

LASTING

The magazine for Loyalist College Alumni & Friends

# CONNECTIONS

Winter 2016/17



Farzana Wahidy

2016 Premier's Award Winner

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## MANAGING EDITOR

Kerry Lorimer

## EDITOR

Ashliegh Gehl

## CONTRIBUTORS

Content provided by Ashliegh Gehl, Ben Quaiff and Emily Kulms, with files from Fran Nobes, Lyndsay Kerik and Francine Short.

## DESIGN

Xerox® Design Services

## ON THE COVER

Farzana Wahidy, 2009 Photojournalism graduate  
Photo courtesy of: Mo Scarpelli

## ALUMNI ASSOCIATION PRESIDENT

George E. Reddom

## PUBLISHER

Dianne Spencer, Executive Director,  
College Advancement & External Relations

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## LOYALIST CARES ABOUT THE ENVIRONMENT

That's why this publication is printed on paper certified by the Forest Stewardship Council — an independent organization established to promote the responsible management of the world's forests.

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Hon. Deborah Matthews, Minister of Advanced Education and Skills Development (left) and Ann Marie Vaughan, Loyalist College President & CEO (right) congratulate Farzana Wahidy (centre), the 2016 Premier's Award recipient for Creative Arts and Design at the Higher Education Summit in Toronto on November 21, 2016.

# PRESIDENT'S MESSAGE

Since beginning my position as President & CEO at the College on November 7, I have had the privilege of meeting Loyalist alumni everywhere I go. What impresses me most is the pride with which graduates talk about their student experiences and how the College's caring culture facilitated their personal and professional growth. Loyalist's learner-centred approach and deeply-felt commitment to help students reach their full potential were major considerations in drawing me to the College.

The focus on student success is a big part of who I am – my values, education and work experiences. Having served from 2011-2016 as President & CEO for the College of the North Atlantic in Newfoundland and Labrador, with 9,000 full and part-time students across 17 campuses and 17,000 continuing education students, I understand firsthand the important role that colleges play in enhancing the social and economic development of the communities they serve.

Here in the beautiful Bay of Quinte region, there is a remarkable level of community pride in Loyalist and its quality programming. As the College and the Ontario college system enter their momentous 50<sup>th</sup> anniversary academic year in 2016-17, I am thrilled to join Loyalist as we celebrate 'The Start of Something Amazing.'

I invite you to visit [loyalistconnections.com](http://loyalistconnections.com) to share your stories and experiences about how Loyalist has shaped your life and to reconnect with friends and faculty. Building on the College's last 50 years, where you started your own amazing journey, the next 50 years promise to be even more transformative. Looking ahead, I am excited about where we will go, and the opportunities for Loyalist to lead applied learning and research, innovation and entrepreneurship. I look forward to meeting many of you in person or virtually, and encourage you to contact me at any time with your thoughts and ideas about the College's future, in 2017 and beyond.

Warmest regards,

*Ann Marie Vaughan*

Ann Marie Vaughan Ed.D  
President & CEO, Loyalist College  
[avaughan@loyalistic.on.ca](mailto:avaughan@loyalistic.on.ca)  
Twitter: @amvaughan

# The Loyalist Connection



As we approach Loyalist College's 50<sup>th</sup> anniversary in 2017, it's both a time of reflection and a time to look forward. Loyalist is more than 40,000 alumni strong and the training we received while earning our credentials has influenced our working lives. We have extraordinary career experiences and success stories to tell. In College, we made long-lasting friendships and created some of our fondest memories. This, in itself, is the Loyalist connection.

Please join me in celebrating the College's past, present and future by visiting [loyalistconnections.com](http://loyalistconnections.com). On our 50<sup>th</sup> anniversary website you can scroll through the digital yearbook, share your stories and reconnect with former peers and professors.

Stay up-to-date on upcoming 50<sup>th</sup> anniversary activities the College will be facilitating to show its appreciation to you – our astonishing graduates – of whom we are extremely proud.

George E. Reddom,  
President, Loyalist College Alumni Association

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**CANDACE KOUROUNIS**  
2016 SPORTS AND ENTERTAINMENT SALES AND MARKETING GRAD

# The Alumni Gardens and Memorial Grove



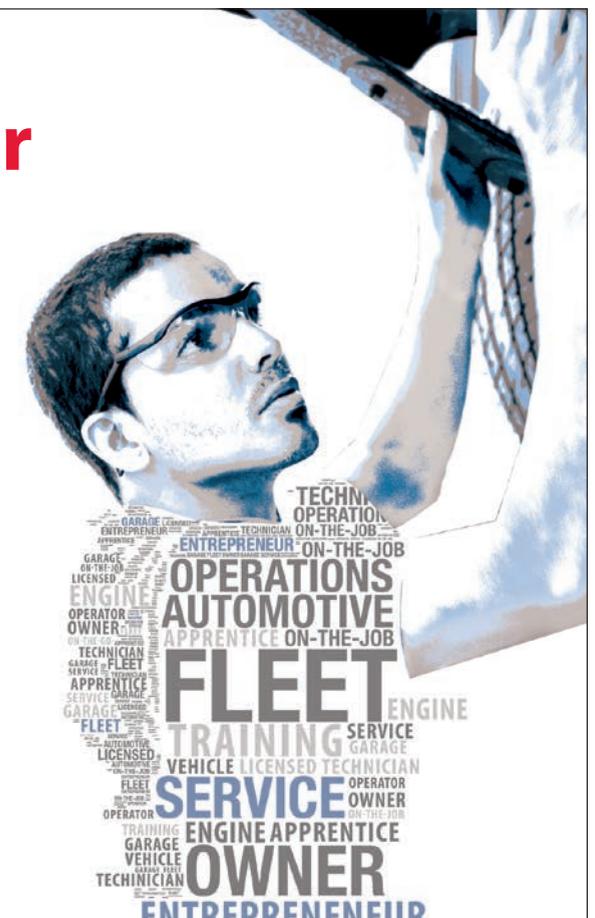
As the College prepares for its 50<sup>th</sup> anniversary, members of the Loyalist College Alumni Association are invited to add their name to the Memorial Grove stone pathway and show generations to come what Loyalist means to them.

An engraved granite stone is available for purchase through the Loyalist College Alumni Association. Please contact Alumni Services at [alumni@loyalistc.on.ca](mailto:alumni@loyalistc.on.ca) for further information or visit [loyalistcollege.com/dedicationstones](http://loyalistcollege.com/dedicationstones) to complete the online order form.

## 20<sup>th</sup> Annual Career Fair

Wednesday, February 1, 2017  
Loyalist College  
10 am to 1 pm

More than 75 employers will be on campus recruiting for part-time, full-time and summer employment opportunities.



# Out West Radio



Evan Cooke, 2012 Journalism – Online, Print and Broadcast graduate

On the eastern shores of Okanagan Lake in Kelowna, British Columbia, a city surrounded by charming vineyards and endless orchards of cherries, lives Evan Cooke, a 2012 graduate of Loyalist's Journalism – Online, Print and Broadcast program.

Evan made the journey to Kelowna from Fort McMurray in February 2016 – three months before wildfires engulfed the city.

Evan's radio career began in Alberta's north. In 2013, he worked at Rock 97.9 and Country 93.3, two of Fort McMurray's four radio stations, and later became the news director at Mix 103.7 FM. His move to Kelowna was prompted by a new job – he was hired as a news reporter at AM 1150.

"I've made the jump from being the news section of a music station to being a news person at a news talk station," he said. "That's a big leap. I'm also part of a larger news team."

When news of the wildfire spread, Evan assisted with the station's local morning show, booking guests who were in Fort McMurray to talk about their experiences. Having lived there, fully immersed in the community, Evan knew how dire the situation could become. With only one highway running north and south of the city, the volatility of the fire, and no detours to take, it made evacuation extremely difficult.

"When everyone was getting evacuated, it was impossible for me to keep working," he said. "I was trying to do my job properly, but I kept following what was happening. It was scary watching it in real time and

very difficult to comprehend. I kept thinking, this whole city may burn down today or tomorrow. Trying to wrap your head around that – it's tough to picture."

Working in a newsroom gave Evan an eagle eye. He was able to follow the situation minute by minute as he watched how quickly the evacuations were being called.

"Part of the reason I was so distracted was because I was on the phone with a lot of people that day," he said. "I knew folks in the northern part of the city, which was one of the last areas to be evacuated. I was checking in with them, letting them know they had to be ready to go; making sure they were prepared; convincing them to leave before they necessarily had to."

In the early days of Evan's career, he learned there's more to Fort McMurray than oil. Beneath the boom and bust, there's a community that's active, engaged and culturally diverse, and at its core – a philanthropic spirit.

"This community is one of the best in the country at giving back, at being charitable," he said. "The generosity is remarkable. It was great seeing people across the country give back to the community when they needed it most."

What will the world be like seven generations from now? Will the water be clean and the forests plentiful?

In Indigenous communities across North America, the Seventh Generation Principle is threaded through decision making processes. It acts as a guide to ensure energy, water and natural resources are sustainable for years to come.

This principle was at the forefront of Liz Brant's mind when she walked into Loyalist's Aboriginal Resource Centre (ARC) to discuss her educational options with Paul Latchford, the Centre's Coordinator.

"I've always had an interest in the environment," said Liz. "Especially when my son came into my life. It was a moment where I thought about the future and wanted to make sure my children have a safe place to live."

In 2001, Liz was hired by the Mohawks of the Bay of Quinte to collect water samples throughout Tyendinaga Mohawk Territory. Wanting to increase her career options by obtaining a Class 3 certification in Water Treatment, Liz realized she needed to complete relevant post-secondary studies.

"With Paul's help I was able to enrol in the Environmental Technician program part-time," she said. "It's not a program that's generally offered part-time, but the College was able to accommodate my specific request."

Last October, Liz received the 2016 Environmental Scholarship for Indigenous Students courtesy of the Ontario Clean Water Agency (OCWA). This \$2,500 tuition scholarship is given to one student each year and is accompanied with an OCWA co-op placement.

Since she was a child, Liz has been told that the relationship between women and water is sacred. It's a prominent adage in Indigenous teachings.

"If you want it there for the future, you have to preserve it," she said. "You have to take care of it. In Mohawk culture, we say women are the ones who take care of water. It just feels right. It's something I believe."

When the Tyendinaga Water Plant opened in October 2016, Liz became its Water/Waste Water Technician. This sparkling facility is equipped with cutting-edge equipment, such as an Aquarius unit, membrane filtration technology and a Dissolved Air Flotation (DAF) unit.

"DAF is designed to remove finer particles, such as blue-green algae," she said. "Many communities deal with this and they don't necessarily have the facilities in place to handle this issue. We're thankful to have it."

The Plant currently services 70 homes and facilities such as Tyendinaga Public School, the Tyendinaga Mohawk Territory Police Department and the Mohawks of the Bay of Quinte Community Wellbeing Centre. This large-scale project is currently in phase one and once complete will service more than 900 homes.

"Our community is vast," said Liz. "We have over 80 kilometres of road. Implementing a water distribution system is expensive and it takes time to get going. When it's finished, all of the hard work put into it will be worth it."

# Water Woman



Liz Brant, 2016 Environmental Technician student

# Crickets: The New Protein

In the Supercritical CO<sub>2</sub> Extraction Applied Research Laboratory at Loyalist, Andrew Goulah stands in front of two incubators, each fixed at different temperatures. From the incubator set at 47 degrees Celsius, he pulls out a sealed package and opens it. At first glance, it looks like ground almonds, hot chocolate or Bisto gravy.

"Some people say it smells like cocoa," said Andrew, as he brings the pouch to his nose. "But I don't smell that at all."

It's hard to describe what crickets, milled into a powder, smell like. As he continues to inhale, he assesses the potential rancidity of the product. The longer it sits, the more powerful the scent becomes. It's an exercise in testing its shelf-life.

Andrew is the College's CO<sub>2</sub> Lab Technologist and has been working under the lead of Loyalist Biosciences Professor Dr. Kari Kramp on a project with Entomo Farms.

Jarrod Goldin, Co-Founder and President of Entomo Farms states that, "We are the largest insect farm in North America that raises insects for human consumption."

Based in Norwood, Ontario, Entomo Farms provides protein alternatives in the form of the organic and world-class insect proteins with great tasting products and recipes. To date, they have six products for sale, including whole roasted crickets, organic gluten-free crickets and mealworm powders.

Entomo Farms' mission is to illustrate the tremendous environmental, social and nutritional benefits of insect farming and the adoption of insect protein as an integral part of human, pet and livestock diets.

This 12-month project is funded by the Government of Ontario through Ontario Centres of Excellence (OCE) Voucher for Innovation and Productivity (VIP). As a part of the OCE Collaboration Voucher Program, VIP helps established companies, in partnership with academia, develop innovative products, processes and services with a focus on expanding export markets. The project is also funded by the Natural Sciences and Engineering Research Council of Canada (NSERC).

"Loyalist will provide us with the necessary results we need to bring our cricket powder line to market, by determining the shelf-life and 'best before' date for our cricket powder packaging," said Jarrod.

Cricket powder plays an important role in the way society thinks about protein. Preliminary analysis conducted by Entomo Farms revealed that the powder has twice the amount of protein than beef, more calcium than milk, includes all nine essential amino acids and has more iron than spinach. All of this is accomplished by using a fraction of the farming essentials, such as water and feed that typical beef, pork and chicken farming require. Entomo Farms is educating people on the relevance and socio-political impact of society's protein carbon footprint.

As the original project looks at establishing a 'best before' date, Loyalist is also conducting further analyses to explore optimal storage requirements; not just in supermarkets, but at home. Treated much like flour, the research is looking at how the powder reacts to everyday conditions in glass and plastic jars. By thinking like a customer, recommendations can be made regarding product preservation.

Someday soon, this alternative source of protein could become a household staple and eating hickory-flavoured crickets, the new norm.



Andrew Goulah, CO<sub>2</sub> Lab Technologist



# Paving the Way

Loyalist student Kasey Waterman is surprised to learn that when she completes her Automotive Service Technician Apprenticeship she will be the first woman in Ontario to be certified as a Mercedes-Benz automotive service technician.

Pursuing the apprenticeship, and the college courses it requires, was a challenge made easier when she was awarded The W. Garfield Weston Foundation Fellowship.

"My boss at Mercedes-Benz, who has been very encouraging, suggested I apply for scholarships. I was ecstatic to get the Fellowship; the financial support is very important. If you're living paycheque to paycheque and that income stops when you go to school, it's very difficult," she said.

The W. Garfield Weston Foundation Fellowship was introduced at Loyalist in 2013 to help participants complete their skilled trades education with significant tuition and bursary incentives. It began as a three-year pilot project with a \$240,000 commitment to provide financial support to 60 skilled trades students. Since then, the Foundation has provided additional funding, bringing the total support to over \$500,000 for more than 130 students at Loyalist.

But it's not only the financial support that has smoothed her path towards qualifying as a technician. Kasey also found a mentor in Jeremy Braithwaite, The W. Garfield Weston Foundation Fellowship Program Lead at Loyalist.

"It's been great to have Jeremy as a mentor, particularly in terms of interpersonal skills. It's helped to have a contact like him, sometimes for advice, just for a chat or to see a familiar face," she said.

Kasey hopes that in the future she will be a mentor herself, particularly for women who enter the skilled trades.

"Women face different challenges – physically it's hard work. You need someone to tell you, 'You will get stronger; it will get easier; it will get better,'" she said. "If someone gives you some emotional support, it provides that bit of extra motivation. I have benefited from that support, so I would like to help others, because it's tough."

Loyalist College Executive Director of College Advancement and External Relations Dianne Spencer says The W. Garfield Weston Foundation's commitment to encourage individuals to pursue careers in the skilled trades is transformational in its impact.

"In addition to financial support through mentorship, Fellows are being prepared to succeed and advance in careers in electrical, welding, manufacturing, automotive and building sciences," she adds. "In the future, they will be mentors to the next generation of students and apprentices in their fields."

## THE W. GARFIELD WESTON FOUNDATION

For more information about post-secondary and apprenticeship opportunities with The W. Garfield Weston Foundation Fellowship, please visit [loyalistcollege.com](http://loyalistcollege.com).

Kasey Waterman, Automotive Service Technician Apprentice

# Premier's Awards Nominees

The Premier's Awards recognize outstanding College graduates and their tremendous contributions to the success of the province. This year's Awards were held at the Sheraton Hotel in Toronto on November 21 as part of the Higher Education Summit.



## Community

**Michael Callaghan**, Inspector, Belleville Police Service  
Law and Security Administration, 1984

During the past 30 years, Inspector Michael Callaghan has shown unwavering dedication and commitment to quality policing. As an Ottawa Police Officer, he had the opportunity to work in many areas of policing, including Patrol, Accident Reconstruction, Forensic Identification, Fleet Services, Marine, Traffic, Collision Reconstruction, Motorcycle Escort, Criminal Investigations, Youth, Guns and Gangs Unit, Firearms, Emergency Planning, Major Event Planning, as well as the Duty Inspector Program. He was also a Civil Litigation Liaison Officer and is a nationally-certified Critical Incident Commander. He was sworn into the Belleville Police Service in January 2016.



## Business

**Danielle Hall**, Regional Vice-President,  
BMO Bank of Montreal

Law and Security Administration – Corporate and  
Commercial Security, 1991

Danielle Hall has been recognized in the banking industry for her leadership, which has helped her advance within the BMO, Bank of Montreal community. As Regional Vice-President – Personal Banking for the Quinte-Ottawa Valley Market, she oversees approximately 120 employees, and still finds time to be involved in community initiatives such as the United Way Day of Caring. Danielle was recognized as Branch Manager of the Year in 2009, and as an Accredited Facilitator in 2012. Danielle completed an E-MBA at Queen's University in 2015.



## Health

**April Plumton**, Diabetes Nurse Educator/Insulin  
Pump Program Coordinator – RPN, Belleville Nurse  
Practitioner-Led Clinic

Registered Nursing Assistant, 1990

For 26 years, April Plumton has been a passionate believer in the positive role RPNs play in the health care system. She has demonstrated proficiency in diabetes education and has a keen interest in educating public and health care providers about diabetes awareness and prevention. She was instrumental in implementing the "Insulin Pump Program" at the Belleville Nurse Practitioner-Led Clinic and helped the clinic achieve certification for the "Assistive Device Program." April is involved with community health as a member of various committees that support her interest in better health care for all through the expansion of RPN roles.



## Recent Graduate

**Marta Iwanek**, Photographer, Toronto  
Photojournalism, 2013

Marta Iwanek is a photojournalist who explores subjects that deal with how we care for one another in the communities we build. This has taken her to many places around the world and garnered her numerous awards. She has covered everything from the protests in Ukraine to more intimate settings, highlighting individuals caring for aging loved ones at home and families fighting to save their children at The Hospital for Sick Children. She has been recognized for her work through numerous nominations and awards including the Magenta Foundation, National Magazine Awards Foundation and the prestigious Tom Hanson Photojournalism Award.



## Technology

**Karen Mayfield**, President, eSolutionsGroup Ltd.  
Architectural Drafting Technician, 1985

Thirty percent of new businesses do not survive two years and more than 50 percent do not reach five years (Industry Canada, 2014). The first female President at eSolutionsGroup Ltd., a global engineering firm, Karen Mayfield is a business leader who bucked trends by leading her organization through 11 years of growth. She currently employs close to 60 people at four locations across Ontario with sales throughout Canada, the U.S. and Australia. Since founding the company, Karen has helped her clients achieve 91 provincial, national and international awards, while contributing her personal time to the industry and non-profit organizations.



# A Voice for Afghan Women

Farzana Wahidy, 2009 Photojournalism graduate

It was 1996 when the Taliban assumed power in Afghanistan. The militia emerged during the Afghan Civil War and once in government, revoked the rights of women.

Banned from health care, politics and employment, women were exposed to a harsh climate. Farzana Wahidy was just a girl then. She moved to Kabul in 1990 when she was six years old and felt the uprising of the regime as a teen.

Forbidden from education, she secretly attended a makeshift school in an apartment. Alongside more than 300 girls, she learned.

Farzana, a freelance photojournalist, is the recipient of the 2016 Premier's Award for Creative Arts and Design – an award recognizing outstanding college graduates who work to improve the social and economic well-being of those in their communities and around the world.

When the Taliban was defeated in 2001 and photography was no longer a crime, Farzana completed high school and enrolled in a two-year program at the AINA Photojournalism Institute in Kabul.

Started by Reza Deghati, a French-Iranian photojournalist who has trudged through conflicts and catastrophes for National Geographic Magazine, the Institute trained Afghan women and men for careers in photography. At 20 years old, Farzana became the first female Afghan photojournalist to work for international wire services such as the Associated Press and Agence France-Presse.

"Photography became a way for me to tell stories, to express myself to the rest of the world," she said.

In 2007, Farzana began her studies in Loyalist's Photojournalism program with support from individuals and Rotarians through the Rotary Club of Belleville and beyond. The following year she received a Merit Award from the All Roads Film Project and Photography Program sponsored by the National Geographic Society. And in 2009, she received a grant from Open Society Foundations–New York for a documentary on the intricate lives of Afghan women, a focus still central in her work.

"There was a time when I dreamed of the work I would do," said Farzana. "I wanted to express myself as an Afghan woman living in a male-dominated country, but also become a voice for Afghan women who need their stories to be told."

Farzana recently launched the Afghan Photographers Association and the Afghan Photo Agency. Both endeavours are registered with the Ministry of Information and Culture in Afghanistan. The Afghan Photographers Association advocates, trains and promotes photographers and photography within and outside of Afghanistan. The Afghan Photo Agency grants local media legal access to high-quality images. It is a platform for Afghan photographers to display their work and to keep Afghanistan in the picture of mainstream media.

"Loyalist, and the people who supported me, helped me to raise this voice and make it stronger," she said. "This may be normal in Canada, but in my country it is not. It is just a dream for the majority. I thank Loyalist for making my dreams come true and the Premier's Award selection committee for the honour."

Farzana is also featured in the highly acclaimed documentary "Frame by Frame." This film features four Afghan photojournalists who have dedicated their lives to help rebuild a free press in Afghanistan.

# One Team, One Tent

It was 1978 when Wayne Gretzky made his National Hockey League debut with the Edmonton Oilers. It's a jersey he wore for nearly a decade before being traded stateside to join the Los Angeles Kings.

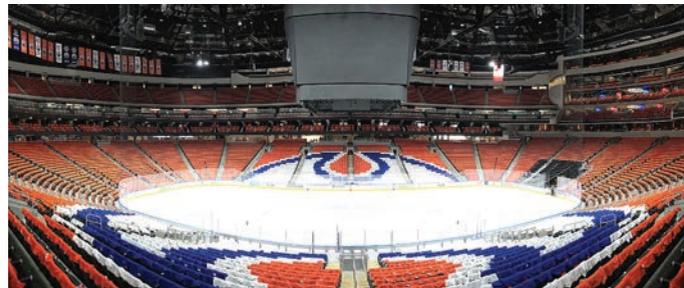
Last October, a shockwave of excitement rippled through the streets of Edmonton when it was announced that The Great One would return to his roots as a partner and vice-chairman of Oilers Entertainment Group (OEG).

Feeling the love Oilers fans have for No. 99 is Brent Griffith, a 2016 Loyalist Sports and Entertainment Sales and Marketing (SESM) graduate who joined OEG last August as an Account Specialist of Premium Services.

"Edmonton is a hockey town through and through," said Brent. "It has some amazing history – starting with Gretzky. He's well respected and represented at OEG. It's an exciting time for Oilers fans and it's even better that the team is off to a great start this year."

Beyond Gretzky, there are notables such as Mark "the Moose" Messier, smooth-skating Paul Coffey and the ever-so-stealthy goaltender, Grant Fuhr, all of whom have been inducted into Toronto's Hockey Hall of Fame.

Rogers Place, a world-class arena that opened its doors in September, is where Brent provides concierge-style services to more than 60 Alberta business owners and their staff during concerts and hockey games.



The venue was created to provide an exceptional fanfare experience and Brent is one of OEG's dedicated employees who works late nights and long hours to make each Rogers Place encounter memorable.

"In the sports industry, there are days where you work 14 to 16 hours just to ensure that the event is smooth for the customer," he said. "It's truly the most important aspect of my job."

The surge of energy from the fans and behind-the-scenes camaraderie with co-workers makes every long day worth it.

"I learned very quickly that there is truly nothing like working in sports. For me, it's a passion. I absolutely love it. The sports culture and the people in it are so much fun to be around and, unlike other industries, everyone has similar interests."

Originally from Woodstock, Ontario, Brent studied at Nipissing University and was focused on becoming a teacher. Realizing it wasn't exactly what he wanted to do, he went to Fanshawe College for marketing and worked for Sun Media for two and a half years as a sales representative.

"It was a decent job, but I wanted to get into sports marketing and sales," he said. "I started applying to a lot of places that were sports related and to specific sports teams. It was difficult, as I didn't really have any sports education."

While at Loyalist, Brent volunteered with the Woodstock Navy-Vets, a Junior C hockey team celebrating its 50<sup>th</sup> anniversary in its 2015-16 season, for which he designed new jerseys, created a social media campaign and focused on merchandising. He also secured a six-month placement in event sales with the Kansas City Chiefs.

"That was truly a dream come true for me," he said. "The NFL is the mecca of North American sports. From television and broadcasting to business practices and financial stability, the NFL sets the bar. All major sports franchises operate and execute in a similar fashion. You have your different departments that all funnel down to create a 'one team, one tent' atmosphere, and that's exactly what OEG is – one incredible team."



# Pine-worthy Green Spaces



Visitors to Loyalist are often struck with the serenity of the campus – the wide open spaces, wooded areas and footpaths meandering through them, and the serene Alumni Gardens and Memorial Grove.

For graduates, particularly those who called Residence home, there are memories of deer emerging from the woods in the early morning hours. In the winter, the fresh tracks of foraging rabbits decorate the snow. When spring arrives and the ground thaws, chipmunks scamper between the Kente and Pioneer buildings, collecting the edibles that autumn left behind.

On November 5, the College took its stewardship initiative another step further and planted more than 150 trees in the flood plain near Potter's Creek. This Bay of Quinte watershed is one of the few cold water creeks in the area that is capable of supporting a diverse range of regionally rare wildlife.

To sustain this habitat from urban stresses, student volunteers planted a wide variety of native trees including Silver Maple, White Pine, Butternut and Red Oak.

"Exploring Loyalist's campus and planting trees is a really great way to reconnect students with nature while actively playing a role in the health and conservation of the natural environment," said Jessica Spooner, Loyalist's Sustainability Coordinator.

Acquired through a partnership with Sustainable Loyalist and Quinte Conservation, the trees will attract wildlife and provide wildlife habitat, act as a buffer for the Creek which drains into the Bay of Quinte, increase forest cover, improve the quality of the natural environment and help reduce greenhouse gas emissions.

With the College celebrating its 50<sup>th</sup> anniversary in 2017, the City of Belleville its 200<sup>th</sup> year, and Canada turning 150, Loyalist's new greenery could not have arrived at a better time. Over the next 50 years, as the trees settle and grow, future Loyalist students will enjoy the ample green spaces and create memories of their own.

# Aqua Therapy Entrepreneur

Joe Stilwell was enjoying the coolness of his neighbour's swimming pool when he came up with a unique business idea.

"I was going down to the bottom of the pool and then exploding upwards out of the water," he said. "I thought it would be great jump training. High resistance, low impact."

As an avid athlete with a penchant for volleyball, Joe immediately recognized the benefits of the exercise. He went home to research similar techniques online and found HydroWorx, an aqua therapy pool company in the United States, which launched in 1997.

"The very first time I read about this company, there was nothing in Canada," he said. "The Ottawa Senators had an aquatic therapy pool – but it was really old compared to similar pools in the United States, where there are probably 2,500 to 3,000 facilities. Right then, I knew aquatic therapy would be a great business idea someday."

Not yet ready to pursue his idea, Joe tucked it away for safekeeping. It was, after all, the summer before he'd be moving to Belleville to become a Lancer on Loyalist's varsity volleyball team. During his time at the College, his team won two OCAA Provincial Championships. His participation in varsity athletics wasn't the only thing that had an impact on his future career. Joe completed the Fitness and Health Promotion diploma program, gaining a solid understanding of what it means to work one-on-one with clients as an exercise professional.

"We were personal trainers for faculty and staff at Loyalist," he said. "Getting the hands-on experience helped me a lot."

After graduating from Loyalist in 2003, Joe travelled and went to Dalhousie University to study Kinesiology.

"In my fourth year I did a paper comparing land and water training," he said. "There wasn't much research available back then, but it got me going. By that time, I had sort of forgotten about my idea. It was always in the back of my mind, but that paper put it in motion."

More than a decade had passed since those early days of jump training in his neighbour's swimming pool. In 2012, Joe launched Hydrathletics in Kingston, Ontario, becoming the first Canadian company to provide public use of HydroWorx pools.



The pools have built-in treadmills, resistant jets and cameras. The clientele varies from veterans to people who have had motor vehicle accidents and hip and knee replacements.

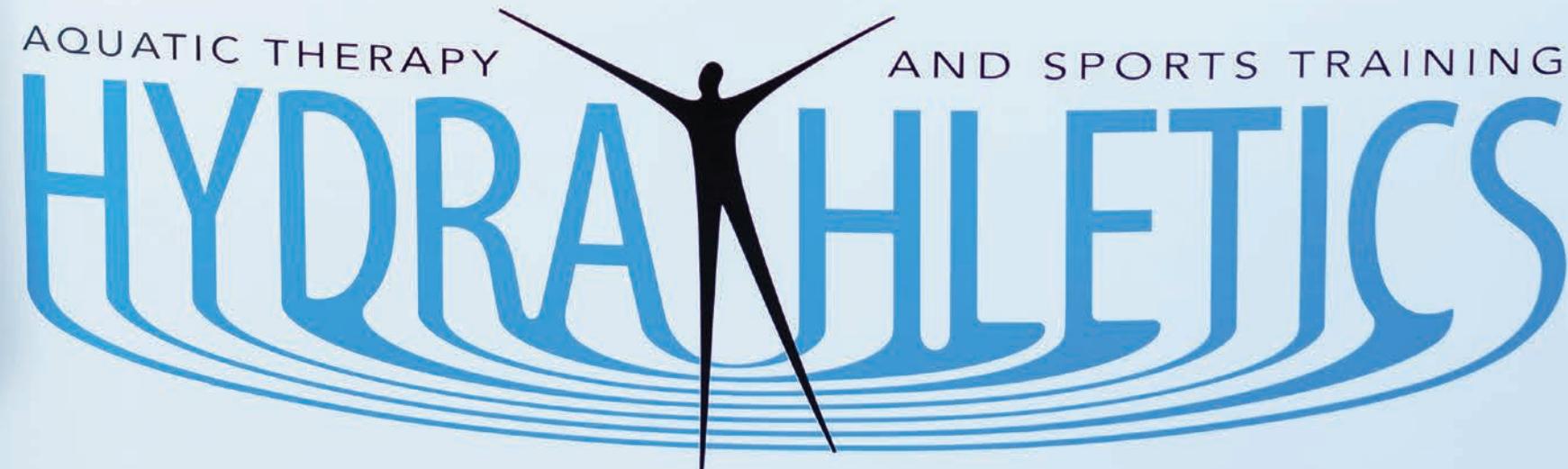
"It's one-on-one with a trainer and the clients are in the pool by themselves," he said. "For the most part, it's rehabilitation, getting people functional again; building their strength back up and getting them back to their daily lives."

In November 2015, Joe received the Young Entrepreneur of the Year Award from the Kingston Chamber of Commerce.

"It was a nice honour," he said. "One of my clients had nominated me. You never know if you're going to win and I guess people say you don't do it for the recognition, but it was a great moment."

Last March, Joe opened his second location in Stittsville, Ontario. Much like his Kingston flagship, it's geared toward rehabilitation, sports performance and fitness. Seeing big growth in the business, he's determined to open 10 new facilities throughout the province.

"I love the business side and I want to continue to grow in that realm," he said. "I don't know if I ever believed I would do it and make a go of it, but I'm glad I have."



Joe Stilwell, 2003 Fitness and Health Promotion graduate



# The Great Escape

Angela Douglas , 2009 Paralegal graduate; Shannon Bartley, 2009 Customs and Immigration graduate



## Tick-tock. Tick-tock.

From the moment participants step inside a themed room at Breakout Belleville, the clock is on. With 60-minutes dwindling and the pressure mounting, bottles are frantically examined, rugs are flipped and picture frames are lifted as teams make a mad dash to do what they came to do – escape.

Breakout Belleville launched in June 2016 and is the City's first escape room. This physical adventure game sends guests on a quest to solve a series of puzzles and to find the item that will grant them their freedom.

Co-owners Angela Douglas and Shannon Bartley met at Loyalist nearly a decade ago. Angela was enrolled in the Paralegal program and Shannon, Customs and Immigration (now known as Customs Border Services). Although exploring different fields, Justice Studies students share a common first year and it was then that they established a friendship.

"At the time, we were the mature students in the class," said Shannon. "We had common interests and instantly gravitated to each other. After graduating in 2009, we believed we'd pursue our professions, but our lives changed. Through it all, we continued to stay friends."

The two first experienced the game in Kingston. Angela instantly realized she had a brain for developing puzzles. That's when she decided to try her hand at the great escape and start her own business in 'The Friendly City' with Shannon as her partner.

"Escape rooms are extremely fun," said Shannon. "It's something everyone can do together. It doesn't matter what your interests are, what your age is. When you're put in a room, the rest of the world turns off and you work together as a team. And there wasn't something like this in Belleville that family, friends or employees could do together. We wanted to open that door."

Each room at Breakout Belleville has a storyline. In The Asylum, teammates are poisoned and hurry to find the antidote. With The Gambler, guests are introduced to Tommy Zelleti, a notorious local criminal with a sizable reward on his head. Tracking him down and providing the Belleville Police Service with his whereabouts is the challenge. All of the stories, albeit fictitious, have a local narrative.

"You're on a mission," said Angela. "You have something to achieve. Some of our games are to break out with the right amount of keys. Sometimes you're breaking out with a potion to save your life."

Not all who enter the room escape. The objective is to be focused, fully immersed in the game and challenged. If breaking out were easy, it wouldn't be as fun.

"I like to watch people play and understand my games," said Angela. "I get excited when they succeed. It's very frustrating for me when they're not successful."

For Shannon, the joy of the game comes to bridging her two professional worlds together. As a waitress at Capers, she built relationships with the restaurant's clientele and other local businesses in the downtown core.

"With support from the Belleville Downtown Improvement Area (BDIA), we've helped bring entertainment to the downtown," said Shannon. "Our guests often have dinner at a locally owned restaurant before playing one of our games. It's enhancing how people experience Belleville and we couldn't be prouder."

# Partnerships *for* Community Inclusion

When employees invest a considerable amount of time into an organization, they contribute to the evolution of its culture and are a part of its growth.

Sharon Wright has dedicated 31 years to Community Living Belleville and Area (CLBA), which provides quality supports to people with intellectual disabilities and facilitates their full inclusion in community life.

Sharon's career with the CLBA began shortly after she graduated from Loyalist's Developmental Services Worker (DSW) program in 1985. Her career has been fluid, challenging and shaped by her interests. She leads and manages volunteer services, competitive employment services, a community home and is an active member on many internal and external committees.

"One of my favourite responsibilities is assisting people to become more engaged in their community, while at the same time bridging and building partnerships for the organization," said Sharon.

Today, Sharon is the Manager of Community Development and Volunteer Services at CLBA. A lifelong learner, she received a Management of Volunteer Services certificate in 2007 from Loyalist and has just received a certificate for Management and Leadership from the Rotman School of Business through the University of Toronto. Sharon also serves as a Board Director for Volunteer and Information Quinte.

CLBA's partnership with Loyalist began in 1975. Sharon fosters this relationship by contributing to the DSW program's curriculum, providing insight into best practices within the sector when guest lecturing, and facilitating student placements.

Christine Millejours and Komal Patel are two 2015 DSW graduates who turned their placement experiences into employment at CLBA.

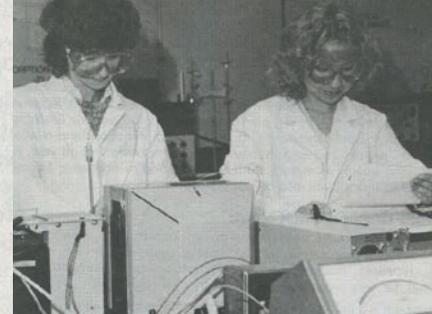
Born and raised in Welland, Ontario, Christine was the first student to participate in CLBA's Job Readiness Program. This initiative offered an opportunity for people with intellectual disabilities to enhance learning around the soft skills required to prepare for an interview and to help build skills for maintaining a job.

"To do this job, you must be a very committed person," said Christine. "As I am a parent and this is a second career for me, being older than the majority of the students gave me a bit of an edge as I have much more life experience. It's a very rewarding career and you make amazing connections with the people you support."

Komal hails from Baroda, Gujarat, India's westernmost state. When living in Australia, she worked as a personal care assistant in a group home and gained experience caring for people with dementia and Alzheimer's disease.

"When I support an individual to receive a phone call or to open a door to greet a guest, it seems like a small achievement," said Komal. "But when the individual executes it successfully and when they are admired by their loved ones for the gesture, I feel proud."

These three Loyalist graduates ensure that people with intellectual disabilities are valued members of their society and have meaningful, rewarding lives.



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Sharon Wright, 1985 Developmental Services Worker graduate



## Learning in the Lab:

# From Loyalist to Queen's

When entering the Chemical Engineering Laboratory at Queen's University in Kingston, the eye is immediately drawn to a large, complex system of pipes, valves and gauges that frame towering glass cylinders of bubbling water.

Brooke Belfall and Kelly Sedore, Chemical Technologists in the lab, note that this immense unit is an evaporator, used to remove water from a substance. To better understand the function of an evaporator, Brooke explained, "A real-world application for an evaporator is in the creation of juice concentrate; water is removed to increase quality."

Kelly and Brooke, Loyalist Chemical Engineering Technologist graduates, provide front-line support to undergraduate, graduate and post-doctoral students who work in the lab. They also maintain equipment, assist faculty in developing experiments and uphold safety requirements.

"You do similar projects each year, but you get students with different personalities and characteristics," said Kelly, who started in the role nine years ago, directly after graduating from Loyalist. "Working with students makes the job."

At Queen's, Kelly and Brooke challenge students by purposefully disconnecting a piece of the evaporator or adding a faulty piece for students to find. With exercises like this, they endeavour to develop students' creative thinking and problem-solving skills that will be crucial for their success in the workforce. "We never give students the answer, but rather ask them a question back which makes them think more and come up with the correct answer themselves," said Kelly.

A short walk across the cobblestone streets of the Queen's campus in Chernoff Hall, Cole Reed skillfully dashes between lab benches in the Undergraduate Chemistry Lab, carefully measuring a deep red ferric oxide powder for an incoming group of first-year students.

As a Lab Technologist, Cole ensures that the labs and classrooms are set up to run smoothly for the 1,300 students who pass through the doors each week.

"It is rewarding to see the students light up while they're doing chemistry, understanding it, showing an interest in it," said Cole.

In the lab, Cole approaches students' daily queries and any problems that arise with an analytical confidence, which he attributes to the lab experience he acquired while completing a double diploma in Loyalist's Environmental Technologist and Chemical Engineering Technologist programs. After graduating, Cole earned his Bachelor of Science degree at Trent University in two years through a Loyalist transfer agreement.

Directly following his graduation from Trent, Cole applied for his current position at Queen's and was hired. "Pretty much every skill I learned at Loyalist has prepared me for this job." Although he has only been in the role for four months, he noted, "I have the lab techniques I need to be successful."

With so many Loyalist Chemical Engineering Technologist alumni on the Queen's campus comes a sense of community. "Although we were not at Loyalist at the same time, quite a few of us had the same instructors and shared the same experiences," said Kelly.

"The colleague with whom I share an office is 25 years my elder and he's a Loyalist grad," said Cole. "My predecessor was also a Loyalist grad. This assures me that Queen's was looking to hire someone with the skills that I have."



Brooke Belfall, 2013 Chemical Engineering Technologist graduate



Cole Reed, 2014 Environmental Technologist and Chemical Engineering Technologist graduate



Kelly Sedore, 2007 Chemical Engineering Technologist graduate

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# Another Successful Golf Tournament

At the 18<sup>th</sup> Annual Golf Tournament on September 16, 110 golfers enjoyed a fabulous day on the links at Trillium Wood Golf Club and the annual fundraiser raised over \$20,000 for student financial assistance. The participants were treated to another spectacular meal prepared by the chefs and students of our Culinary program. Next year's Tournament will celebrate the 50<sup>th</sup> anniversary of the College, and will be held at Trillium Wood on Friday, September 22, 2017. Stay tuned for more details.



Golf Committee Chair Bernie Ouellet (right) presents John Sherratt of Starboard Communications with the Corporate Challenge trophy – for the best score among Gold Sponsors.



The winning team – representing the City of Quinte West: (left to right) Brock Baragar, Kevin Jackson, Rick Cole, Bob Forder

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