

# CURRENTS

NEWS AND VIEWS FROM COLLEGE OF THE NORTH ATLANTIC

SPRING/SUMMER 2014, VOL. 14, NO. 2

## Where words leave off

Instructor entrenched  
in music industry

## Rock solid education

Graduate reaches for  
national curling title

## *On the creative edge*

Sometimes you have to break out on your own



## Letter from the editor

While working on this edition of *Currents*, I found myself thinking about volunteers and the sheer number of people who volunteer their time – not only through their professional capacity here at CNA, but also in their personal time as well.

National Volunteer Week is April 6-12; it's a time to recognize and celebrate the efforts of volunteers.

In fact, several articles in this edition of *Currents* touch on the volunteer efforts that our staff, faculty and students take on in both their professional careers and personal lives. Inside you'll find out how a class of students volunteered their time to build a new shelter for the Society for the Prevention of Cruelty to Animals, as well as the efforts from staff and students of the School of Health Sciences to come together for an inter-professional skills competition. You will also find out about a group of students from Carbonear campus who made 100 dolls by hand for children receiving care in the hospital.

Many activities, events and organizations couldn't exist without your commitment to community, friends and family. While there is an official week to appreciate volunteers, that gratitude isn't isolated just to the one week – it is truly appreciated 365 days a year.

Also inside this edition of *Currents*, our centre section takes a look at a variety of programs in the School of Academics, Applied Arts and Tourism. You'll see how one Graphic Design graduate has taken the skills she learned at CNA to a new level with her business in St. John's, and an article about the most recent accolade for the Textiles: Craft and Apparel Design program.

I hope you enjoy this edition. Happy reading!

*Glenda McCarthy*

Glenda McCarthy

# Contents

## FROM THE COVER

On the creative edge .....16

Where words leave off, the music begins .....14

Rock solid education ..... 24

Someone to hold onto ..... 3

Cool cats visit hot climes for student leadership ..... 4

Helping Hands ..... 6

Team from CNA-Q visits for Business Case Competition ..... 8

Light at the end of the tunnel ..... 10

Dynamic program offerings .....11

Inspiring creativity rewarded for excellence ..... 18

Breathless no more ..... 19

Getting their hands dirty ..... 22

Open pit cooking/recipe ..... 25

In Case You Missed it ..... 26

**Cover photo:** St. John's based company Bold Creative allows graphic design graduate Becki Peckham's creativity to run freely. Photo by Bold Creative.

*Currents*, Spring/Summer 2014, Vol. 14, No. 2

*Currents* is produced by College of the North Atlantic's Department of Marketing and Communications

Editor: Glenda McCarthy  
 Contributing Writer: Tanya Alexander  
 Design: Bridgette Reid  
 Publisher: Roger Hulan

# Someone to hold onto

By Glenda McCarthy

A trip to the emergency room can be a frightening experience for a young child. Often times these visits can happen at a moment's notice, meaning that comforting items the child would normally cling to become an afterthought as parents make their way out the door. With this in mind, a group of Community Studies students at Carbonear campus decided to offer children something to hold onto.

As part of their Community Studies diploma program at Carbonear campus, students must take an introductory course in the field of community development where they explore the diversity of roles and occupations as well as learn about the ethical considerations and skills needed to successfully work in the field.

"It introduces students to the major concepts, principles and challenges of the community development field," says instructor Sherry Quirke. "The course allows students to take a critical look at conventional approaches to development, as well as theoretical influences on current community development practice."

Community development seeks to empower individuals and groups of people by providing groups with the skills needed to affect change in their own communities, while simultaneously helping the community strengthen and develop to its full potential.

Students were broken down into groups and assigned to work with an organization in the community. During this exercise, one group in particular partnered with the local chapter of the Kiwanis Group and focused on working with the Trauma Doll Project.

"The Trauma Doll Project centres around the notion that a visit to the emergency room can be traumatic – especially for a child who may not understand everything that's happening," says Sherry. "Members of the



Kiwanis Club of Carbonear and a handful of volunteers started a project to help make that visit a little more comfortable. Volunteers sew trauma dolls for children who might feel a little scared during a trip to the hospital."

The dolls serve several purposes and provide a soothing distraction and instant comfort to children in the overwhelming environment of a hospital.

Each doll was hand assembled and bears the CNA and Kiwanis logos on the legs of each doll.

"The children are encouraged to decorate the dolls with markers. Sometimes, the dolls help the children demonstrate what hurts. Often, the staff will use the dolls to illustrate medical procedures. Many frightened children, fearing surgery or any kind of medical procedure, are calmed when given a soft, cuddly doll."

The initial goal was to make 60 dolls for the Kiwanis chapter. However, the students exceeded those expectations, creating 100 of these comforting dolls, which were then presented to the Kiwanis Club of Carbonear who distributed the dolls to local hospitals and clinics in the area.

"It was a win-win for all parties involved," Sherry says. *~*

# Cool Cats visit hot climes for student leadership training

By Tanya Alexander

Jagard Strong from Clarenville and Tyler Osmond from Cape Ray took their college leadership activities a step further recently – all the way to the Middle East.

Jagard, a Construction/Industrial Electrical student at CNA's Bonavista campus, and Tyler, a Business Administration student at Port aux Basques campus, volunteered to take part in leadership training at College of the North Atlantic-Qatar (CNA-Q), for a new student initiative with its industry partner Qatar Petrochemical Company (QAPCO).

The two young men have been quite active with their respective campuses – Tyler is president of the Student Representative Council (SRC) and treasurer of the CNA Student Union (CNASU) and Jagard is also involved with his campus' SRC, sits on the CNASU and is the male student representative on CNA's Board of Governors. They both also work part-time jobs and manage their time well enough to volunteer in their communities. They were an ideal fit to take the first-time training with some 30 Leader League and SRC representatives at CNA-Q.

"We did leadership training there through QAPCO that included core components of etiquette, protocol and diplomacy, and we received a certificate that is internationally recognized," says Tyler. "In terms of my studies, this experience of travelling internationally and meeting new people has enabled me to grow professionally. I learned so much in such a short period of time."

The training took place at the college's state-of-the-art campus, which is Qatar's second largest post-secondary educational institution. It comprises 22 buildings and offers a range of programs with Canadian curriculum including: technician, technologist and post-diploma programs within the schools of Business Studies, Health Sciences, Information Technology, Engineering

Technology, Industrial Trades and Security Academy. Jagard said when they set foot on campus they were amazed.

"The detail to the environment on campus was incredible – the layout, architecture, cleanliness," he says. "There were also many resources available to the students, and each program area has its own building. I had a tour of the Engineering building and got to see how their practices are and what systems they use compared to Canadian standards. The Canadian staff there show the hospitality that Canadians are known for to every student and staff member, which was nice to see."

The two were warmly welcomed by the student body and during their five-day stay became affectionately known as Jaguar and Tiger, says CNA-Q's Associate Vice-President Academic, Shirley Carroll.

"They were outstanding representatives and ambassadors for CNA, and we were all so proud of them. Polite, respectful, friendly, open, that great Newfoundland sense of humor, plus a ready understanding and acceptance of Qatari cultural mores were just some of the qualities I observed throughout their visit," says Shirley.

"We had an excellent meeting with them and our own SRC – part cultural exchange and part brainstorming about possible collaborations. Watching the students learn about each other and make friends from a world away is one of my most satisfying experiences of my almost 30 years in post-secondary education!"

The initiative is an effort on behalf of CNA to strengthen collaboration between CNA and CNA-Q students, says CNA's Associate Vice-President of Learner Services, Elizabeth Chaulk.

"This initiative we piloted with Jagard and Tyler has several benefits for us," says Elizabeth. "It is a way to establish a connection between our students here in Newfoundland and Labrador and CNA-Q's student body, and build on those relationships to enhance the experience for each. We can also learn best practices from each other's SRC, foster an atmosphere of positive change and growth, and promote projects that provide real-life, international experience for our students."

The cultural aspect is also a valuable piece of this initiative. In keeping with that, CNA-Q's SRC treated the two CNA students to various activities such as camping in the desert, a dune excursion, city tours and more.

"We went driving in the desert, climbed sand dunes, got to ride a camel and were treated to V.I.P tickets to the Qatar Drag strip to watch the CNA-Q dragster in action!" says Jagard.

"We were also given a tour of Doha, thanks to some administration staff and their families. One afternoon Tyler and I got to experience a culture-rich night where we cooked and ate lamb in the desert. We also attended the Qatar Masters (golf tournament) where we got to see and meet some golf pros. It was amazing."

Experiencing the desert city was also an eye-opener.

"On our first drive about I began to notice the beauty that was put into the city. Grass was planted, trees were trimmed and shrubs were cut into different shapes. It was amazing to see the detail and effort that the country had put into its environment," says Jagard.

"Also, it was a very multi-national country, which made it very interesting. The hospitality that the country had shown us was wonderful."

They both say they recommend this experience to other students.

"It's an experience of a lifetime and it may open doors for you in your future endeavors," says Tyler.

"You learn and see so much in such a short period of time. It's a different way of life but in a good way. The people are very welcoming and make you feel like you are at home. Sometimes you may hear perceived opinions about different countries but you really don't understand what it is like until you experience it for yourself."


In terms of studies, Tyler says travelling internationally and meeting new people from different cultures has enabled him to grow professionally.

"You learn how to better communicate and see things operate differently," he says. "Globalization plays a big role in the business world in today's society. I have taken a number of things out of this trip that I believe will benefit me in the future."

Jagard agrees.

"This experience has expanded my view of world education, and has given Tyler and I both the experience of a lifetime."

Elizabeth says this pilot initiative was a huge success, one that bodes well for repeat future exchange activities.

"This is a huge resume builder for these students and at the end of the day, a win-win situation for all involved." 

**"On our first drive about I began to notice the beauty that was put into the city. Grass was planted, trees were trimmed and shrubs were cut into different shapes. It was amazing to see the detail and effort that the country had put into its environment." - Jagard Strong**

# Helping Hands



## Students lend skills to animal shelter

By Glenda McCarthy

One person's actions can have a detrimental effect on the lives of countless others, however the opposite can also hold true – and those lives don't have to be those of your neighbour, friend, colleague or stranger.

This particular decision was made by Ron Budgell, Carpenter instructor in Happy Valley-Goose Bay, and involves the dozens of animals who call the local SPCA home.

Since September the Carpenter class, under Ron's supervision, have been lending their skills to the construction of the new animal shelter. It's a project that's close to Ron's heart and began over a year ago – long before he was even living in the area.

A self-professed animal lover, Ron and his wife rescued a dog from the shelter in Happy Valley-Goose Bay early last year while he was home from Halifax visiting family. When he entered the shelter, he witnessed first-hand how desperately the SPCA needed a new building.

"I learned about the SPCA's plans to build a new shelter and about their fundraising campaign," Ron says. "That campaign has been widespread, long-lasting and extraordinarily effective."

Up until August 2013, Ron had been living in the Halifax area, working for himself as a renovating carpenter. His family connection to Happy Valley-Goose Bay brought him back to his hometown and he began working with CNA in August 2013.

"My family comes from around here and I was tired of working as a renovating carpenter. I wanted a change," noting that being an instructor at CNA is certainly a change – a change for the better – where he can impart wisdom he's learned from 40 years in the industry.

"I do have a lot of tricks of the trade because I've been working at it, with few interruptions, since about 1970."

He knew those tips would come in handy for the yearly project the students take on. Shortly after starting his position in August, Ron began brainstorming ideas for projects the class could tackle – ones that would make a permanent contribution to the community. While previous classes had built substantially sized sheds, Ron wanted to do something that would make a difference.

Recalling his visit to the area in March 2013 and his tour of the SPCA shelter, Ron knew there was a desperate need for skilled

---

**"The class was thrilled with the idea that they could build something that could be a permanent contribution to the community. They were really enthusiastic because it's so worthwhile. It is a perfect fit. We have tools, time and hands and we were looking for a learning opportunity. They have materials and a worthwhile job to accomplish."** - Ron Budgell

---

workers for the build. At that time the SPCA was planning to bring in a crew of volunteers, similar to a Habitat for Humanity construction where low-skilled volunteers are supervised by a few professionals.

"When I learned that the SPCA was ready to build, I proposed the idea to the class first. They were enthusiastic about it, so I called the SPCA and we met to talk about it around the end of September," Ron recalls.



"The class was thrilled with the idea that they could build something that could be a permanent contribution to the community. They were really enthusiastic because it's so worthwhile. It is a perfect fit. We have tools, time and hands and we were looking for a learning opportunity. They have materials and a worthwhile job to accomplish."

Ron says the SPCA leaped at the opportunity to have the students involved. "They thought it was a great idea. It's good for us too because we need practice and experience."

All 13 students in his Carpenter class began work on the project, putting the skills they've learned during their time at CNA to good use for this very commendable cause. The class has been on a hiatus from the project since completing the load-bearing walls in December, and there had been a couple of complications standing in the way of the students working on the roof.

"One hitch was that we couldn't work at the roof before completing required training in Fall Protection. That's done. Another is that that roof is too big for an inexperienced crew to tackle. My gang will assist, but I can't take them to a roof that big for their first trussed roof without more professionals on the job."

Once the roof is in place, the students will still have to complete interior framing, as well as install windows, doors and siding. CNA hopes to expand its assistance further with the Construction/Industrial Electrician class lending a helping hand for the project.

"Only the journeyperson Electrician can make the final connections but students can drill holes and run wires under the supervision of the appropriate number of journeypersons," Ron says. "There's a lot more we can do there yet, but we just have to get that roof on. We hope to work on that building right up until the end of the school year."

At any given time, the shelter is filled to capacity so the organization is looking forward to getting the expanded shelter which will boast an addition 1,000 square feet. Bonnie Learning, vice-president of the Happy Valley-Goose Bay chapter of SPCA, says the help they are receiving from the college on this project is invaluable.

"It was unexpected when Ron contacted us to offer help but it's a great thing to have happen. It means a lot because without that class we probably wouldn't be at the stage we are now so it's an excellent partnership. It's also great that the class can take advantage of the community for their course but also help a non-profit organization."





# Team from CNA-Q visit for Business Case Competition

By Tanya Alexander

CNA-Q Business students Hebah Yusuff and Sarah Abu Sadaa were wishing for snow during their visit to Newfoundland in January, but luckily they missed the -30C degree weather and some 30 centimetres dumped on St. John's just days before their arrival. That might have been too much of a good thing. Instead, they had a chance to tour the city in 4C degree temperatures and experience some chilling wind on Signal Hill – quite enough of a winter experience for someone from the Middle East.

"The weather was nothing that I have experienced before," says Sarah. "Besides the fact that it felt as though my whole body was numb, it was very exciting!"

Sarah and Hebah were accompanied by coach Ted Stephenson when they flew from Doha, Qatar to St. John's for an introduction to Newfoundland culture, before heading inland for the annual Business Case competition in Grand Falls-Windsor January 16-19. It is the first time since the inception of the competition at CNA in 2006 that a team from CNA-Q has taken part in the event. It was also the first trip to Canada for the young women and (Ontario-born) Ted's first to the island.

"I will never forget the faces of Hebah and Sarah on that first day in St. John's," says Ted.

"We got to Quidi Vidi just at the time when the sun was setting and it was reflecting off the rocks in a way that was spectacular. There was no wind, it was relatively warm and it was totally quiet as it was a week day afternoon in January. You just had to look at the smiles on Hebah and Sarah's faces that afternoon and you would

realize that 60-hours of travel on six different planes to visit two cities for just six nights is worth all the effort. My wish then and there, and still is, that more students get a chance to do what we did."

The group took to the Fluvarium, Signal Hill, The Rooms, Prince Philip Drive campus, shops and restaurants downtown and a visit with City of St. John's Mayor Dennis O'Keefe. The mayor shared facts about St. John's and the province. He also demonstrated the process of formal council meetings, complete with carrying in the ceremonial mace, a view of the inner chambers and a sit-down in the mayor's chair!

"Visiting the mayor was fantastic and it was obvious that he worked many years in the field of education due to the genuine interest he took in hosting Hebah and Sarah," shares Ted. "Our visit with the mayor lasted much longer than was scheduled and was certainly one of the highlights of the trip for me."

The adventure continued with a road trip to Grand Falls-Windsor where the group was greeted by the event welcome committee and the other seven groups of competitors for a pot luck dinner... and a surprise Screech In!

"We were thrilled on the orientation day when we went to the campus for the first time and everyone welcomed us so nicely!" says Hebah. "I was delighted to see everyone. Not to forget, I got screeched in! That was fun - I enjoyed it thoroughly."

Hebah and Sarah's team – Al Maktab Consultants – didn't place in the competition but impressed the judges, considering that the group was comprised of only two members, one of whom had never

competed before, and they had no opportunity to practice before coming to the competition.

"It was Sarah's first time, yet I must say she was excellent," says Hebah, who is a seasoned competitor, having placed second and then first with her four-person team in the last two competitions at CNA-Q.

"We were just two and I missed having a full team but it was a good learning opportunity which I will never forget throughout my lifetime. Everything was organized really well and hats off to the staff

---

**"It was the first time that I have ever seen snow and I was so happy. I threw snowballs around and I tried to make a snowman. However, it was not as easy as I thought it would be and my snowman just looked like a pile of snow,"**  
- Sarah Abu Sadaa

---

and all the volunteers who contributed their time and efforts."

The Business Case Competition was a very well-run affair, says Ted, and he particularly appreciates the amount of volunteerism that goes into these events.

"At our competitions in Doha, the food is catered. In Grand Falls-Windsor it was all home-made and served by volunteers. The food was amazing!"

Sarah says the trip to Canada was a truly exciting experience. "It was a nice opportunity for us to meet some great people," she said, "and joining the case competition was a great way for me to improve my public speaking skills as well as my problem solving skills."

Sarah and Hebah were disappointed that the weather was warm when they arrived, as they were excited to see snow on the ground. However, on the last night of the group's stay, Grand Falls-Windsor received some 20cm of snow overnight.


"The weather was nothing that I have experienced before!" Sarah exclaims. "It was the first time that I have ever seen



snow and I was so happy. I threw snowballs around and I tried to make a snowman. However, it was not as easy as I thought it would be and my snowman just looked like a pile of snow," she laughs.

Now that she is back and finishing up the semester (Hebah's last before graduation in June), she reflects on the experience.

"I loved the culture. The simple things made me smile, like how cars stopped and waited for pedestrians to cross the road," she says. "I was amazed to see how friendly Newfoundlanders are... down to earth and welcoming."

"I would like to thank CNA-Q, CNA and Mr. Ted to have given us this amazing opportunity I never thought I would ever have." 

# Light at the end of the tunnel

By Glenda McCarthy

There's a stigma attached to mental health. Some people feel ashamed and embarrassed to talk about it, others feel like they are stuck under a dark cloud. And while it's long been thought of as a taboo topic, CNA is bringing this dark subject to light through Mental Health First Aid (MHFA) training sessions.

Faculty and staff throughout the province are being trained to recognize and administer MHFA to anyone experiencing a mental health issue. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

In January 2013, Bell and Bell Aliant announced \$15,000 in funding for the implementation of an innovative mental health initiative with CNA. Funded through the Bell Let's Talk Community Fund, the gift enabled the college to certify several staff members as instructors for MHFA training, a program under the Mental Health Commission of Canada.

Frank Williams, a guidance counsellor at Happy Valley-Goose Bay campus, is one of four employees who travelled to Halifax last year to become a certified MHFA instructor.

"Any person can experience a mental health issue at any point in his or her life, and any person can develop the skills needed to assist someone until they can get further help," Frank says. "I wanted to enhance the supports and services that we offer to people facing mental health issues. Ultimately, much like standard first aid, by developing skills and knowledge in mental health first aid you may be in a position to preserve a person's life. Mental health crisis can be just as serious as a physical injury."

The basic Mental Health First Aid course takes a total of 12 hours to complete. The training is normally completed in four, three hour sessions which are available through two full-day sessions or four half-days. Through videos, presentations, activities, and case studies, participants learn about various mental health problems and disorders and they learn how to give immediate assistance to someone experiencing a mental health crisis, much like a standard first aid responder would give immediate assistance to someone who is injured.

Any faculty and staff member or manager who would like to take part in the training can make the request to their campus administrator or supervisor. A minimum of eight people are required for each session to be held.

"Mental Health First Aid training can help us to know how to give initial help and support to people when they are experiencing a mental health issue and assist them to accessing further professional supports and community supports. It also helps to raise the level of mental health literacy in our communities and by doing so reduce the stigma often associated with mental health problems."

Frank says the feedback from each of the training sessions has

been overwhelmingly positive.

"I hope that everyone working within the college has the opportunity to avail of this training. I also hope that we can eventually expand our capacity in Mental Health First Aid training so that we may be in a position to offer it to people outside the college as well."

Elizabeth Chaulk, associate vice-president of Learner Services, also shares these hopes.

"Over the past number of years the college has experienced increased numbers of learners who are dealing with mental health issues while also trying to cope with the rigors of completing a post-secondary program of studies," she says.

"As a result of this growing trend the college has committed to enhancing and providing supports for learners with mental health issues."

The training is helping to address concerns expressed by staff about the increasing challenges and fears often associated with learners dealing with mental health issues.

"The college hopes to build capacity at every campus by providing staff with the knowledge, understanding and skills to support learners with mental issues," says Elizabeth.

The goal of the initiative is to train 200 people and reach all 17 campuses within the first two years. With 160 people at 11 campuses having already received MHFA training, the college is well on its way to reaching that objective. *m*



Tony Oguntuase, Dinah Pitre-Payne, and Deborah Sellars of Happy Valley-Goose Bay campus take part in a Mental Health First Aid training exercise. The intent was to give participants an idea of what it would be like to experience an auditory hallucination, such as hearing voices, which can be a symptom of psychosis.



# Dynamic program offerings

By Glenda McCarthy



The School of Academics, Applied Arts and Tourism at College of the North Atlantic is ideally suited to provide for the needs and interests of a broad range of students, and enrolls approximately 1,400 students each year.

The academics component offers courses and programs designed to increase access to post-secondary education opportunities and to strengthen fundamental skills required for the workforce. Within academics programming there are opportunities to make a successful transition from high school to post-secondary studies, attain first-year university equivalent credits, study English as a Second/Foreign Language, or further knowledge and skills in academic disciplines such as communications, mathematics, arts and sciences.

The dimensions of the applied arts suite of programs are centered on real-world learning experiences, creativity and collaboration, and knowledge and skills that foster innovation. Through a variety of certificate, diploma and post-diploma programs, students can pursue studies in Community Recreation Leadership, Community Studies, Digital Animation, Early Childhood Education, Film and Video Production, Graphic Design, Graphic Communications, Journalism, Music Industry and Performance, Recording Arts, Textiles: Craft and Apparel Design or Video Game Design.

The tourism component of the school contains the two-year Hospitality Tourism Management Program. This exciting program provides a wealth of knowledge, understanding and experiential education of the tourism industry to its students. The school also supports tourism initiatives and training of the Bonavista Institute for Cultural Tourism.



# Academics, & Applied Arts & Tourism Grads prepared and in demand



The School of Academics, Applied Arts and Tourism is comprised of a dynamic and eclectic suite of programs that prepare students for the knowledge, skills and attitudes needed for employment and careers in the 21st century. The school's Dean, Brenda Tobin, says although each program is unique and distinct in its focus and learning outcomes, each program is centered on the student and the best possible preparation for the post-secondary route or career path he or she is taking.

"Threaded through the programs, there is an emphasis on quality, respect for diversity, creative and critical thinking, effective communications, problem-solving, collaboration, recreation and well-being, and lifelong learning," Tobin explains.

"Academic knowledge and skills are no longer a luxury but a requirement to engage fully and successfully in employment and careers across a multitude of sectors."

Faculty within the school play a significant role in the applied research agenda of the college. Many are involved in research, have published their findings in professional journals and have presented on their research topics at national and international conferences. This level of participation also assists in raising the profile of the college as a high quality post-secondary institution of choice. Faculty have also introduced and engaged their students in applied research projects; this engagement has been motivational as well as educational for students.

The dimensions of the applied arts suite of programs are centred on real-world learning experiences, team-based projects, creativity and collaboration, and knowledge and skills that foster innovation and new and improved ways of doing things.

"The school is advancing in terms of offering applied arts students exciting new electives that are relevant, meaningful, and interdisciplinary in nature. Applied arts programs have strong connects with industry, and our faculty are involved with provincial, national and international organizations such as MusicNL, NL Arts Council, Association of Early Childhood Educators of NL, NL Film Development

Cooperation, The Society of Graphic Designers of Canada, National Apparel Affinity Group and the International Game Developers Association. In this way, curricula are current and leading edge, and students and faculty have participated in events and conferences that serve as wonderful learning and networking opportunities."

Students and graduates of applied arts programs have been recognized for their creative and innovative work in provincial and national student competitions, art exhibitions, (video) game jams, national and international festivals, and through national publications such as Canada's visual communications magazine, *Applied Arts*. Employment opportunities abound in the entertainment and recreation industries, educational services and products, media and simulation.

Meanwhile, she says the applied arts and tourism suites of courses and programs within the school are complementary, and the future focus of the school is to explore new and exciting ways to bring aspects of these programs together for the benefit of students.

"Tourism is a huge economic generator within our province; the number of visitors and non-resident spending has increased significantly within the last couple of years. The Department of Tourism, Culture and Recreation has its goals set for the next 10 years. Part of the strategy is to continue with the top-notch marketing campaigns and to increase quality authentic tourism experiences within our province, which in turn will increase tourism revenues. Those authentic experiences are connected to the unique landscape, people and creative arts of the province."

Tobin says the school is being forward-thinking when it comes to programming and cites the college's Journalism program as an example. The college is going where no college or university in Canada has gone before - to the skies. As part of its photojournalism course, the program is offering instruction in drone journalism. The emerging field uses remote controlled quadcopters, called drones, to capture images and data. It is believed CNA is the first institution in the country to incorporate the use of drones into its Journalism

curriculum. This innovation and currency in curriculum will assist greatly as the school seeks to further partnerships and articulation agreements with other post-secondary institutions.

She says graduates of the School of Academics, Applied Arts and Tourism will not only be in demand but will be prepared to provide invaluable skills and knowledge for a creative and innovative workforce advancing by new information being provided and easily accessible on a daily basis.

"There is, and will be, great demand for programs that focus on skills and knowledge needed for a fast-paced, visually and digitally stimulated, and complex world. The knowledge, skills and learning experiences gained through high quality and leading-edge programs in the School of Academics, Applied Arts and Tourism will be in demand and invaluable." *na*



## Academics

Aboriginal Bridging Program  
Comprehensive Arts & Science (CAS)  
Transition  
Comprehensive Arts & Science (CAS)  
Transfer: College-University  
English as a Second Language (ESL)

## Applied Arts

Community Recreation Leadership  
Community Studies  
Digital Animation  
Early Childhood Education  
Early Childhood Education (by Distance Education)  
Film and Video Production  
Graphic Communications  
Graphic Design  
Journalism  
Journalism (Post Diploma)  
Music Industry and Performance  
Recording Arts  
Textiles: Craft and Apparel Design  
Video Game Design

## Tourism

Hospitality Tourism Management



# Where words leave off, the music begins

By Glenda McCarthy

Each day Scott Hammond inspires the minds of his Recording Arts students, imparting the tricks of the trade he has picked up over the past 14 years. But when the bell rings to signify the end of the day you will soon find Scott entrenched in his home studio for an additional eight to 10 hours - all because of his deep-rooted love of music.

There, he delves into a part of the recording process called mixing - the mastering stage where you take the makings of songs and compile them into the finished product. You see, although Scott has been a full-time instructor with CNA for the past eight years, he is still very well known in the music industry and regularly lends his mixing skills to artists across the country.

Scott has worked with some big name acts but you wouldn't know it when you meet him; he's not the type to talk about his success. It's

a safe bet that he's the only person in Stephenville to have a Gold record hanging on his living room wall. The much-deserved accolade comes from his work with popular Newfoundland band Great Big Sea on their album *The Hard and Easy*. In 2005, Scott spent two years working in the band's private studio and the gig opened up many doors for the St. John's native.

"I think for me, I'm just about the work. I love doing the work and I guess as far as what I do, it's pretty much behind the scenes. Within the industry people know who I am and I'm comfortable where I am in the ranks. There's no sense getting an inflated head about it."

Not even working along Hollywood A-lister Russell Crowe was enough to give Scott an ego boost, although he does admit to having one pretty surreal experience.

"I worked on Russell's album with Allan Doyle of Great Big Sea,

which reached Gold or Platinum sales," Scott says. "I think the coolest thing about that for me is that I was flicking through the channels one night and Russell was the musical guest on the Jay Leno Show. Only the biggest international acts get on that show. One of the tunes I worked on, Russell did as the song that night. All I could think was that I had worked on a song being played on Leno right now. It was pretty surreal."

Looking back to 1999 at his graduation day from Recording Arts Canada in Stony Creek, Ontario (now located in Toronto), Scott never imagined having the opportunity to work with such great artists.

"Of course it's always a bit of a dream, but for me I think it goes back to loving the work again. I feel that if you concentrate on doing the best job that you can do, everything else will work itself out in time."

It is obvious Scott loves every aspect of the music industry, having spent a decade playing in the successful band Gearbox before switching to a behind the scenes role. It's in this capacity he's had the opportunity to share the stage with pretty much every band that was big in Canada during the late 90's, such as Green Day, Our Lady Peace, Sam Roberts, I Mother Earth, Finger Eleven, Sloan and Treble Charger.

"It's been a really fun ride. I'm grateful I've had success in all those

"You can have all of the cool names on your resume, especially in St. John's, but I wasn't always crazy busy. For me the yearly earnings didn't really reflect the accolades. With the college it was a steady paycheck so I said I would give it a shot for a year at least. I ended up getting the job and I've loved it ever since. As long as the college is willing to have me, I'm willing to stay."

And it's a decision he hasn't regretted.

"It's rewarding to see my students go out and make names for themselves. Most of the graduates work in live sound but they make up the entire force of the biggest live sound company in St. John's. They're the top guys, and it's cool to see that and see how well respected they are and know I had a hand in that."

Although he doesn't have time to record songs, Scott still fills up each and every day with his passion - music. He is currently mixing songs for the upcoming albums of several artists including Ian Foster, Brianna Gosse, Bishops, as well as Cabbages and Kings.

"That will be the next couple of months of my life for sure. I kind of find that even though I don't work 15-16 hour days at the college, I am pretty much working those hours anyway because when I get home I go into my studio and plug another eight hours."

He has worked on all of St. John's artist Chris Kirby's recordings

**"Of course it's always a bit of a dream, but for me I think it goes back to loving the work again. I feel that if you concentrate on doing the best job that you can do, everything else will work itself out in time." - Scott Hammond**



areas. It's all part of the ride. Interesting enough K-Rock was compiling a list of the 50 greatest albums and one of ours was 45 on that list. While the band has dissolved and we only had five albums, it's cool that we made it on that list."

But it was a chance meeting in 2007 with previous Recording Arts instructor that brought Scott to work at CNA.

"It's funny actually, and it was interesting how it all worked out. I remember we were in the middle of a Great Big Sea studio session and I had to run out for batteries or something and I literally bumped into Ron Ronin. We chatted and he asked if I ever thought about teaching. I said absolutely not," he recalls with a chuckle.


While Scott admits he was really happy doing the production thing, over the next few days, the idea kept popping into his mind.

"The more I thought about it, the better is sounded," Scott recalls.

over the past two years and mixed his entire *Wonderizer* album, which won two Music NL awards (Male Artist, Songwriter of the Year), and was named in Roots Music Roundup's Top 100 Roots Albums in 2012, sharing the list with big names such as Willie Nelson, Bonnie Raitt and the Luminaries.

Scott's most recent work also includes the first single of RocketRocketShip called *Here's To Us*, and Fortunate Ones' song *Carry On* which received 15,000 hits on YouTube within one month. Scott can even be seen making a cameo in their music video.

"I'm still very, very much active in the industry. I get as much, if not more work as when I was in St. John's. I get bands from Toronto, British Columbia, Nova Scotia, New Brunswick, ECMA winners, etc. I'm still very much steeped in the industry."

And that is where he expects to say, as long as they'll have him. 





# EDGE

# On the creative

By Glenda McCarthy

Despite being pushed to attend university by her parents, 26-year-old St. John's native Becki Peckham knew it wasn't the right fit for her creative spirit.

"When I graduated high school I ended up at university for a semester doing general studies. I hated it; it was not for me. I was into art and photography."

Several of her friends had completed the Graphic Design program at CNA, so she attended their year-end showcase. Becki figured with her interest in all things artistic the program might be a good fit, and after a tour of the facilities, she was sold.

"After my semester in university I realized I wanted to be doing something I enjoyed, something that involved being creative. I don't learn well in a large classroom where studying is required to learn or pass a course. Design was hands-on in a small class, which is how I learn best. The reading was less painful because I was actually interested in the material."

Becki says she enrolled at CNA because it was the best design program in the province, and she had no interest in moving away.

"I thought the program was amazing. It helped build the technical skills I needed to be a designer. The instructors were super helpful. The casual feel of the program was great - going to school was like hanging out with friends and working on really cool projects all day."

She says the facilities exceeded her expectations, with access to a full print shop with machines for making books, brochures and business cards.

"It was a great learning environment. They had a dedicated photo

studio for us with cameras and lighting equipment we could sign out. There were also multiple computer labs with top of the line Mac computers and software, and being able to learn hands-on in the studios helped prepare us for industry."

While she didn't know it at the time, the photography studio would have a major impact on Becki - and as her love of photography grew, it would greatly influence her future endeavours.

Skills Canada is an organization which encourages and supports the promotion of skilled trades and technologies to youth and Becki discovered the organization during her first year in the program. She competed in the Skills Canada competitions in 2007 and 2008 in the graphic design divisions. Taking gold at the provincials both years allowed her to move on to the national competitions where she was awarded bronze in 2007 and silver in 2008.

Her involvement with the organization created an opportunity for travel and invaluable networking across the country. In 2009 she traveled to World Skills International in Calgary where she worked as the workshop supervisor assistant for the graphic design competition. In 2010 and 2011 she once again traveled with Skills Canada, but this time participated in the youth leadership program.

"Skills Canada has truly changed my life and how I work," Becki says. "It has also opened so many doors for me in terms of networking and travel. In April 2014 I am traveling for the second time to New Orleans with volunteer group called Together By Design. This is a group of students and mentors which consist of plumbers, electricians, carpenters and engineers who work on post-disaster

reconstruction projects. I would have never had this opportunity if it wasn't for my Skills Canada family," noting that she currently sits on the board of directors for Skills Canada Newfoundland and Labrador as the youth representative.

Becki had a job one month before graduating from the graphic design program in June 2008 with m5 Marketing Communications in St. John's. The powerhouse firm is the region's biggest and most successful advertising agency. It boasts a team of industry leaders across every marketing discipline and the atmosphere was a perfect fit for her artistic abilities.

"I learned so much from working at m5 - time management and working efficiently under pressure, prepping files for print quickly and properly, tricks and techniques in Photoshop. I learned a lot about how the agency works and how projects are managed," she recalls, explaining that she stayed with the company for two years before striking out on her own.

"I wanted to have more of a focus on photography, or at least be able to switch back and forth from doing design and photography.

"At the time I left m5, I had intentions of starting a clothing line. We had a screen printing studio we brought up from Virginia and had a studio downtown. After about two years, some of my personal interests changed and the clothing line and screen printing studio didn't really fit in with what I wanted and I didn't enjoy it. So I sold it so I could focus on the things I really wanted to work in, photos and design."

That's when she started Bold Creative with partner Chris Nicholas, a photography and design studio which provides a one-stop shop for branding work, web and print design, small video projects, photography and wide format photographic printing. The company has developed its own clientele but there is also collaboration with larger marketing agencies on a freelance basis, including m5 and with the home design website Houzz.

Bold Creative is an avenue that allows Becki's creativity to run freely.

"I like waking up in the morning and making things look pretty. It's fun to work on different projects and meet and work with different people. I like making my own schedule and picking the projects that fit with my style. It's fun."

While she believes the program at CNA prepared her well for her career, she says you have to put the time in and be dedicated to get the most out of it.

"I worked really hard to learn as much as I could. I asked a lot of questions, trained for Skills Canada and worked on extra little things on the side. I would most definitely recommend the program, but it's not an easy program. You do have to work very hard to become proficient in the software used in the industry and to create good looking projects. Going to school for me was like going to hang out with friends and work on really cool art projects. Even though the workload was large, it was enjoyable and I didn't mind getting up early to go to school."

She certainly doesn't mind waking up early now to face her workday as she continues to build a company doing something she's passionate about. Regardless of her interests, with her bold style it is easy to see why Becki Peckham will be one artist worth watching!

[bold-creative.com](http://bold-creative.com)

photos by Bold Creative



# Inspiring creativity rewarded for excellence

By Glenda McCarthy

Getting the best from students and inspiring the exploration of passions, allows students of the Textiles: Craft and Apparel Design program to create work that expresses their unique and individual perspective.

The longstanding program is committed to craft development while working hard to make the program relevant and inspiring to students and the professional industry.

In January, the program was recognized with the Atlantic Canada Craft Awards for Excellence in the Industry Leader/Supporter category – a designation presented by the Craft Alliance Atlantic Association.

The program is housed in the Anna Templeton Centre of Craft, Art and Design, a historic building in downtown St. John's that contains dedicated studio spaces and offers recreational programming to students of all ages, as well as professional development opportunities for practicing craftspeople and artists.

Anne Manuel, executive director of the Craft Council of Newfoundland and Labrador, which nominated the program, credits the provinces wonderful volunteers who help strengthen the industry. She says this is especially true for the college's annual Craft Retreat, a weekend-long intensive retreat which introduces textiles students to the prolific arts and craft world surrounding them.

"There are volunteers – a large group of community individuals, including alumni, practising craftspeople and community spirits – who come together to ensure that the annual Craft Retreat is a reality," says Manuel. "Such strong community support is indicative of the value that the community places on the program and their efforts to be a part of the creative culture in the province."

All of these factors contributed to the award win from the Craft Alliance Atlantic Association. Ann Marie Vaughan, CNA's President and CEO, says being recognized during these awards is a wonderful accomplishment for the program and its instructors.


"I'm very proud of CNA's role in the crafts sector," says President Vaughan. "Our close relationship with the Craft Council of Newfoundland and Labrador has helped to create a thriving industry in this province. Our students explore their passions under the support of dedicated instructors which gives our graduates an advantage in the professional craft community."

Faculty work as a team, each taking on responsibilities as needed to co-ordinate activities and research trends and opportunities for themselves and students.

"In order to accomplish all the yearly projects, the faculty of the textiles program must share a vision – a vision of progress, a vision of program enhancement for the good of the craft industry, a vision of what their students can be," says Manuel.

"Instilling such a work ethic is the job of Textiles: Craft and Apparel Design. The life of a working craftsman is demanding – it requires technical, design and marketing skills, knowledge of one's own distinctive style, a passion, and a work ethic. The program gives all that to its students, drills it into them every day and makes sure that they pack it in their school bags every night. The textiles program is at the foundation of the strength of craft in Newfoundland and Labrador and is an exceptional leader in our provincial industry."

Lead instructor, Katie Parnham attended the awards ceremony in Halifax to accept the award and says it was a humbling and honouring experience.

"To be recognized by the craft industry as an industry leader re-affirms our efforts to ensure that the textiles program has all the elements in the curriculum to create successful, industry-ready graduates are in place," says Parnham. "It is wonderful to have the value of the experiential learning opportunities acknowledged by the Craft Alliance Atlantic Association." 

# Breathless No More

By Tanya Alexander

With thoughts of his daughter, Michael Arbow recently climbed to the peak of Africa's Kilimanjaro – the highest free-standing mountain in the world – to bring awareness to the importance of organ donation. While ascending the last few kilometres to the top, some 19,341 feet above sea level, he had the opportunity to experience life from his daughter's perspective.

"It was a struggle to breathe at the high altitudes – the air at the top is about 50 per cent of what you're breathing right now," says Michael, "and people with cystic fibrosis (CF) live like that every day. My daughter had to live like that every day. I only had to do it for one and I can testify as to how difficult that was."



CF is the most common fatal genetic disease affecting Canadian children and young adults today. There is no cure. Michael's daughter Elspeth was diagnosed with CF when she was 10-weeks-old and lived a life reliant on physiotherapy and medical treatments while growing up in Saint John, New Brunswick.

The lungs are the most commonly affected organ in patients with CF. They are prone to frequent lung infections can have a chronic cough, phlegm production, shortness of breath, chest tightness, sinus problems and occasionally cough up blood. Eventually, the body can build up a resistance to the antibiotics and wear and tear on the lungs creates scar tissue and hinders the flow of oxygen.

Elspeth was still an active child but by the time she was 12, her lungs were being overtaken by the progressive disease. She was placed on the Canadian lung transplant list and moved with her mom to Toronto to be closer to the transplant unit at Toronto General.

"It was pretty dire," Elspeth shares. "I was at 25 per cent lung capacity for a long time."

Her lung capacity then dropped to 20 per cent and she was admitted to ICU. Elspeth was in grave danger and needed new lungs to survive. Then miraculously they were there.

"Sadly for someone, a person died," says Michael, "but they donated everything – kidneys, liver, eyes – and his lungs were given to Elspeth. They say a donor can save up to eight lives."

The recovery was intense – she was on a breathing machine for two weeks to help her new lungs work and to allow time for her body to adjust – but within

two months, Elspeth was up and around, breathing better than she ever had in her life, at 85 per cent capacity.

"It added another four years to my life that I wouldn't have had otherwise," says Elspeth in the film *Dear Donor* created by students of the University of Toronto (U of T) Medical Society and the Interprofessional Healthcare Students' Association. The film stars real Torontonians, including many U of T students, whose lives have been touched by organ donation.

Now 17-years-old and living life to its fullest, Elspeth enrolled as an undergraduate in U of T's Cinema Studies program this past September. In December, she and a group of organizers at the university planned a donor registration campaign with a goal

of reaching 4,000 people. It became the largest institutional organ donor registration campaign in Ontario's history.

"Over the 12 days in January we had over 82,000 people come by our booths – undergrad, grad and PhD students and faculty as well," says Elspeth. "There are so many international students – people from all over the world. We were only registering Ontario residents but we engaged so many people, I'm sure it will make a difference for other provinces and countries." Explaining that organ donation is done on a provincial level, though receiving organs is on a national level.

The campaign surpassed its goal and registered nearly 5,000 people for organ donation. This is substantial when considering that five Canadians die each week because the organ donation that could save their lives is not available.

According to a national campaign The Donation Project (donationproject.ca),

---

**"It was a struggle to breathe at the high altitudes – the air at the top is about 50 per cent of what you're breathing right now, and people with cystic fibrosis (CF) live like that every day. My daughter had to live like that every day. I only had to do it for one and I can testify as to how difficult that was." - Michael Arbow**

---



Michael Arbow at the summit of Mount Kilimanjaro.



Elspeth at University.

95 per cent of Canadians claim to support organ and tissue donation, but only 35 per cent are committed donors. They say this is because Canadians are not aware that organ and tissue donation can save thousands of lives and do not know how to become donors. That's why these campaigns are vital. And this is why Michael scaled a mountain.

Michael is currently living in the Middle East State of Qatar, where he is working with College of the North Atlantic-Qatar (CNA-Q). So inspired by his daughter, he solicited Hamad Medical Corporation and Qatar's Organ Donation Centre, along with fellow colleagues, to help him create the campaign Breathless No More as a way to get the message out to a wider audience.

"Interestingly, I approached Greg Springall who teaches marketing at CNA-Q, who then invited me into his advertising class for a brain storming session with his students on a tag line. Breathless No More was the result," says Michael.

"So this is our own personal campaign, although I have posted pics/videos from other similar campaigns to raise organ donation


awareness. In particular, I have been highlighting my daughter's work at the University of Toronto. She's doing such great work!"

The campaign continues with CNA-Q and Hamad's community outreach to increase awareness of the Qatar Organ Donation Centre and encourage people to sign as donors.

And the story continues for Elspeth. As is the natural progression for transplanted lungs, they are slowly deteriorating. A steady decline began in June of 2013 and they are currently at a capacity of 30 per cent.

"But it's better now at 30 per cent with healthy lungs than it ever was before – technically the new lungs don't have Cystic Fibrosis," she says. "Even though I'm in a decline, I'm not sick. It's more because they're worn out. But I will need another transplant in the near future."

Elspeth is still active and hopes to complete a master's degree after finishing her four-year undergraduate program. It may take an organ donor to help her do that.

Please register. You may save the life of Michael's daughter, or your very own. 

For more information on organ donation and to register in your province, please see:

<https://beadonor.ca/uoft>

<http://donationproject.ca/contact/>

[http://www.canadianliving.com/health/prevention/organ\\_donation\\_what\\_you\\_need\\_to\\_know\\_2.php](http://www.canadianliving.com/health/prevention/organ_donation_what_you_need_to_know_2.php)

The Organ Procurement Exchange of NL: <http://www.easternhealth.ca/Give.aspx?d=1&id=323&p=53>



# Getting their hands dirty

By Glenda McCarthy

If you had walked into the Prince Philip Drive gymnasium on February 21, you may have thought a disaster had struck. However, the mock disasters spread throughout the facility were all part of a faux training scenario for students enrolled in the School of Health Sciences programs at PPD.

Being able to work as part of a team is a key skill for anyone involved in the health care sector as a variety of health care providers could be required to work together on the treatment of a common patient, and a key element of a conducive work environment is interpersonal skills. That's why CNA has concentrated on improving interpersonal education (IPE) for students and has already held two interprofessional skills competitions.

Broken into two rounds, the recent competition had eight teams of four compete. Each team had one participant from the Primary Care Paramedicine, Respiratory Therapy, Medical Laboratory Technologist and Diagnostic Ultrasound programs. Participants were judged by instructors, industry partners and graduates, and were scored on knowledge and skills displayed at skill stations and hands-on scenarios.

"We are preparing the students for what it might be like if you were in a real situation," says Diane Bishop, quality assurance coordinator for the School of Health Sciences. "It's about looking at the full picture and not just what one person does."

The idea came from CNA-Qatar campus, which holds a similar competition each year. Diane spent five years in Doha and recognized

---

**"It is a big effort with lots of people needed. The volunteers, staff and all of the students stuck around until the end of the competition. We had about 100 people there all together at any given time and those who came to the event were amazed. The feedback was very positive and we're looking forward to holding the competition again next year." - Diane Bishop**

---



the need for a similar competition at CNA. Using the model from Doha as a starting point, faculty and staff in Newfoundland and Labrador felt it was important to try the pilot project here in May 2013.

"In my position, I'm fortunate that I work with all the program areas. If you are in the Paramedicine program you may have almost no connection with someone who works in Medical Laboratory," she says.

There were two goals for the project, to promote excellence within the School of Health Sciences, and to provide students with an opportunity to work together in an inter-disciplinary setting.

"To bring people together from different areas, even at the planning table, I could see how people were very interested in interacting and learning from each other. This not only affected the students but it also brought faculty and staff to a different view of what other health professions did. That was not something we had set out to do, so it was an unexpected positive from this."

Diane says when the students enroll in their program of choice they don't tend to interact with the other disciplines once the school year begins. This competition goes a long way to provide an opportunity for students to meet and work together in a relaxed learning environment.

"The students who were involved took it very seriously and they were very focused. It was as if they were in a real trauma situation," she says.

All students from each of the programs took part in some capacity. If they weren't on the teams, they helped through setup, registration, and stayed the entire day to watch, learn and interact.

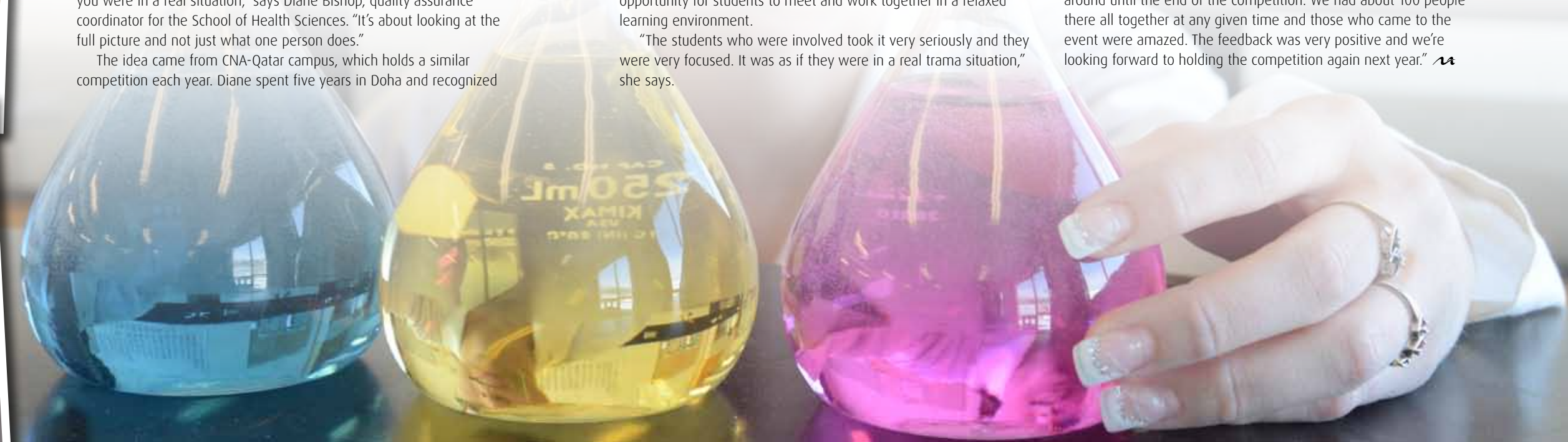
"We had more volunteers than we did participants. We had actors, people setting up and taking down, registration and monitors. When a station was used, for the second group to come in it had to be put back exactly the same way for the other group. It was all very competitive and we tried to keep it so everyone had an equal playing field."

There was a 15-minute time limit for each skill station and a 40-minute time limit for the skill scenario.

"When they were in the 'ER' we had an actor who was a nurse saying do this or that and they had to stay focused while all this activity was going on. They found it was a real, high-stress situation. The students preferred the hands-on stuff and getting in there to get their hands dirty to apply what they've learned in a real situation."

There were 32 competitors and 50 volunteers filling roles of judges, actors and monitors to make this event happen.

"It went over very well," Diane says. "It is a big effort with lots of people needed. The volunteers, staff and all of the students stuck around until the end of the competition. We had about 100 people there all together at any given time and those who came to the event were amazed. The feedback was very positive and we're looking forward to holding the competition again next year." *u*





# Rock solid education

By Glenda McCarthy

As Team Strong was getting ready to fly from St. John's to Montreal, Quebec for the Scotties Tournament of Hearts, Canada's premier curling event for women, second Jessica Cunningham could have been forgiven for thinking less about curling and more about the mechanical operation of the aircraft she was boarding.

A graduate of the Aircraft Maintenance Engineering Technology (AMET) program, Jessica and her Newfoundland and Labrador teammates were vying for a playoff spot at the national curling event. Unfortunately, after an impressive start to the tournament, the team finished with a 4 win, 7 loss record, losing 9-4 to Rachel Homan and Team Canada in the final draw.

The 22-year-old St. John's native comes from a family of national curlers and has been involved in the sport since the age of four. Her sister Jennifer competed in the Scotties in 2012, while her well-known mother, Cathy, is a 14-time Scotties participant who took home a bronze medal in 1997 and silver in 2003. This year marked the first time Jessica competed in the tournament, but she wasn't alone, as she was being cheered on from the sidelines by her father and team coach, Geoff Cunningham.

When she's not gliding down the ice, you can find Jessica working to keep aircraft soaring in the skies. But it was only by chance she discovered an interest in aircraft maintenance. She completed a co-operative education program with Cougar Helicopters while in her final year of high school and fell in love with the career.

"The co-op placement at Cougar was a pivotal point in my life," Jessica says. "I finally decided what I wanted to do."

She did some research on aircraft maintenance programs offered in Atlantic Canada, but quickly decided on CNA.

"I had heard CNA was the best school to go to. It was convenient that it was so close, and they had really good (tuition) rates for students. Even if you were trying to provide for yourself while in school, the scheduling was ideal."

This was especially true for Jessica, who travelled back and forth to St. John's on the weekends to participate in curling competitions.

But she admits she was "scared to death" when she first started in the program. At the encouragement of her instructors, she stuck with it and hasn't looked back since.

"As I learned more and more, I started to love it more and more. The teachers there really make the program. Learning from their experiences really makes you want to have your own in the industry as well. There were some teachers who had such fun experiences and I thought it was the perfect program for me."


She says she would recommend the program to anyone with an interest in hands-on learning in a student-centred environment.

"The classes only allow a certain number of people so you get the perfect amount of one-on-one with the instructors. Everyone in the school knew you by name - that's why I liked going to the college. Even if you weren't in their class, they knew your name and talked to you in the halls. In university you don't often get that one-on-one opportunity," Jessica says.

"Being a woman in the program I would recommend it to female or male. I didn't feel singled out at all. I was just another one of the guys and it was great. There were some points when I did need extra attention because some people are not as mechanically inclined. To get to the next level is a little bit harder, which it was for me, but I found I got the extra attention to get to the next level the same as everyone else."

Shortly after graduating she found employment with Provincial Airlines in St. John's, where she continues to learn new skills every day.

"My favourite part has got to be meeting a lot of new people. Being around people who are engineers, they obviously know more than an apprentice does and they have no problem sitting down during the day to talk to you about what's going on and how everything works."

And being located in St. John's has afforded her the opportunity to continue curling. When not at work, she can be found on the ice three to four hours a day, reaching for her goal of a national title. 

## Beach Lobster Boil

### Ingredients

1 bottle of your favourite white wine	6 cloves garlic, split in half
4 cups sea water	6 bay leaves
12 live, 1 lb lobsters	3 lbs chorizo or other spicy sausage, cut into 2-inch long pieces
2 lbs large white onions, quartered	6 to 8 lbs mussels
24 small red potatoes	4 lbs shell on shrimp
12 ears sweet corn, cut in half	

### Directions

Fill a large stockpot with the wine and sea water and place in the fire and bring to a boil. When the water has come to a rolling boil, plunge the lobsters on their backs into the pot. Add the onions, potatoes, corn, garlic, bay leaves and sausage. Clamp the lid back on tightly and return the water to a boil over high heat.

Once the wine/water returns to a boil, add the mussels and shrimp and cook for 12 to 15 minutes. The mussels should be open, the lobster shells bright red and the tail meat firm and opaque when checked.

Cover your picnic table or eating surface with lots of old newspaper. Strain off the liquid and pour the seafood onto the newspaper covered table. Serve with melted butter, lemon wedges, butter, bread and salads.



## Open Pit Cooking

Life is very busy for Chef Chris Sheppard. Between training students at Bonavista campus, running his bed and breakfast, and volunteering his time to numerous worthy causes, there aren't many hours left in his day.

"I choose to be busy," Chris says. "I enjoy being busy and keeping full of things to do all the time."

And he certainly keeps a full schedule. Earlier this year, Chris co-ordinated the three-day annual Eat the Hill event, as well as the opening and closing receptions for the 2014 Newfoundland and Labrador Winter Games in Clarenville. Each event involved preparing dishes for hundreds of people.

Chris is no stranger to cooking outside over an open pit, as can be seen through his work with the Bonavista Institute for Cultural Tourism and the Roots, Rants and Roars Festival. Here are a few tips from the chef when making his muscles over an open pit.

"Lobster boils on the beach are not only delicious, but they are lots of fun for all involved. The most important rule to remember is all who plan to eat must share in the preparation. Turn your lobster boil from a meal into an all-day event, bring along snacks and plenty of beverages. You will also need lots of butter, bread or rolls, salt, pepper, potato, beet and mustard salads," he says.

"One great advantage of a rocky Newfoundland beach is no sand in your food. Find an area where the rocks are less than one foot in average size and remove them from the centre as you build up the sides."

Chris says you may even find an area where nature has started the pit.

"If you clear two feet down and build one foot up, you will still have a pit that is three feet deep. In your pit stack the kindling in a tipi-like structure with crumpled newspaper underneath. Light the fire; once the kindling is burning well, begin to stoke the fire by adding more kindling, then small logs or driftwood. After they have caught fire, start adding the bigger logs or driftwood."





## In Case You Missed It...

### **CNA ranks third in country for college applied research**

October 29 - College of the North Atlantic ranks third in Canada among public colleges for applied research income, according to *Canada's Top 50 Research Colleges*, an inaugural report issued by Research Infosource Inc. The ranking is based on a college's ability to attract funding investments for applied research and development. In the 2012 fiscal year, CNA attained \$6,026,000 in research income with 25 faculty members involved in applied research projects. Active projects that involve multiple funding and participating partners include disciplines such as: mining, manufacturing technology, agrifoods, petroleum, and wave powered pumping for aquaculture.

### **Dual-campus delivery for machinist producing immediate results**

November 1 - In recognition of significant industry demand for machinists, this year, CNA decided to try a new dual-campus delivery model for its Machinist program between the Placentia campus and the Prince Philip Drive (PPD) campus

in St. John's. Enrollment in the Machinist program weakened in recent years, often not exceeding five or six students. Through this new delivery approach, enrollment is full for the first time since the 2007-2008 academic year.

### **CNA introduces drone technology to the classroom**

November 13 - CNA is taking its Journalism program where no college or university in Canada has gone before - to the skies. As part of its photojournalism course, CNA will offer instruction in drone journalism. The emerging field uses remote controlled quadcopters, called drones, to capture images and data. It is believed CNA is the first institution in the country to incorporate the use of drones into its Journalism curriculum. Journalism instructor Jeff Ducharme says being at the forefront of such technology is important and it shows how forward-thinking CNA is.

### **Blended learning program delivery garners more international acclaim**

November 21 - Instructor Greg Ryan's work in blended learning delivery has earned

both him and the college more accolades, this time from the leading professional online learning society The Sloan Consortium (Sloan-C). This year's Sloan-C Effective Practice Award was presented to the college's advanced heavy duty equipment technician (HDET) program for a dual-site delivery model developed and implemented between the Bay St. George and Labrador West campuses. In the new model, HDET apprentices from Labrador West remained in their community to complete all classroom studies and a portion of their practical training under the direct supervision of a HDET program instructor, who was located at the Bay St. George campus in Stephenville Crossing, some 1,600 kilometres away.

### **CNA expands NDT program through support of Bombardier Aerospace**

November 26 - CNA is now at the forefront of non-destructive testing thanks to an investment from aerospace leader Bombardier Aerospace. The \$250,000 investment helps further develop the non-destructive testing technician (NDT) facility at the college's Port aux Basques

campus. The investment is dedicated to NDT training, testing, and research and development in the aerospace field, building upon the campuses existing strength in this discipline and will also continue to build NDT resources within the community. The investment was facilitated by the Government of Newfoundland and Labrador's Department of Innovation, Business and Rural Development.

### **The world at his fingertips**

January 1 - When it came time to switch careers Jon Reid knew two things; he wanted to stay in his hometown and he wanted a career with the opportunity for advancement. Enter the Software Development program at Corner Brook campus. Now, having worked all over North America, Jon has a full passport and has developed a clientele list that reaches as far away as California, Maryland and the Middle East, while still residing in Corner Brook.

### **Future bright for sheet metal workers**

February 11 - With high paying wages and a number of unfilled positions, there's no

better time to be a sheet metal worker in Newfoundland and Labrador. To combat the need for trained workers, CNA added another offering of the Sheet Metal Worker program at its Seal Cove campus. Gerard Murphy, the business manager of Sheet Metal Workers International, Local 512, says the union is in need of more workers to fill positions for mega projects in the province.

### **Behind the scenes of Cold Water Cowboys**

March 4 - Cold Water Cowboys became an instant hit with its debut episode attracting over 500,000 viewers to the Discovery Channel original show. CNA Film & Video Production graduates Kyle Taylor and Jody Greene were along for the ride, navigating the ins and outs of filming a national series, it was an eye-opening experience.

### **CNA contributions help Winter Games succeed**

March 6 - As a platinum level sponsor, College of the North Atlantic (CNA) was a valued contributor to the 2014 Newfoundland and Labrador Winter Games in Clarenville (March 1-9), providing access

to a wide range of skills and services. Preparation for the event drew on the talent and skill set of faculty, staff and students from across the province.

### **Funding provides CNA students access to assistive technologies**

March 27 - Suncor Energy donated more than \$250,000 to support CNA with the infrastructure necessary to install nine assistive technology labs at seven campuses throughout the province. The technology will help remove barriers for learning opportunities and enhance learners' overall college experience. Assistive technology labs (also known as Whisper Rooms) provide a quiet space and the controlled environment necessary for learners who have difficulty filtering distractions and disruptions. The centralized area contains all software and hardware necessary to accommodate learners with diverse needs and provides an area to deliver group-based programs and services and broader access to CNA staff support.

**More CNA news is available at [www.cna.nl.ca/news](http://www.cna.nl.ca/news)**

Follow us on  
**twitter**  
@CNA\_News



Like us on  
 **facebook**

Connect  
& share  
with us!

[www.cna.nl.ca/facebook](http://www.cna.nl.ca/facebook)

# CURRENTS



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

Marketing and Communications  
College of the North Atlantic  
432 Massachusetts Drive  
P.O. Box 5400, Stephenville, NL A2N 2Z6, Canada

709 643 6408  
[currents@cna.nl.ca](mailto:currents@cna.nl.ca)  
[www.cna.nl.ca/news](http://www.cna.nl.ca/news)