and encouragement for their personal post-grad journey.

She’d love to one day be an artistic director and produce a live variety show. With her humor and eye for talent, she’s bound to add her unique flair to the genre, with a nod to the past.—By Kris Ward

## Grad’s Mentioned in This Story

Susan Waycik, Music Theatre – Performance, 2015 / Dan Curtis Thompson, Music Theatre – Performance, 2011 / Joss MacNeil, Music Theatre – Performance, 2015 / Brendan D’Souza, Music Theatre – Performance, 2016





Diana Boboti Senis keeps a close eye on her students' progress

ASK-A-PRO

# The Skin You're In

Advice from a gold medal coach

Esthetician Program Coordinator, Diana Boboti Senis has been grooming top-notch estheticians to not only compete but win at provincial and national skills competitions. She's got the hardware to show for it—7 National gold medals and 9 Provincials. We asked her to provide some dos and don'ts for protecting your skin and healthy habits to get that healthy glow.

## Avoid the sun

Apply a broad-spectrum sunscreen minimum SPF 30 with UVA and UVB protection every day (even when it is cloudy or if you are next to a window.)

## Maintain a lifestyle with good daily habits that include:

- Eating healthy with a lot of fruits and vegetables.
- Staying hydrated by drinking at least 8 glasses of water daily.
- Reducing stress with relaxation techniques.
- Getting 8 hours of sleep, it is essential for healthy

skin as the skin needs time to recover.

- Making exercise a part of your lifestyle.
- Do not smoke.
- Moderate alcohol and coffee drinking.

## Invest in professional skin care products for home use

Formulated for your skin type and condition and do not forget to use them on your neck and decollete as well.

Change your products at least two times a year according to the weather and your skin's needs. Daytime

products are for protection and nighttime are about repair.

## Get professional facials once a month

Home skin care regime cannot replace a skin treatment using professional products.

## Exfoliate but do not overdo it

Exfoliation removes dead cells from the surface of the skin to reveal newer, smoother, brighter skin. When exfoliation occurs, it causes automatic skin renewal as the skin is stimulated to push new cells toward the surface of the skin and allow better product penetration.

Twice a week is suggested with a physical scrub that has a chemical element to reveal brighter, more even-toned skin and allow the products to penetrate better.

While exfoliating is amazing for your skin and it is a must, you have to choose wisely. Best to take the advice of your esthetician. She will tell you if mechanical or chemical exfoliation is the best type for you. If you are choosing yourself do not use a body exfoliant on your face. Most of them have granules with rough edges which can damage the skin. ✂

## Dynamic Designs at St. Lawrence College

20% off all Esthetic services, skin care products and machines (excluding packages) until the end of April. Call 613-545-3934 or email [dynamicdesigns@sl.on.ca](mailto:dynamicdesigns@sl.on.ca) to book your appointment at the Kingston campus salon

\*Quote this offer from now until end of April. Follow them at: [facebook.com/pg/SLCEsthetics](https://facebook.com/pg/SLCEsthetics)



## Skin Care No-Nos

### Stop Popping

Do not squeeze your pimples. It damages your skin by causing scarring, leaving the skin vulnerable to infection, and can make acne worse by spreading bacteria.

### Drop The Mask

Remove your makeup before bed. Leaving it on will age your skin by preventing it from recovering overnight to maintain elasticity and hydration.

### Skip The Suds

Do not wash your face with soaps. The harsh surfactants in them strip the natural oils and skin's barrier making it tight, itchy and prone to infections. The same applies if you are over-washing your skin.

### Keep It Tepid

Use lukewarm water in your shower. Hot water is harsh on your skin, causing dryness and flakes.

### Spurn The Sun

Suntanning is a sure way to damage the skin, leading to wrinkles, age spots, and skin cancers. Do not use a sun bed as a base tan before vacation. Indoor tanning users have higher rates of redness, swelling.

### Skip The Sugar

Sugary foods break down collagen and elastin in the skin, causing dullness and wrinkles over time.



Start  
building  
your  
legacy!

THE BIG PICTURE

## Watch This Space

It doesn't look like much now, but this high-traffic location on Kingston campus (across from the bookstore and the ONLY way to the cafeteria and the Link) will soon be home to "We Were Here", a tribute to Alumni donors.

We chose this prominent high-traffic area to inspire our students and let them know that graduation is not the end of the journey and that Alumni care about the students who follow us.

Design work is underway, but by next summer expect to see the names and grad years of the alumni who give to the Leave Your Mark campaign.

Do you want to Leave Your Mark? Find out more at [uncommoncampaign.ca/alumni](http://uncommoncampaign.ca/alumni)



PHOTOGRAPH BY BERNARD CLARK; ILLUSTRATION BY SAM ISLAND





# ASK THE TODAY Z

BY  
Christopher  
Clark

PHOTOS BY  
Jaime Hogge

For SLC  
grads of all  
stripes, the  
business of  
food is good  
business





**J**ustin Tse learned a lot during his two years studying Culinary Management at St. Lawrence College, but there was one lesson he could only learn in person after graduating and starting to work as a chef: Polar bears love waffles. Or at least the smell of waffles.

Tse is executive chef with Weber Arctic, an eco-tourism company that flies guests to remote Arctic locations during the short Arctic summers. The most northerly location is on Somerset Island, Nunavut, 800 kilometres north of the Arctic Circle on the shores of the Northwest Passage. ¶ He provides gourmet meals in July and August, for 18 staff and 28 guests who come for a week or more. When the season is over, they close up camp,

securing all their equipment in a series of cabins and yurts.

“For two years in a row, when we came back to open things up for the season, we found the waffle maker in a snow bank, 20 yards from the kitchen,” Tse says. “We’re the only humans up here. The machine still works but it’s got a lot of dents and dings.”

Tse’s job feeding guests across the Arctic is unique in most respects. But it’s typical in one way. He is one of countless St. Lawrence College alumni working in the food business. Some studied for the job they have today; others transitioned well after graduation. But in every case, they are doing something interesting in the world of food, as far afield as Nunavut or as close by as downtown Kingston.

Matt Day’s culinary education began when he was a youngster. His father ran a Kingston restaurant—Clark’s by the Bay—and the family lived above it. He bussed tables

at the restaurant from the age of 12 and went on to study Hotel and Restaurant Management.

In 2006, he opened Days on Front, an innovative and contemporary restaurant, in Kingston. His father—legendary Kingston chef Clark Day—is still in the business, running Bayview Farm Restaurant in the city.

“For a while, I thought I would do something else,” Day says. “But when I was studying, I did a co-op in Kananaskis with Fairmont Hotels and Resorts. That opened my eyes to the bigger picture, beyond working in my family restaurant.”

His horizons widened further when he moved to Amsterdam and Thailand and worked in restaurants there. Those moves were because of someone he met in Kananaskis—his wife Laurie. “She wanted to do her Masters in those places. So, I went with her. I worked in a Hard

Rock Café in Amsterdam and learned some cooking in Thailand.”

Day, 37, is not a chef. He runs the front of the house at Days on Front and works with chef Jay Legere, who has a stellar reputation in Kingston. The restaurant seats 60 with an additional 30 in a lounge and is known for its quality and consistency. “I knew how much hard work was involved in running a restaurant, from watching our family business,” Day says. “I knew you need to be very involved, but I also knew how rewarding it can be too.”

Laurie teaches elementary school and the couple has three kids, 10 and younger. After St. Lawrence, Day went to Queen’s and played football for the Golden Gaels. The flexibility of his work schedule allows him to coach high school football.

It has also allowed him the time to come back to St. Lawrence and work on a project near to his heart. The college’s new Student Life and Innovation Centre includes the much-awaited return of a student pub—St. Larry’s Pub, a 120-seat casual eatery. “I’ve been working with the Student Association on different aspects of running the restaurant. They’ll be running it. I’ve been helping with planning the menu and operational things. I hope to continue supporting them as they get up and running. It’s a great project, and I’m thrilled to be involved with it.”

Although Justin Tse works in a much different environment, his path to the Arctic is similar to Day’s. He too grew up in a family that owned a restaurant and saw first-hand how much work was involved. Tse, 27, was born in Kingston to parents who emigrated from Hong Kong. “My father and uncle had a couple of restaurants. One is still in business, the Chinese Palace.”

Like Day, he worked part-time in his father’s restaurant while in high school. He planned to study architecture at one point, but a last-minute change of heart landed him in a St. Lawrence co-op program that cemented his decision to become a chef.

“I interned for a summer in Ottawa at a restaurant that was doing cutting edge, fine dining. This was seven years ago, and they were using liquid nitrogen and experimenting with molecular gastronomy. I was blown away. I knew that’s what I wanted to do when I came back to do my last year at St. Lawrence.”

Creating gourmet meals for dozens of guests in the Arctic is as much about planning and logistics as it is about cooking, and Tse loves every aspect of it.

“Everything is flown in from Yellowknife. I fly there to organize the logistics, but it takes a few months of planning ahead of time to make sure it all works.”

**PREVIOUS PAGE**  
Justin Tse, brings fine dining know-how to wilderness settings



The menu features Canadian cuisine of all kinds—Alberta organic beef, French Canadian cheeses, B.C. wine, Okanagan cherries and much more. The most popular thing, however, does not come by plane. It's the very definition of local food.

"People are blown away by the fish. The water is full of Arctic char. People can catch their own and have them for dinner that night. It's not like anything they've had before."

The company's other primary site is Arctic Haven on the shores of Ennadai Lake also in Nunavut. There, the fish is Lake Trout, just as fresh and just as abundant.

The camps run on propane generators. "You have to think of things like whether the generator will work, whether you have enough propane, things you don't think about when you're cooking in a city."

At the more northern location, polar bears wander by from time to time. Further south on Ennadai Lake, the bears are grizzly and they are not shy.

"I sleep with a shotgun next to my bed, and we have one in the kitchen as well," Tse says. "You're in bear territory. It's just one of the challenges. I enjoy the chaos and problem solving that's required."

The trip is not just about food for the guests. At the more northern location, there's 24-hour sunlight when the camp operates in July and August. Further south, the camp enjoys a longer season and does not have 24-hour sunlight. It has something better.

"You wouldn't believe the Northern Lights," Tse says. "They're spectacular at Arctic Haven."

Seven years into his job with Weber Arctic, Tse is still learning and expanding his role. The company recently began offering heli-skiing packages from Clyde River on the shore of Baffin Island. Tse, not a skier, organizes the same kind of spectacular Canadian meals for skiing guests as well.

Ron Brennan feels a similar connection to nature, although his setting is decidedly less remote and exotic. Brennan, 49, and his wife, Stephanie Jaworski, grow organic hops on eight acres of land in Williamstown, half an hour from St. Lawrence's Cornwall campus. That proximity is an important part of his story, which begins with two brand-new parents and a brewery tour.

"We had no idea what to do," Brennan says, recounting the early days of being parents, in 2010, when their daughter Adessa was born. He's not talking about the things many parents struggle with—feeding the child, changing diapers and struggling to get enough sleep. He's talking about how they were going to fill their day, 72 hours after their daughter arrived.

"I can't tell you why exactly, but we decided to go on a brewery tour." Mom, dad and their

**Matt Day, takes a break just before the opening of the new St. Larry's Pub.**



infant daughter went to Beau's Brewery in Vankleek Hill, about 45 minutes from their home and signed up for the official tour.

Beau's is an independent brewer known for its natural brewing process and wide selection of unique lagered ales, including Lug Tread, along with a slew of seasonal beers.

"We were surprised to find out the only thing local in Beau's beer was the water," Brennan recalls. "They said they wanted to use local suppliers but hadn't found any. On the way home, my wife said, 'I know what we're going to do. We're going to grow hops.' My response was, 'What the hell is a hop?'"







He spent hours researching that question by going to conferences and calling the few people he could find who were growing organic hops—in Vermont and New York State. Hops are the flower of the *Humulus Lupulus* plant and have been used by brewers for more than 1,000 years.

In addition to learning everything he could about the plant, in 2011 Brennan enrolled in a 10-week business course at St. Lawrence College in nearby Cornwall. A half-hour drive was nothing to him. For years, he had commuted to Ottawa from Williamstown, leaving the house at 5:00 a.m. He worked in high-tech for a while and also operated the video scoreboard at Ottawa Senators games. That was fun, but on game nights he would get home at 2:00 a.m.

"I couldn't keep doing that, we realized when we had our first child on the way. It was a good time to make a change. I use the things I learned at St. Lawrence every day running our business. I'm talking about our original business plan but also our business model and marketing and hiring employees. It was invaluable."

Stephanie is an engineer and works full-time for Esso. "I got to be a stay-at-home dad and run this business," he says.

They started Old 4<sup>th</sup> Hop Yard on a small scale and perfected their process, planting just one-quarter of an acre. Hops can grow to 18-feet tall and need a trellis system. "We started with a low-trellis that we learned in Vermont but switched to a conventional system in 2012. The plants can grow as much as a foot in one day."

They slowly added more and after two years attracted the attention of Beau's, which bought some of their hops and asked the couple to plant specific varieties for the following season.

The business became sustainable when they reached four acres and signed a 5-year contract with Beau's. As the business expanded, so did the family. The couple now has two girls and a boy.

The next step will be to double their acreage to eight acres. But the goal is not to simply get big. "We are certified organic. That's really important. We will maintain our quality no matter what."

To track all the data required for organic certification, Brennan reached back to his tech days and built an app. "I sit on the tractor and input numbers right into the cloud. It took about 18 months to develop the app. So far, we just use it ourselves, but lots of people have asked about it, and we may market it at some point." The app won a Premier's Award for Agri-Food Innovation Award in 2017.



Ron Brennan



Louis Savard

Like Brennan, Louis Savard has an extensive tech background. And like Brennan, he knows a lot about the science of craft beer. But Savard's work helps a variety of breweries and other food enterprises, all looking for a place to run tests and experiment with new processes.

Savard is program leader at the River Institute, a non-governmental applied research lab located on the grounds of the Cornwall campus.

Roughly two dozen scientists, researchers and technicians work with industry partners on a variety of projects. Although it has an ongoing focus on the St. Lawrence River and other river ecosystems, it works in a number of other fields.

"We're a resource for the Ontario Craft Brewers association," Savard says. "We can function as an off-site lab for smaller breweries that don't have the resources to have labs on-site. If the LCBO asks for a sample and report showing a given beer has 5.0% alcohol, not 5.1%, our lab can run the test and provide the verification."

The River Institute began in 1994 as a not-for-profit partnership among governments, educators, business, industry and the Mohawks of Akwesasne. Its fee-for-service

model gives small breweries and other businesses an affordable resource for lab analysis, process analysis and many other services.

"We're flexible," Savard says. "Often we're a resource first before we provide any services that involve fees. We've worked a lot in the food industry, with cheese makers and wine makers. In the food sector, smaller companies can make something great initially. The challenge is to repeat it on a larger scale. We help with those processes."

A graduate of both Microcomputer Engineering and the Environmental Technician program at St. Lawrence, Savard is thrilled the Institute takes on St. Lawrence students as interns. "For every project we put together for a client, we include a St. Lawrence student. It could be for as little as two hours or as many as 100 hours. We also hire graduates from the college. I have four St. Lawrence grads on my team. It's a great place to find qualified people."

Hiring is also a crucial component of Justin Hazlett's job. He opened Bustini's Catering in Kingston 10 years ago, two years after he graduated from St. Lawrence's Culinary Management program. He chose catering by something of an elimination process.

"I wanted to be a chef, but I couldn't afford to work for \$9/hour in the business. I also didn't want to take on the overhead of opening a restaurant. So, I decided to give catering a try," Hazlett, 33, says.

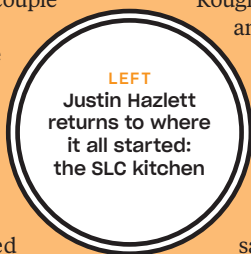
A decade later, Bustini's is one of Kingston's best-known catering companies. It has a full-time staff of eight with double that on busy days in the summer—which tend to be every weekend during wedding season.

"We do two weddings almost every weekend all summer long. Weddings are our biggest category." Three years into the venture, he expanded to event rental. "I was hiring a third party to provide tables and chairs and cutlery. Now I do it myself and rent equipment to others as well."

Another big category is fairs and festivals, where he stages large-scale barbecues. His largest job ever was this year at CFB Kingston: a six-course meal for 535 guests commemorating the 100<sup>th</sup> anniversary of Vimy Ridge. "It was at least twice as big an event than we'd ever done before, but we did it and it turned out well."

The business of food is alive and well, supported by St. Lawrence alumni in kitchens, farms and labs. Whether they're serving food to bridal parties or Arctic adventurers, helping students with the new St. Larry's Pub, growing organic hops for craft brewers or providing the scientific support for food and beverage pioneers, St. Lawrence alumni are having a daily impact on what thousands of people eat and drink every day.

And we're all the better for it. ♡





# THE CHEF'S LIFE: OUR STUDENTS SPEAK

Sure, there's Food Network. And YouTube. And everybody's got a foodie friend. But your first day in a real commercial kitchen, with a real Chef Professor (who requires you call him/her Chef) is still a little daunting – even for those who plan to make it their life's work. ¶ We asked a few of our Culinary students – mostly first year – what was their biggest surprise in their kitchen journey...

"I had never cooked a chicken and I was afraid to because of cross contamination. I've learned a lot about food safety."

**Gokul Nair**



"I think it was the focus required to complete a dish. If you screw one thing up, your dish is ruined."

**Vaughan Lucyk**







"I think it was just the level of professionalism (chefs have to exhibit)."

**Tommy Hoang**



"I think I was really surprised by how much science there is in every dish."

**Kyra Noyes**



"I was surprised I'm actually good at baking. I'm most looking forward to learning all of the classic recipes."

**Kait Morin**

"The best thing I made was lemon bars. The worst thing (about being a culinary student) is I had to do my mom's Christmas cookie exchange!"

**Noah Francis**







# WHAT WAS YOUR FAVOURITE FOOD IN COLLEGE? DO YOU STILL ENJOY IT?



That's the question we posed on the SLC Alumni social media, and we were surprised by the size of the response! Apparently food is the best memory trigger. Enjoy! (Warning may cause hunger pangs and a burning desire to return to your campus stat!)

"I honestly loved the eggs and hash browns from the Brown's cafeteria! It was a quick easy meal that I was always able to grab before an early class or placement!"  
—Johnathan Duffin, *Computer Networking and Technical Support*, 2018 (K)

"The build-your-own pasta bar was basically my reason for 'Freshman 15', but it was so damn good and the cook was so friendly!"  
—Jennifer Kane, *Social Service Worker*, 2011 (K)

"Kraft Dinner! I ate it hot and cold. KD was a staple food for most students living in the Comstock Rez. I still enjoy it on a stressful day! And the Brown's version of an Egg McMuffin ..."  
—Lisa Slack, *Developmental Services Worker*, 1984 (B)

"Pita Pit. It provides a lot of healthy (and yummy) options. The staff was always nice too. I definitely still enjoy eating it whenever I can. Also, Pita Pit started in Kingston so it's always good to support your local businesses :)"  
—Maria Bautista, *Business-Marketing*, 2015 (K)

"A fruit cup ALWAYS! home fries, eggos and toast! - those home fries, I want some now !!!!!"  
—Jennifer Warner, *Community & Justice Services*, 2018 (K)

"Ham and cheese sandwich with a side of fries...still eat it today 42 years later."  
—Rick Shaver, *Business*, 1978 (C)

"Chicken burger with onion rings and an apple juice. I don't think I've had it since I was at the Kingston campus. I still crave it from time to time though."  
—Shelby Lynn Innes, *Child & Youth Care*, 2018 (B)

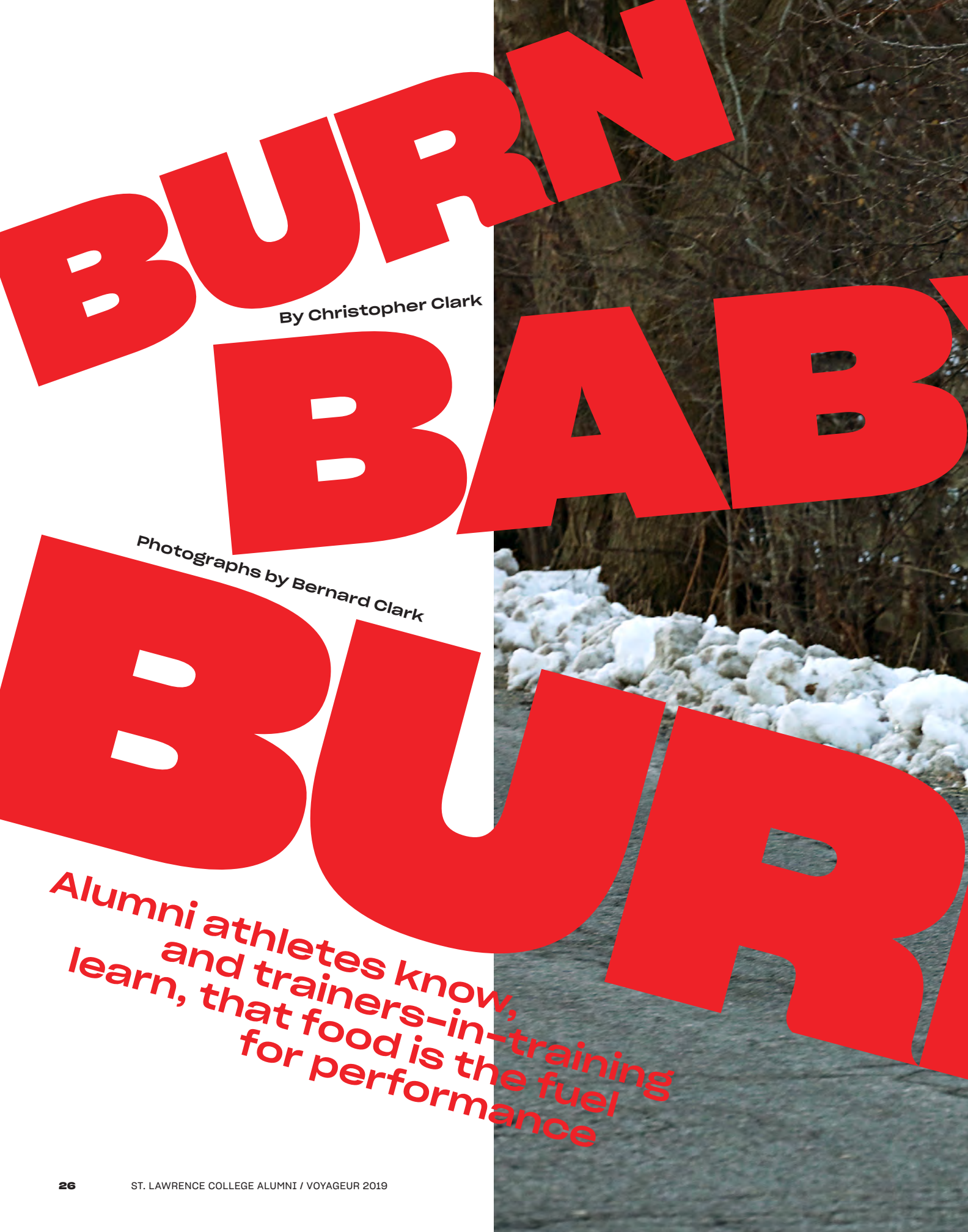
"Discovered the toasted bagel with butter, cream cheese AND bacon at the cafeteria, what a combination! Haven't had one in years.  
#ProudtobeSLC #Cornwall"  
—Tammy Giroux Marcil, *Office Administration*, 1988 (C)

"When I was there they didn't have all the fancy stuff you have now! It was just a regular cafeteria and I lived off the fries and chocolate bars from the vending machines! :)"  
—Erin Agostinelli, *Human Resources*, 2010 (K)

"Philly steak from the pita pit, was almost a daily affair when I was in police foundations."  
#cornwallcampus  
—Christine Sabourin, *Social Service Worker*, 2010 (C)

"Ate a lot of doughnuts when I was there, but not many recently...clean living prevails."  
—David Cossaboom, *Nursing*, 1997 (C)

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# BURN BABY BURN

By Christopher Clark

Photographs by Bernard Clark

Alumni athletes know,  
and trainers-in-training  
learn, that food is the fuel  
for performance





it

wasn't until Paula Wiltse had completed a series of 10K runs and even her first marathon that she got serious about

nutrition. By doing so, she transformed herself from merely serious to elite: a stand-out in a crowd of stand-outs, someone who would go on to run a sub-three-hour marathon at the age of 50 and set a Canadian record in the process.

She knows firsthand how critical it is to tune her food intake to her training regimen and goals. She has the results to prove it. And yet, in a moment of weakness, she craves sugar. "It used to be a joke that I was only running this much so I could eat a cupcake," she says. "Sugar is tough."

Lessons Wiltse and many others learn from trial and error over a lifetime of experiences are the subjects covered in St. Lawrence College's innovative Fitness and Health Promotion program. The two-year curriculum covers topics as diverse as: anatomy, injury prevention, nutrition weight management, community health promotion and exercise physiology.

"Many of the students are looking to get into personal training or working with geriatric clients," says Devon Cosgrove, a registered nutritionist who teaches in the Kingston campus program. "A lot of students are not sure what they want to do but are interested in nutrition and exercise."

The program wasn't available when Wiltse attended St. Lawrence. After graduating high school in nearby Maynard, she enrolled in the x-ray technician program in Brockville. That got her working in the healthcare system where she quickly discovered her passion was in the mental health field. Today, she is a rehabilitation assistant at the Brockville Mental Health Centre.

Her other passion is running. She runs almost every day, totaling anywhere from 70



to 100 kilometres per week. After running as a kid, she took it up again at 30, motivated by two life-changing events.

"Two weeks after my first child was born, my mother was diagnosed with breast cancer," she recalls. "I hadn't run since grade 10, but I signed up for a 10K run that spring in Ottawa to raise money for cancer treatment."

She remembered immediately how much pleasure it had given her. "It brought a lot to my life. When I restarted, it felt natural and was a great way to deal with a stressful day."

Her daughter, Joah, was joined seven years later by a son, Josh. Her mother battled cancer, enjoyed a period of remission, but died in 2002.

Suddenly aware of how much she missed running, Wiltse ran her first marathon in 1999. She has run so many now that she can only hazard a guess about the total. "Maybe 10, but I like running all sorts of distances. I've learned so much about running and training for different distances."

Those lessons, including some revelations about nutrition, started to hit home in 2002 when she hired a coach to help her progress beyond simply finishing races.

"It felt like that was the next step if I wanted to improve. I started training with more of a purpose, not just going out for a run. And I figured out a lot about nutrition as I went along."

The focus on nutrition and training helped her post better results, even as she aged. At 46, she set her personal best, running a Niagara Falls marathon in 2:48:53. That landed her on a list of elite women runners who qualified for the Boston Marathon and began in a group of 50 ahead of the throngs of regular participants.

"It was 2014, the year after the bombing, a very special time," she recalls.

Perhaps her greatest marathon result is not a personal best and didn't start particularly well. In October, 2017, she ran the Chicago Marathon in just under 2:59, a Canadian record for women in her age group, 50-54. She ran the first half of the race too quickly, on a pace to finish under 2:55. Even that small difference was enough for her to know the second half was going to hurt — more than usual.

As she's gotten older, she's adjusted her eating habits. "We all need different sources of nutrition. In recent years, I've cut back on sugar and carbs and eaten more protein. In the month leading up to a race I cut even more sugar out, which is difficult because I'm a bit of a sugar freak."

Of course, Wiltse may define sugar freak differently than most. "After a marathon, I treat myself. I have that piece of cake and a glass of wine."

Wiltse and husband Brock Davis (who runs triathlons) are well known in the Brockville running community. Several of her fellow

runners nominated her for the city's Sports Hall of Fame, citing her example to others and the efforts she makes coaching aspiring runners. She was inducted in June, 2018.

Her process of experimenting with her nutrition to discover what works for her is something Cosgrove endorses and teaches her students.

"In our class, we experiment with different diets and see how it affects us," she says. "We're all biochemically unique; not one diet fits all."

In general, she says people benefit from eating more whole foods, more live foods and fewer processed foods. "We talk about what works for each of us. What happens if we increase our hydration, for example. We're trying to figure out what makes us thrive, how we are affected by what's on the end of our fork."

Cosgrove, who works with restaurants that want to offer healthier menu options, takes her students to the grocery store and spends a lot of time in the veggie aisle.

"We talk about how to bump up the vegetables in your diet. That's where things happen if you want to change your body type or improve your mood. There's a lot of evidence to suggest more vegetables help with that."

But the program is about much more than vegetables. Students examine the Canada Food Guide and discuss the varied interests and pressures it reflects.

"We do a deep dive and also compare it to food guides in other countries — Thailand, Finland, China, Russia. Food guides are very political, and we talk about that too. There is no perfect diet."

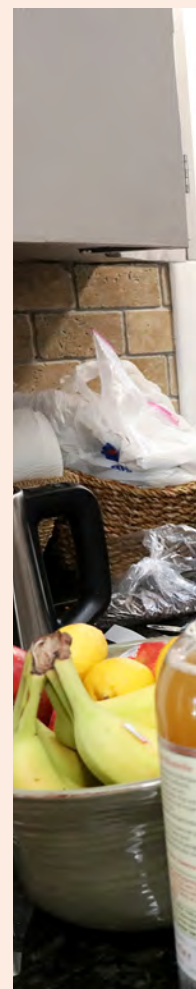
Still, there are some basic concepts that apply widely and stand up to scrutiny. One, in particular, gets less attention than it should, Cosgrove believes. There is a lot of research suggesting there are many benefits from consuming Omega-3 fatty acids. They lower inflammation, reduce harmful triglyceride levels and may help ward off depression.

They're available in many fish and nuts, along with some cooking oils. However, Cosgrove warns, cheaper cooking oils, like cottonseed and corn, are high in harmful Omega-6 fatty acids. "If you think you're choosing something healthy in a restaurant, but they flash fry it in grapeseed oil, you consume a lot of Omega-6, which is bad for your joints, among other things," Cosgrove says.

The best advice, she says, is to add more diversity and colour to your diet and make sure you're getting lots of fibre. It's a strategy Paula Wiltse has followed to achieve good health and some rather impressive running results. And it's a strategy St. Lawrence students are learning in a very hands-on way. ✕



The running group that Paula trains with on Saturday. There are members of all ages. Today she was joined by some high school runners from Smiths Falls.



Paula at home preparing zucchini & carrot muffins.







In her local grocery store buying fresh ingredients for home cooked meals.



At home with her husband Brock, a tri-athlete, they often run together.

# Waist Management

The page features a solid yellow background. Scattered across the page are several small, pill-shaped confetti pieces in various colors: white, red, green, pink, orange, and light blue. These pieces are positioned at various angles, some appearing to float or fall.

A behaviourist's  
answer to  
why you crave  
doughnuts

By Christopher Clark

Photographs by Reena Newman





**(Hint: it's not all  
your fault)**



# If Kim Trudeau- Craig had her way,

it would be much easier to get a salad in the average college or workplace cafeteria. Cheaper too. In fact, many barriers and disincentives that discourage people from healthy eating would be gone.

After all, as she knows better than most, we can only do so much individually to change our behaviour. Sometimes we need a little help. You might say it takes a village to maintain a healthy diet.

“One of the challenges of changing what we eat is that it’s not just our behaviour. It’s about everything happening all around us,” says Trudeau-Craig, a behavioural analyst who has taught at St. Lawrence College for more than 20 years.

She graduated from the college’s Behavioural Science diploma program and today is coordinator of the four-year honours degree program, the first of its kind in Canada.

“With food, you have to be motivated yourself to change your behaviour, but there are so many things all around us that make it more difficult.”

Known as metacontingencies, they include such things as salad costing twice as much as pizza in the cafeteria. “Snack food is much more available than healthy food in North America. It’s fast and cheap.”

But they go well beyond that to include the way food is sold and marketed. Grocery stores are set up to encourage the purchase of processed foods. “You have to walk the entire perimeter of the store to find the healthy food,” she notes. “And generally, the sales are on things like Kraft Dinner, in the middle of the store, where it’s easiest to find.”

On a larger scale, she argues, we could reduce heart disease, cancer and a variety of other ailments by deciding, as a society, to change the influences on people’s behaviour. “If we made it easier for families to purchase items aligned with good health, if we spent money to reduce the cost of fruits and vegetables, we could improve overall health and maybe spend less on healthcare.”

Those are the kinds of big-picture issues Trudeau-Craig and her students examine at the Centre for Behavioural Studies. Food is but one topic: The concepts apply to human behaviour much more broadly.

“The concepts we study were discovered in the 1950s and 1960s, and they’re still relevant today. Now we focus on the interplay across

society, looking at how we can improve our lives by understanding what motivates us.”

Graduates of the program are in demand working, “in every social service field across the entire life span.” That includes jobs such as counsellors, education assistants and community support workers in areas such as addiction, mental health and brain injury treatment.

“Everyone has behaviours,” she says. “It’s a growing and developing field.”

Understanding why someone behaves a particular way is the key to changing behaviour, whether the person has a brain injury, has been diagnosed as autistic or simply struggles to make healthy food choices.

“Often food is a trigger for behaviour,”







## Building Better Behaviours

The new Centre for Behavioural Studies brings research, learning and treatment together

After more than a decade of planning, The Centre for Behavioural Studies is now open on Kingston campus. Located in the historic Newcourt House, the Centre moved from a virtual to physical space through donor support of the Uncommon Campaign.

It was created as a hub of hands-on learning, placement opportunities, research centre, and service to the community directly and through community agency partnerships.

### Fast Facts about the Centre

1. Home to a large classroom, a life skills lab, clinical treatment rooms, research space and a library;
2. Provides high quality placement opportunities for students working with clients;
3. Provides direct clinical intervention services for under-served populations;
4. Supports ABA research by students and faculty

Trudeau-Craig says. “Someone with a brain injury might eat seven donuts at a time, and when someone tries to restrain that behaviour it can lead to aggression. Whatever the situation, we do an assessment of the behaviours, including lifestyles elements and the surrounding environment.”

The key is to understand what’s prompting the behaviour. “You can talk to someone every week, indefinitely, about eating healthier, but unless there’s a change in their environment and actions, that behaviour will not change.”

Often the best solutions appear to be the simplest. That’s because they are both effective and easy to replicate.

“If someone with a brain injury has trouble

organizing a whole salad, the solution may be to buy pre-made salads,” she says. “It sounds so simple, but people get caught up thinking they have to do something a certain way, and that stops them from changing the behaviour they want to change.”

The same goes for a busy parent who ends up picking up take-out meals by the end of every week because they have run out of time and energy by Thursday. “If you understand why something is happening, you can spend some time on the weekend prepping meals. Again, it’s a simple solution, but it can make a big difference.”

It boils down to a concept that’s rather complex in its simplicity: “If you change the environment, you can change behaviour.” ✖

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St. Lawrence  
College

**HELLO FUTURE**



# Alumni News

Celebrating your milestones, testimonials and fondest memories



SLC grads Sil Ferruci and Susan Anderson care for Baby Elsie and the other manikins and students in the Kingston Sim Lab

Did you know? Our Nursing program turns 50 in 2023. We are already working on reunion plans.

## NURSING

### Baby on Board

She's a healthy 16 pounds and she coos and cries. But what makes her most compelling is what our students learn from her ... because of the support of our Alumni.

Meet Baby Elsie (named for SLC, of course), the infant simulator made possible by the support of the SLC Alumni Fund. She may be just one of the state-of-the-art manikins purchased as part of the Uncommon Campaign, but she's extra special because not only does she provide valuable experience →

to budding nurses, paramedics, firefighters and more, she was made possible by the graduates who went before them.

We created the SLC Alumni Fund only a few short years ago to show the students today that SLC grads continue to make a difference, long after leaving class. Since its creation, the SLC Alumni Fund has not only made Baby Elsie possible, but we've purchased equipment as diverse as special cases for circuit boards for Energy Systems students, to defibrillators for paramedics. We've also used the fund to supplement the Student Emergency Fund when a student's very real emergency exceeds the limited funds we have available.

We're trying to create a tradition of Alumni support at SLC, and we're grateful to the alumni who have supported the fund. Because the collective action of our College's 96,000 alumni has the potential to make its mark on the students who will follow in your footsteps.

## CONNECTING

### Civil Grads on the Green



Civil Engineering alumni, students, staff and industry professionals teed-off for The 9th Annual Civil Engineering Networking Golf Tournament on Sept 29th at the Glen Lawrence Golf Course in Kingston. The annual event helps keep this close-knit group connected and the Alumni office was happy to participate again providing bus service for the students and some Alumni swag for our grads. Plans are underway for the 10th celebration in Sep. 2019.

## COLLABORATING

### Rugby and Prom Dresses for a Great Cause



The SLC Women's Rugby alumni team and the Kingston Panthers donned their prom dresses for a great cause—raising funds for the University Hospitals Kingston Foundation in support of the Cancer Centre of Southeastern Ontario at the 10th Annual Prom Dress Rugby Game. From glam to slam, the players tackled, blocked, left it all on the SLC field. They exceeded their \$1,000 goal by raising \$1,235. Well done!

## LOOKING BACK

### Voyageur Archives are now available online



We shared some great stories over the years, now you can take a look back at all previous Voyageur Magazines, beginning with our very first issue in Spring 1991 and continuing through to our latest edition. Sit, back, grab your favourite beverage & scan through our SLC past-the stories, the styles and the memories.



1991



1993



1997



2001



2011



2016

Find the entire archive online at [proudtobeslc.ca/archives](http://proudtobeslc.ca/archives)

Want more peeks from the past? Don't forget to follow us on social media to see our weekly #ThrowbackThursday photo.

## Amelia Gubbins Returns

Amelia Gubbins, Business-HR grad, 2017, returned to celebrate the Grand Opening of the new Student Life and Innovation Centre, where, as Market Development Manager- Kingston for Coca Cola Canada Bottling Ltd. she gave away some major gifts including a Mac Book Air and Apple Watch.





CONNECTING

# Don't just go with the flow, let the currents work for you



This year, our SLC Alumni family will be 100,000 strong. The time we shared connects us to a lifelong network. We want to help you stay connected with each other by launching Currents SLC at [currentsslc.com](http://currentsslc.com).

Log in using your Facebook or LinkedIn account or sign up using an email of your choice.

What makes this different? This is a micro-community for our SLC family. It is only available for alumni, staff, faculty and retirees.

Now you can post your updates, expand your network, post employment opportunities for our grads, and share your events all in one spot.

## Re-connect with old classmates

Find and reminisce with former classmates, and SLC friends, see what they have been up to and stay in touch and make new connections.

## Mentor, Engage and Open Doors

Using Currents SLC you can introduce, employ and offer to act as a mentor to your fellow grads. You can communicate directly, share only what you want to share and stay in the know about the things that matter to you in your post-graduate life.

## Expand

Leverage your professional



network to get introduced to people you should know using the trusted St. Lawrence College environment to expand your professional network.

By fully integrating with social networks, and cultivating a culture of helping and giving back, you will be amazed how vibrant your St. Lawrence College community is! ✕



**Get all the updates on Digital Voyager and join SLC Currents.** Sign up now [currentsslc.com](http://currentsslc.com), you could win some Alumni swag, prizes and more. Help us spread the word.







NOMINEE

# He Shoots, He Scores

Myles Doak's entrepreneurial streak nets deals

Myles Doak has an infectious laugh, a twinkle in his eye, a memorable beard and the heart of an entrepreneur. He knows how to take an everyday item and turn it into something remarkable, tied to his twin passions of hockey and golf.

Before beginning his college journey, he was a youth with an inventive soul—the kind of kid who would use hockey laces to make a belt. But far from 'eccentric', that first invention in high school landed Myles (and his uncle) on the *Dragon's Den*, with their product, the Original Hockey Lacebelt. The clever idea struck interest with Arlene Dickinson and Jim Treliving, who gave him a deal.

Fresh off of some notoriety with his TV debut, Myles headed to Kingston to begin his college journey, proudly proclaiming SLC was his only choice. He credits the College's focus on hands-on skills, smaller classrooms, better relationships with faculty and the structure of the classes as key factors in his success. His two years at SLC shaped him for what he wanted to build to achieve his entrepreneurial goals. Armed with knowledge and practical experience, he took his lace idea one step further and created Summer Skates—sports sandals made with hockey laces. He holds the patent for the popular sports sandal, giving a portion of sales to Road Hockey to Conquer Cancer.

By 2014, after completing the Business-Marketing program, Summer Skates held its successful product launch during the NHL Hockey Awards in Las Vegas—where

NHL greats posed for Instagram photos sporting the young entrepreneur's creation.

Summer Skates has the global license for the NHL Players Association—meaning the company can add any NHL name or number on the Summer Skates. Over 200 players are available on the website - a rare feat for licensee to have that many player options.

Myles also has a global promotional NHL License for items such as beer/beverage cozies made with hockey laces, and has worked with some of the biggest hockey names and companies in Canada, including Wayne Gretzky, Mario Lemieux and Molson Canadian.

But he didn't stop there. Knowing the sport of hockey breeds passionate golfers, a curious Myles came up with a concept for a larger practice golf ball with the memorable moniker Big Balls Golf. His concept—that oversized practice balls can help players improve their swing and accuracy—spurred a successful Kickstarter and raised/pre-sold over \$20,000 in 30 days.

Enter the Dragon, part two. A *Dragons' Den* producer reached out to Myles to come back on the show, and face the Dragons again. In 2018 he received competing offers for his unique golf product with the bold name. He accepted Joseph Mimran and Jim Treliving's *Dragons' Den* deal—much to the chagrin of Arlene Dickinson, who was out-bid by the duo. So impressed is she with the serial entrepreneur, she has offered to step in in if things don't work out with the other Dragons.

With so much on the go, it's not a surprise that Myles would need to organize his many pursuits. Or that he would want to share his expertise with others. He founded Umbrella Marketing—an agency providing content creation, distribution, community management and paid ads, while educating his clients on the power of social media marketing to impact their business.—By Kris Ward

NOMINEE

# From Silicon Valley to Hometown (Code) Hero

Kelly Bergeron traded the Valley for the Seaway, but never stops innovating

**K**elly Bergeron is a woman driven to take chances, create opportunities and say YES! to life. She packs more energy, vision and enthusiasm into her under-5ft frame than a person twice her size, which should be par for the course for someone who inhabits two worlds. On the one hand, she's a programmer who lives and breathes technology. On the other, she has worked for numerous charitable organizations—including launching one of her own—to make a difference in the world. Most of the time she tries to bring her worlds together.

That was part of the motivation to leave the fast-paced Silicon Valley world in 2016 to return to her hometown and tackle the need for digital literacy. Kelly founded the startup Code Heroes, and has exposed almost 3,000 students to the joys of coding over the past two years.

She followed Code Heroes up with a stint as Executive Director of the Cornwall Innovation Centre. Not surprisingly, Kelly had been part of the initial conversations around the Centre's creation. In 2017 she was asked to lead

it, and since then the Centre has launched the Ontario Emerging Jobs Institute. Enrollment began last Fall, with a focus on business skills, digital skills and agritech. Kelly has since left the Centre and is seeking her next challenge. She knows that in life, sometimes you have to make the tough choices - like the time she passed on an invitation to meet Bill Gates in DC as a volunteer in his Global Poverty Project, in order to interview for a position with Salesforce. Her gamble paid off, as she was selected as Senior Web Producer in Toronto in 2013, where she was responsible for launching the Canadian Salesforce English and French website and managed the Brazilian and Latin American sites. With her proven success, in 2014 she was asked to move to San Francisco as their Manager, Web Experience. Working with a full-roster of top digital marketing professionals, they launched new products and worked on a billion-dollar product website.

Kelly credits her college experience as the foundation to her success. Her diploma as a Computer Programmer Analyst led to the technical skills she needed to hone her digital skills, and the desire to share her expertise with others.

Her varied career has led her back home and although originally planned to only be for a few years, the warm reception, the increase need for digital literacy skills and the opportunities in innovation have her rethinking her timeline. The work needs to be done and she's just the woman to do it. —By Kris Ward

**Grad**  
Kelly Bergeron,  
Computer  
Programmer  
Analyst, 2004

PHOTOGRAPH BY BERNARD CLARK





# Echoes

1974

## Linda Lowther

Child and Youth Worker (K)  
“Challenging, fairly new program, where I met great teachers and classmates. I still am in contact with some. This program gave me the right training to do well in the various jobs I had over the years.”

1999

## Paula Wiltse

Basic Training for Skill Development – Level III (B)  
“SLC Brockville was my first stepping stone in achieving my goals and pursuing my next career. I was also part of the cross country team which helped build my confidence as a person and meet new friends.”

2005

## Kenneth Thrasher

Advertising  
“My time at SLC was invaluable. Although you don’t always know what you want to do forever at that age, the

Advertising program sparked a passion and interest into Advertising which has helped me reach many milestones in my life personally and professionally.”

2011

## Deborah Rogers

Advertising – Integrated Marketing Communications (K)  
“New job at SLC!” (Deborah is the new Manager of Marketing at the College)

2014

## Vinod Reddy Yellakonda

International Business Management (K)  
“SLC is a fun and awesome experience.”

2018

## Jeremy Mesich

Behavioural Science (K)  
“Thanks to the Behavioural Sciences program as St. Lawrence College, I able to successfully secure a job in my field in only four days after finishing the program. It was the four placements within the community that gave me the edge over other applicants.”



### SLC Sweethearts

Rick Hall & Donna (Stark) Hall (Business-Advertising & Public Relations, 1993) met in class in 1991.

Tag #SLC\_Sweethearts to share your SLC love story.

# Passings.

1975

Deborah MacDonald  
(née Graff)  
*Child and Youth Worker (B)*

1977

Mary Ann Ottenhof  
(née Marcelissen)  
*Diploma Nursing (K)*

1982

Terry McDonald  
*Behavioural Science Technician (C)*

1983

Aurea Widzinski  
(née Honey)  
*Home Support (B)*

1985

Karilea Whiteway  
(née Bruff)  
*Word Processing Secretary (K)*

1987

Brenda Ball (née Hough)  
*Business Administration, Finance (B)*

1990

Chantal Turcotte  
*Health Care Aide (C)*

1995

Sheila Guertin  
*Hairstylist (B)*

2016

Bradley Gamble  
*Carpentry Techniques (K)*

2018

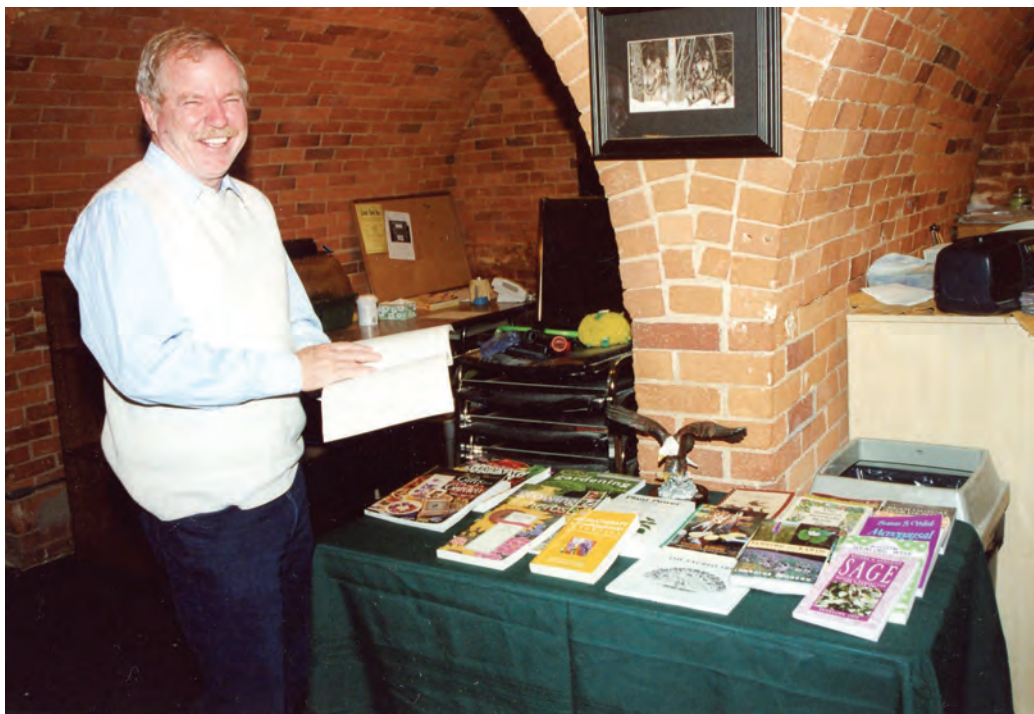
Miranda Shaddick  
*Police Foundations (K)*

### SLC Staff

Maureen Byer (née Marshall), Evelyn Downe, Tom Elliott, Nellie Griffioen (née Schoonhoven), Carmeta Hodges, Theresa McCosham, David Perkins, Annette Phillips (née Glenn), Irene Viau, Ronald (Bud) Wilson, John Wright

Passings is compiled from publicly available obituaries and from family notifications. To add or correct a listing, please email [alumni@sl.on.ca](mailto:alumni@sl.on.ca)





The Root Cellar became the staff and faculty gathering spot early in its history.

# Rooting Around in Our Past

Our intrepid Retirees columnist re-visits the multi-purpose Root Cellar

At a time when the major new addition to the Kingston Campus facilities is attracting understandable attention, this column salutes the Root Cellar, a venerable campus structure that pre-dates the college by more than 70 years. It was built in 1892 to store the crops harvested from the fields surrounding the farm house that became Newcourt House – home of the day care facilities and the President's Office. *[Sometimes the occupants of the two exhibited similar qualities, but I digress.]*

These two buildings and a substantial acreage were

acquired by the college from the then Kingston Psychiatric Hospital as the site for the Kingston Campus. The groundbreaking ceremony for the new campus was disrupted by a peaceful sit-in of sorts. As Ron Hunt, one of the first Kingston faculty members recalled the scene, after the Minister of Education, Bill Davis, used a front end loader to demolish a small building sufficiently for the ground to be considered “broken,” a cat and kittens emerged from the wrecked building, unscathed.

The Root Cellar was converted into a bar and

social club for College staff, with much of the necessary electrical work being done by Dunc Stevenson, a teacher in the Electrical Apprenticeship programs. It became quite a popular hangout, especially at lunch time and sometimes toward the end of the afternoon. There was a lady hired to tend bar who was definitely not familiar with wine. When asked what kind of wine was available, she replied “white and red.” Sometimes she would even offer Rose (not Rosé, mind you). Faculty often took turns minding the bar, with two of the regulars being

Bob Boal and Pat Doyle.

Discretion dictates that some of the more colourful events that unfolded in the root cellar remain unrecorded (even if they are now protected by the Statute of Limitations). There were Wet T-Shirt contests but they were not especially risqué because the T-shirts were carried, not worn. A suitably attired belly dancer performed on the occasion of the 45th birthday of someone who shall remain nameless but whose initials are the same as those for “Professional Development.” If readers have stories to share, please send them to [slcretirees@gmail.com](mailto:slcretirees@gmail.com), and don't forget to check the Association website ([www.slcretirees.weebly.com](http://www.slcretirees.weebly.com)) on occasion, where any such stories (safe to publish) might turn up.

In my view, it is important to look beyond the fun times at the Root Cellar and to appreciate what they symbolized – a spirit of camaraderie that was prevalent during my three decades at SLC. A new and rapidly growing college meant very busy times for staff and faculty alike. The latter usually taught five courses, often five different courses. Yet, we somehow found time to get together, to swap stories, to unwind a little, and to enjoy the shared companionship of our St. Lawrence experience. The Root Cellar provided a welcome venue that supported the school spirit we enjoyed back then.—By Dick Tindal



**Schooners  
Lounge in  
Brockville**



**Sneakers  
Pub in  
Kingston**



**Shark  
Tank in  
Cornwall**

# Raise a glass to college pubs

College Pub Nights elicits memories of laughter, music, cheap drinks and the beginning “meet-cute” moment for many SLC Sweethearts. It’s where we unwind and share stories. A haven away from the classroom scene.

Combing through the archives, we came across a 1971 editor note in “Opinion” newsletter where the idea of a pub was floated. They addressed the possible pros and cons: underage students, rowdiness, damage but also the benefits such as relaxing with friends, singing and dancing without having to worry about disturbing others. For students and faculty members, it could produce a regular inexpensive experience for all those to enjoy a few cold ones on Friday afternoon.

Cornwall’s Shark Tank and Brockville’s

Schooners Lounge are finally getting some company in Kingston—decades after the demise of the infamous Sneakers Pub.

The opening of the new St. Larry’s Pub within the new Student Life Centre promises to pick up where the old one left off, and teach a new generation of students that ‘social’ can happen without a phone!

So let’s raise a glass to the pubs of yesteryear and to the preservation of the old, and the creation of new traditions on all three campuses. Cheers!—By Kris Ward

**Reminder:** don’t miss our weekly #ThrowbackThursday pics. Follow us on social media @SLC\_Alumni





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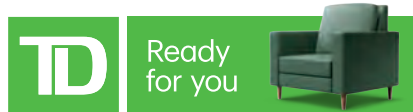
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