

LASTING CONNECTIONS

ALUMNI NEWS & PROFILES **SUMMER 2015**



FRESH FRUIT
AND FITNESS

AUTOMATING
THE ORCHARD

WE PUT YOU
TO WORK™

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ALUMNI ASSOCIATION PRESIDENT
Richard Beare

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Loyalist College respects your privacy. From time to time the Alumni Association contacts graduates regarding various programs, benefits, and fundraising campaigns for Loyalist College or the Loyalist College Foundation. If for any reason you do not wish to be contacted by mail, email or phone, please contact the Alumni Office by email at alumni@loyalistic.on.ca or call 1-800-99-ALUMNI.

Information in this publication is available in alternative formats upon request.

(FSC logo here)



President Piercy, right, with past Student Government President Chantel Johnston, a 2014 Business and 2015 Business Sales and Marketing graduate, at the 2014 Convocation.

PRESIDENT'S MESSAGE

Hello fellow graduates,

It is that exciting time of year when we look forward to meeting the newest Loyalist graduates and anticipate the many successes they will achieve in their careers. As a community and an organization, we also recognize the importance of continuing to focus on the critical factors which are so important to the success of the College.

The next five years will be directed by Loyalist 2020 – the Strategic Plan for 2015 - 2020. Loyalist 2020 will take the College through 2017 and the 50th Anniversary of the College. This Plan builds on the previous Strategic Plan and the three pillars of Academic Excellence, Service and Systems Excellence, and Sustainability and Capacity-Building. As graduates of the College I know that, like me, you will appreciate and understand the overriding importance of student success in all College activities. This focus is at the centre of everything we do, and is reflected in our "Strategic Enablers" – our outstanding staff; our deeply-felt commitment to each student reaching their potential; our comprehensive base of high-quality programs; our location and size; and our partners in our communities and beyond.

Your input is important, and all members of the College community – our students, faculty, staff, alumni and our partners in education, business and

industry and the community at large, are invited to review the consultation draft and provide any comments or feedback. You will find it at loyalistcollege.com/stratplan2020. The Board of Governors will review the final draft for approval at its meeting on June 11.

As we prepare for the 2015 June Convocation and recognize the achievements and commitment of this year's graduating students, I know that you join me in congratulating them and extending best wishes for their futures! Loyalist has a strong tradition in graduate employment, and this year's Key Performance Indicator (KPI) result, showing that 89.3% of our most recent grads were employed within six months of graduation, places Loyalist number one in the province for grad employment! Loyalist has a strong and growing tradition which is built on the input of many over the years. I urge you to stay engaged with the College – please review the Strategic Plan and let us know what you think – and stay in touch with loyalistcollege.com.

Maureen Piercy

Maureen Piercy
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During Grad Bash, Alumni Association President Richard Beare, centre, and President Piercy, right, serve pizza to Loyalist students, including Jean-David (JD) Tremblay, left, a second-year Construction Engineering Technician student and Loyalist College Board of Governors student representative.

ALUMNI ASSOCIATION PRESIDENT'S MESSAGE

Congratulations to the newest members of our Loyalist Alumni, graduating on June 4 and 5, 2015. It was my pleasure to join with the Executive members to welcome you and to present you with a College decal, which we hope you will display with pride. If you attended Grad Bash on March 4 in the Dining Hall, you are aware of all of the great benefits available to you as Loyalist Alumni. More than 400 students were served pizza and presented with Loyalist tote bags by Alumni Executive members. The Career Centre and Loyalist post-graduate programs participated, as well as affinity partners TD Insurance Meloche Monnex and Manulife Financial.

I also want to recognize new Alumni Association Executive members who were elected at the annual general meeting in November 2014. On behalf of all Alumni, we extend our appreciation for all of the volunteer hours you dedicate to helping us meet Alumni goals. One of our objectives is to continue enhancing Alumni Gardens and Memorial Grove, a special place on campus to remember alumni, students, faculty and staff whom we have lost. A pergola, constructed by College Technology and Trade Preparation students, was unveiled last August, marking the entranceway. Further projects will be identified and completed over the coming years. If you would like to learn more about the dedication ceremony planned for this August, please contact Alumni Services at alumni@loyalistic.on.ca or 613-969-1913 ext. 2307.

The Alumni Association continues to raise funds for student awards and bursaries, most recently presented at the Spring Awards ceremony. Financial assistance makes a big difference to current students as they pursue their post-secondary education goals, and I would like to say 'thank you' to the many donors who contributed. The Alumni Association also provided financial support to the Loyalist College Community Choir, comprised of students, alumni and staff, who perform at Loyalist functions and community events.

I hope you'll join us for the 17th Annual Loyalist Golf Tournament on September 18 at Trillium Wood. Once again, the Alumni Association will sponsor a \$25,000 hole-in-one contest. Last year, the event raised \$28,650 to benefit Loyalist students.

Best wishes to our new graduates – and all alumni – this summer. Please keep in touch with your Loyalist family through social media and at loyalisticcollege.com/alumni.

Richard Beare

Richard Beare, President
Loyalist College Alumni Association

**Loyalist
Post-Grad Fair
November 4,
11 am – 1 pm**

**Check out Loyalist's
post-graduate programs,
as well as our
university transfer
agreements.**

We put you to work.™

NEW POST-GRADUATE PROGRAM: INTERNATIONAL TRADE AND LOGISTICS MANAGEMENT

Before products hit the shelves, there's a lot of activity behind the scenes, from purchasing materials and coordinating inventory to distributing finished goods. As global trade widens and deepens, demand continues for professionals to work in the complex and dynamic areas of supply chain logistics and international trade compliance.

For more information, email itlm@loyalistic.on.ca or call 613-969-1913, ext. 2100



PLANNING YOUR NEXT MOVE? MAKE ONTransfer.ca YOUR NEXT STOP.

WANT TO BE **YOUR OWN BOSS?**

BY 2015 PUBLIC RELATIONS GRADUATE BEN COWIE

Picture this: You have spent months developing the perfect solution to a common problem. You've poured blood, sweat and tears into perfecting your craft. Your product has the potential to develop into a major selling commodity. You know this, but how can you convince others? How will you turn your idea into a story of success in such an unpredictable economic era? **This is the entrepreneur's plight.**

The secrets to entrepreneurial success are a combination of a number of elements, including seeing a need, creating a solution, and effectively getting the product or service to the customer. This must be complemented with a willingness to fail and to make changes to your plans, being passionate and believing strongly in your goals – and 110 percent dedication to success.

Loyalist College envisions the success that entrepreneurial students can achieve. In January, the College launched Entrepreneurial Studies – Business Launch, a one-year post-graduate certificate, with plans to begin in September 2015. The program has received support from the Government of Ontario through Ontario Centres of Excellence (OCE), a member of Ontario Network of Entrepreneurs (ONE), with a \$196,712 On-Campus Entrepreneurship Activities (OCEA) grant. Key program delivery partners include local entrepreneurs and the Regional Innovation Centre – Launch Lab.

This is a unique College program, with a unique approach to learning. Students will work in a start-up studio lab. The program provides not only the tools, but also a learning environment where students can put those tools to work. On graduation day, they will pitch their ideas to a panel of investors.

If anything can be learned from the hit CBC TV show, *Dragons' Den*, it is that the most difficult task for emerging entrepreneurs is attracting investors. Growing a

grassroots business takes time and money. Therefore, having a College community, which has local, national and international business ties, is a huge selling feature of the program.

At the program launch, Lou Rinaldi, MPP, Northumberland-Quinte West, spoke on behalf of The Honourable Reza Moridi, Minister of Research and Innovation and Minister of Training, Colleges and Universities. "Developing the next generation of entrepreneurs is key to the future economic success of Belleville and the surrounding area," he said. "I congratulate Loyalist College and the local business community on partnering through the On-Campus Entrepreneurial Activities program. Their partnership will give student entrepreneurs the experience and skills they need to succeed."

The partnership between innovative persons, a supportive community, and experts, who have brought their own entrepreneurial dreams to fruition, creates invaluable experiential learning. The new Entrepreneurial Studies – Business Launch program applies the principles of entrepreneurship to develop scalable, repeatable and profitable business models. For more information, go to loyalistcollege.com/esbl



In some ways, my time at Loyalist was what began to change my life, in ways I never dared to dream; ways that are still shaping my life and creating some of my most valuable experiences.

A CANADIAN JOURNALIST in Jordan

BY JENNIFER BOWMAN, 2012 LOYALIST JOURNALISM – ONLINE, PRINT AND BROADCAST GRADUATE

The Middle East is the last place I expected to live. But here I am. And though many of the stereotypes and stories I'd heard are true, there is also the other side: *peace and beauty.*

I almost forget my previous perceptions of the Middle East because of my experiences this past year. Mostly, I associated it with war, but once the opportunity to volunteer at a school in Jordan through Foundation Outreach International arose, I began to see Jordan as separate from the chaos around it.

Yet it still surprised me how certain the Jordanians feel of their safety. They do not associate themselves with the Middle East conflict. Jordan is different, they say; surprised that anyone would link them with the unrest around them. Instead, Jordan is a safe haven for refugees.

Many locals are confused about the image of Arab people in Western media. They ask me why every movie referencing Arabs features camels, deserts and Bedouins. I don't know, except that it's intriguing to Westerners. The only camels I have seen are at the tourist areas and on the occasional camel farm. Jordan is a desert country, but it also has blooming mountainsides with streams of water and fields of produce. Bedouins are highly respected in Jordan and you can see their tents and herds scattered throughout the city and the countryside; but they are not the majority of Arab people.

Jordan is a country in the process of change, and one of these changes is a growing awareness of the environment and enjoying nature. One of the hiking groups that has sprouted through this change has introduced me to the incredible diversity of beauty. Large, bright pink flowers growing in sand and rocks, breathtaking views of old ruins on the highest peaks of Petra, rocks of every colour near the Dead Sea, and a newborn baby goat on the side of a rocky green valley. There are strangers out for a family trip to the fruit stand who offer you a ride home when it's pouring rain and there are no taxis around, co-workers who show you around the city when you first arrive.

People say this trip will change my life, and I know it will, but the changes started long before that, in classes and working assignments in Loyalist's Journalism – Online, Print and Broadcast program. It not only gave me the skills to work on a documentary while I am here volunteering, it also gave me the confidence to do things I normally wouldn't, and a critical mind to see and compare the good and the bad, through and outside my own cultural perspective – as well as the Jordanian perspective. In some ways, my time at Loyalist was what began to change my life, in ways I never dared to dream; ways that are still shaping my life and creating some of my most valuable experiences.

To follow Jennifer's experience and to receive updates on the documentary when this trip is completed, follow her Facebook page at [facebook.com/onceuponadayinjordan](https://www.facebook.com/onceuponadayinjordan).



BECLAWAT MANUFACTURING



Beclawat Business Development Manager Brandon Reid

For many of us here, we want to be able to give back because Loyalist gave so much to us to be successful," she said.

In the fall, Beclawat plans to take part in the Alliance Excellence Achievement Program (AEAP) – a component of Loyalist's Business program. "This initiative provides the best learning experience for students and allows us to have a fresh set of ideas presented to help us grow our company – and in turn we help mentor the students," says Cindy.

With Loyalist's new eight-month post-graduate International Trade and Logistics Management program starting in the fall, Cindy sees a new opportunity. "The

world is seemingly smaller every day and global commerce is increasing and is a focus for many organizations. With different legislation in each country, having a graduate who understands the requirements of importing and exporting would greatly benefit us as we grow in international markets."

College partnerships with community businesses like Beclawat contribute to the College's breadth of experiential learning opportunities and benefit graduates in their pursuit of rewarding careers.

More than 50 regional and national employers from various business and industry sectors met with alumni and students at the 18th Annual Loyalist Career Fair in February. Impressed by the calibre of Loyalist graduates they have hired in the past, many companies return every year to recruit for positions in their organization. It's a win-win partnership for employers who benefit from graduates' current skills and the College, which paves a path to rewarding employment opportunities.

Canadian-owned Beclawat Manufacturing Inc., an original equipment manufacturer (OEM) supplier, has attended the Career Centre's Fair for years. Located in Belleville since 1976, Beclawat manufactures windows and doors for the marine, offshore, mass transit, military transport and specialized vehicle industries. Their clients include VIA Rail, United States Coast Guard and United States Navy.

Almost half of Beclawat's 40 employees are graduates of Loyalist diploma programs, including Civil Engineering Technician/Technologist, Manufacturing Engineering Technician, Mechanical Techniques, Welding, Industrial Maintenance Mechanic, Accounting, Law and Security, Digital Production, and Photojournalism.

Positions range from sales associate and project coordinator to welder and engineering technician. Beclawat Business Development Manager Brandon Reid is a 2010 graduate of the Business Sales and Marketing program who worked as a placement student at Beclawat five years ago. Many Beclawat employees have also upgraded their skills through the College's Continuing Education in-class certificate and diploma courses.

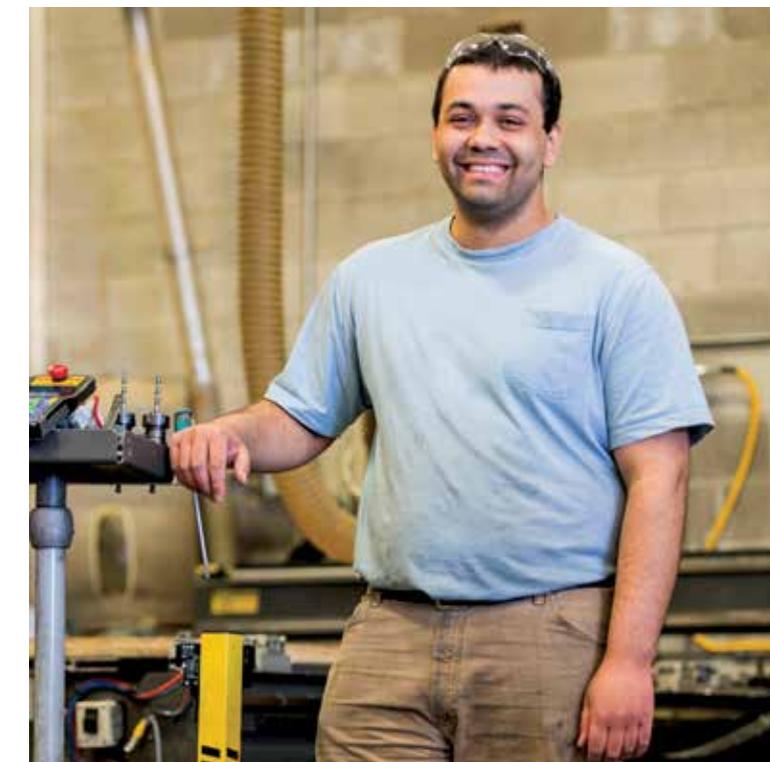
Beclawat Human Resources/Health & Safety Manager Cindy Wilson, a 2006 Loyalist Business Administration – Human Resources graduate, is excited about the connections that Beclawat has established with the College.

"Beclawat is a small company, but through our relationship with Loyalist we are able to attract top talent and retain those individuals within the company and the community," says Cindy. "We especially like to bring in graduates from the technical side for sales because they are able to understand and explain the details to our clients." Loyalist's Manufacturing Engineering Technician and Mechanical Techniques graduates deliver a combination of mechanical and electronic skills, which help Beclawat compete globally.

To stay active within the College community, Beclawat employees are members of the Advisory Committees for the Business Sales and Marketing, and Business Administration programs. "These programs are practical and provide real-life experiences that are very beneficial. We want to provide that for current and future students through job shadowing and field placements.



Beclawat Human Resources Health & Safety Manager Cindy Wilson



Beclawat CNC Machinist Eden De Grasse



Connecting Cultures *through* Radio

BY 2015 PUBLIC RELATIONS GRADUATE CHRIS MORRIS

John Sanfilippo's Loyalist education gave him the skills to succeed in the radio industry as a producer and voice talent, and the confidence to persevere through a rapidly changing industry to forge his own path.

Since graduating from the Radio Broadcasting program in 2002, John has enjoyed success as a commercial radio producer for a unique military-run radio station broadcasting to Afghanistan, and most recently as an audio production entrepreneur.

John spent the first five years working as a radio producer for commercial radio stations in Kingston, Brockville and Belleville before landing a job as a radio producer for the Department of National Defence in 2006. Based out of Canadian Forces Base Kingston, known for its Royal Canadian Corps of Signals and major contributions in Canadian military communications, John was part of the team broadcasting full-time to Afghanistan.

"We weren't broadcasting to the troops," explains John. "It was in Pashto. There was no English on that station." John was responsible for producing public service announcements on topics ranging from recreational programs to diseases and improvised explosive devices. During the war with the Taliban, the station helped to demystify Canada and Canadians for Afghan listeners.

"It was wonderful to not only broadcast, but also to work with people from very different backgrounds than my own," says John. "You find yourself adapting to cultural nuances and, in the process, learning how similar we all are. The job was meant to be a transitory thing. Lucky for me, it went on for four years."

The radio station closed in 2010 as Canada's involvement in the war came to an end. John, in need of a new challenge, enrolled in a Kingston-based training

program for budding entrepreneurs. Building on his diploma, he founded Tyton Sound, a home-based production company specializing in jingles, commercials, voice work, and web videos. One of his most popular projects is a video of Kingston's infamous 'Singing Bridge,' the La Salle Causeway, singing O Canada, which received attention from CTV and CBC Radio for its audio engineering. Tyton has recently expanded to offer custom sound effects and original instrumental music, all written and produced by John.

John has been invited back to speak with Loyalist Radio Broadcasting students about his experiences. Most recently, he participated in an analogue challenge (the Tyton Sound studio is entirely digital), using a reel-to-reel machine in the 91X production studio.

In February 2015, Tyton Sound completed a \$16,000+ Kickstarter campaign for the production and distribution of an educational documentary to raise awareness of injustices in Indian residential schools, based on the book 'Wawahte' by Robert P. Wells.

John's Loyalist education gave him the skills to succeed in the radio industry as a producer and voice talent, and the confidence to persevere through a rapidly changing industry to forge his own path. His radio training remains in constant use, and his voice and creativity can be heard across Canada on a daily basis.



PHOTO BY RAYMOND J. DEAN

Automating the Orchard

On a picturesque farm in Prince Edward County, near the shores of Lake Ontario, is a charming stone barn, which is filled with award-winning cider. This family-owned orchard has been producing apples since 1850, a tasty legacy that led to the creation of the County Cider Company.

Since its inception in 1996, County Cider has expanded to accommodate a retail store, a patio, production facilities and new varieties of apples. To compete with multinational corporations and to meet heightened demand for its products, County Cider recently partnered with Loyalist College's Manufacturing Engineering Technician program to evaluate their machining operations and recommend process improvements to increase productivity and flexibility. The initiative, which enables students to put their design skills to work, is made possible by a grant from the Government of Ontario through the Ontario Centres of Excellence (OCE), as well as the Natural Sciences and Engineering Research Council of Canada (NSERC), marking the College's first NSERC award.

"It was an eye-opening experience," says student Katherine Copeman. "We took theoretical classroom work and applied it to a real world application. I got to see a lot of the processes in play and to learn from the company about what they are doing."

Katherine is one of 14 students participating in the project. Her classmate, Mac Calwell, says the project gives students a deeper understanding of their field and the type of employment they'd like to pursue.

"Our teachers let us decide what we wanted to focus on in the project, and what we wanted to improve in County Cider's manufacturing processes," says Mac. "It really allowed us to pick and choose what our strengths were, and allowed us to figure out what we want to do in the future."

The first stage of the project started last November when students visited County Cider to generate a map that assisted in streamlining the company's production process. The second and third stages of the project began in the winter semester, when students were challenged with the digital design of a bottle-loading machine that will greatly relieve manual operations and increase production capabilities. Finally, the third stage of the project has students working to automate



the flow of material throughout the production facility. To further this experience, four students were given the opportunity to work closely with County Cider to finesse the project. They will also have the chance to prove themselves to the company for potential employment opportunities.

County Cider Production Manager and Cider Maker Dannielle Davidson is a 2009 graduate of Loyalist's Biotechnology Technician program. As a student, she completed a field placement with County Cider and has since become an integral part of the team. She's been working closely with the students to help them understand the business.

"There are so many more ciders coming onto the market," says Dannielle. "Sometimes they're not even true ciders. We like to pride ourselves on the fact that we're made with 100 percent County or Ontario apples. It's really a craft cider that we make."

Year after year, the County Cider Company has had a 10 to 20 percent increase in sales. In the last five to six years, cider's popularity has soared. Large breweries, like Molson Canadian and Alexander Keith's, have tapped into the market, producing their own versions of hard cider.

"Having the students come in and help us with our growth at this stage is beneficial to everybody," she says. "We were really impressed with the students' knowledge and depth, their skills, and their motivation on this project."



In April, Manufacturing Engineering Technology students Mac Calwell, Steve Mullin and Russell Brown received 1st (\$1,500), 2nd (\$1,000) and 3rd (\$500) place cash prizes for their design presentations to County Cider Company. From left to right: Jennifer Dean, County Cider General Manager; Professor Jeremy Braithwaite; student Mac Calwell; student Steve Mullin; Loyalist College President Maureen Piercy; Sean Ferguson, Cider Maker; Dannielle Davidson, Production Manager and Cider Maker; and student Russell Brown.



From Classroom to *Reel* World

PHOTOS BY JENNIFER DE GRAAF, GRACEROSE PHOTOGRAPHY

Left to right: Yoshi Aoki, Vantage Point Media House Producer; 2013 Welding Techniques graduate Brock Tompkins, On Staff Vantage Point Media House Drone Pilot; and 2015 Television and New Media Production graduate Rob Howsam, Vantage Point Media House Colourist/Producer.

Rob Howsam's interest in television and new media production began in the action sports industry. His love for motocross and BMX racing drew him to networking at different industry events. After a chance meeting with Justen Soule, a Toronto-based video producer, camera operator, and motion graphics designer, Rob became interested in pursuing a similar career.

"When Justen told me about his job and how he got into the industry in 2011 as a Loyalist Television and New Media Production graduate, following student placements at industry magazines, I was intrigued," says Rob. After doing some research and visiting Loyalist, Rob applied to the same program. "My professors had real industry experience and insight into the latest trends and technology – giving me the practical knowledge I was looking for. The relaxed College atmosphere made me feel at home."

In his first year, Rob received the Dome Production Excellence Award, a \$2,000 bursary presented at the program's Sparkie Awards, for outstanding attitude, efforts and willingness to help. Rob, now in his third and final year of the Television and New Media Production program, has already secured a full-time position at Vantage Point Media House as a Colourist/Producer. Located here in Belleville, Vantage Point produces outdoor video and television programming on hunting and fishing, including fly fishing, for leading broadcasters including World Fishing Network, Outdoor Channel and Sportsnet.

"I was in the right place at the right time," says Rob, who contacted Vantage Point Senior Producer and Director Victor Cooper, a 2009 Television and New Media Production graduate, after learning about the company through a classmate. "Vantage Point had just purchased the latest colour corrector software, with which

I had gained experience during my most recent field placement. Understanding the colour performance, quality and workflow behind television productions was an asset and gave me an edge when it came to applying for the position."

Rob has put his education to work through a wide range of post-production projects. "I take the same hands-on approach that I've learned at Loyalist and apply it to my job at Vantage Point," he says. In October during reading week, Rob traveled to New Brunswick to film the fall Atlantic salmon season for two episodes of 'Shorelines,' a new series written and hosted by April Vokey, shown on the World Fishing Network.

"At Vantage Point, we're a team of five people, so we have to know how to do everything," says Rob. "What I really like is that I'm not set in one position or one type of project."



He has been involved in promotional projects for clients ranging from Belleville General Hospital and Tweed Doomsday Dash to Absolute Vodka at Maker Fest.

"I came to Loyalist with some experience working on my own productions but I've gained so much more," he says. "Loyalist gave me that real world experience, smoothing out some rough edges and providing me with the professionalism I needed."



Beauty and the Blog

BY ALICIA BRUNTON, 2008 LOYALIST BUSINESS ADMINISTRATION GRADUATE AND
2011 ESTHETICS AND SPA MANAGEMENT GRADUATE

**“From the two-year Esthetics and Spa Management program,
I learned retail sales and knowledge, which has given me
an industry advantage over graduates of shorter
esthetics programs.”**

Alicia Brunton

Four months into the Esthetics program, I started The Beauty Geek Blog (thebeautygeek.ca). I decided I wanted to create an outlet for myself when I needed some down time and I wanted to help individuals who wanted advice, product reviews and the basic teaching techniques of the skincare world without confusing or complicating them. Now, more than five years in, this website has created so many opportunities for me. I have worked alongside reputable skincare companies and reviewed their products, written for them and created their social media marketing strategies. I have been invited to International Spa Shows, Vancouver Fashion Week, Toronto Fashion Week, and Spring Event at Metropolis Metrotown, among other events.

When I graduated I knew I wanted to dive into the industry but I was more focused on skincare itself and learning about the benefits of product ingredients, where they are manufactured, shelf life, and how organic they are. I started working in a spa as an esthetician and I loved every minute of it, but I always wanted more. When providing services, I found myself constantly talking with clients about why this ingredient was good for this skin type and why they should use it this way. It was rewarding to help clients. From the two-year Esthetics and Spa

Management program, I learned retail sales and knowledge, which has given me an industry advantage over graduates of shorter esthetics programs.

In 2013, I moved to British Columbia because I wanted a challenge. I started working for skincare companies, managing businesses and people, and found enjoyment from the business side of the spa industry. Recently, I created an online magazine called Spa Vancouver Magazine (spavancouvermag.com), where I visit spas all over British Columbia and review their services, treatments and overall experiences. I wanted to create an avenue where people can easily find a spa with the best atmosphere to suit them. My plan is to continue writing and growing the success of my websites while enjoying the skincare world.

**“For Loyalist’s most recent Esthetics and Spa Management grads –
and all Loyalist grads – I would say that if you have an amazing
idea, run with it. Just keep learning, listening and studying the
industry because it’s growing. Build on your talents.”**



Architectural Technology Grad Proves Wood WORKS!

Paul Kelly, a 2009 graduate of Loyalist's Architectural Technology program, is an Architectural Technologist with Larocque Elder Architects in North Bay. "I love that I get to create art on a daily basis," he says. "Nothing is more satisfying than when I get to create step-by-step instructions to build an entire building. The site is our canvas and the sky is our backdrop. For me, there is no better feeling than seeing a custom home come to life from lines on a piece of paper."

"Architecture is a huge part of my life," says Paul. "Whether it be sketching on a piece of paper, preparing drawings with AutoCAD or walking a construction site. My passion exploded during the three years I studied at Loyalist and it continues to grow every day!"

Recently, Paul got a chance to apply that passion towards an elementary school project in Mattawa, Ontario, with an emphasis on wood construction. The results earned his firm an Ontario Wood WORKS! award. The awards program recognizes individuals and organizations that advance the use of wood in all types of construction through design excellence, advocacy and innovation.

Paul was one of two technologists who worked on the St. Victor Elementary School project, which was recognized in the category of small institutional buildings under \$10 million. Their architectural working drawings brought the 24,778 square-foot building to life. Paul explains that the school is framed with conventional and engineered wood materials, including columns from parallel strand lumber, beams and lintels of laminated veneer lumber, glulam wood trusses, conventional wood framing and engineered wood joists.

He takes pride in the firm's achievement. "I feel privileged to be part of the St. Victor Elementary School project, but most of all I'm proud to be part of the team at Larocque Elder," says Paul. "The award represents the strength of our team and proves that hard work does pay off!"



Justice Served

in Credit Valley Hospital



Arthur Andrzejewski, 2013 Justice Studies graduate

Justice Studies graduate Arthur Andrzejewski started his career with Paladin Security where he is a Security Officer for Trillium Health Partners at Credit Valley Hospital, Mississauga. In this position, he uses the knowledge that he learned at Loyalist to make a difference in the lives of people he interacts with daily.

"The Justice Studies programs teach crucial aspects of all security roles," says Arthur, who graduated in 2013. "Everything from understanding how to use verbal intervention or force, to working within criminal law, helps me deal with a wide range of people. My classes were well planned and informative. I appreciated that professors really cared about students' success and focused on helping us to achieve our goals and succeed in life."

During a common first year with four different Justice Studies programs, students gain insights into human behaviour and Canada's social and political structures. The programs offer the flexibility to transfer directly into Year Two of Community and Justice Services, Police Foundations, Customs Border Services, or Protection, Security and Investigation.

Today, Arthur is responsible for ensuring the safety of patients, staff and visitors. He works with paramedics, police officers and hospital personnel in dealing with people who need physical or mental medical attention. At times, he assists individuals who are confused, agitated or aggressive.

In October 2014, Arthur was recognized with the Front Line Security Officer of the Year award by the ASIS International Toronto Chapter, one of the largest organizations for security professionals. He received this prestigious recognition for demonstrating exceptional customer service and performance in his role as a front line security practitioner. The Front Line Security Officer award honours the efforts being made at the very front end of the security industry by professionals who interact with the public on a daily basis.

Two significant events prompted Arthur's supervisors to nominate him for this award. First, he responded to a call involving an individual who was trying to harm themselves. Arthur provided the support needed by listening and encouraging the person to feel safe until authorities arrived. Less than a week later, he effectively diffused a situation involving another individual who had put themselves in the way of harm. In both cases, he quickly assessed the situation, listened to the individuals, calmed them down, and provided stability.

At the Law Enforcement & Security Practitioner Award dinner, Paladin Security Human Resources Manager Terran Burke said, "Arthur so deserves this win, not only for saving the lives of so many in several different incidents that warranted his selection, but also because of his dedication to Paladin as a consummate security professional. We are honoured to be in attendance to witness his historic moment and we couldn't be more proud of his achievements. Well done Arthur!"

Arthur's advice to students in Loyalist College's Justice Studies programs is to "Keep striving for your goals, never quit and always be prepared for anything to happen." Arthur lives and works by his own advice.



Summertime Favourites: Fresh Fruit and Fitness

With warmer weather and an abundance of fresh produce, summer seems like an easy time to get in shape. However, along with longer days come backyard barbecues, greasy burgers, ice cream and drinks on the patio. Pretty soon you're coming up with excuses to skip your workout and have some fun!

BY JACQUIE BLANCHETTE, OWNER OF BODY SHOP X-TRAINING COMPANY, 2000 LOYALIST FITNESS AND HEALTH PROMOTION GRADUATE

To enjoy the best that summer has to offer, try these top 10 summer fitness trends:

- 10. Body Weight Training:** Head to the beach, park or backyard to work out. Using your own body weight, perform exercises such as lunges, push-ups, squats, planks, ab crunches, and burpees. Try three sets of 15 reps per exercise and, voilà!
- 9. Dragon Boating:** This is a great way to get out on the water using self-powered propulsion and enjoy what can be an intense workout filled with camaraderie and healthy competition. Check out dragonboat.ca for events near you.
- 8. Local Farmers' Markets:** Cut out pre-packaged junk and eat real food! Farmers' markets are alive with fresh, healthy produce and homemade preserves that will fill your belly with goodness. Take advantage and help your community thrive! Find one near you at farmersmarketsontario.com.
- 7. Mud Runs:** These events are super fun and not as intimidating as you might think. Just be sure to recruit one or two really strong women or men to your team (they'll come in handy). Work through the course at your own pace and finish with a smile. An extensive list of events can be found at mynextrace.com.
- 6. SUP/Stand Up Paddleboarding:** This is a great way to take advantage of local lakes and rivers while getting a full body workout. Modern stand up paddleboarding has its roots in Hawaiian surf culture and is one of the fastest growing sports in Canada. Check out goactiveontario.ca, supkingston.com, wsuptoronto.ca, paddlingcanada.com.
- 5. Green Smoothies:** A simple, refreshing, and nutrient-dense way to fuel up and cool down – so much better for you than a milkshake! My go-to recipe is a big handful of spinach, ½ cup frozen cherries, ½ banana, 1 cup unsweetened almond milk, ice and maybe a scoop of vanilla protein powder, depending on your activity level.
- 4. HIIT Training/High Intensity Interval Training:** Not going to lie, this format isn't for everyone, but if you've got a clean bill of health, you can get an effective workout done in half the time of your regular gym routine while improving your aerobic and anaerobic capacity, burning fat and boosting your metabolism. Try 30-60 seconds of high intensity activity followed by 30-60 seconds of rest or low intensity activity for 20 minutes total.
- 3. Ride Your Bike:** Commute everywhere you possibly can. You won't even realize you're working out. Plus, you'll be helping the environment and saving money on gas.
- 2. Digital Support:** I'm a bit of an exercise minimalist, but for all of you techies out there, there are many new gadgets on the market that can track your activity level, heart rate, calories burned and sleep quality. Most allow you to track your food consumption as well. Some options are Fit Bit, Garmin Vivofit, Microsoft Band, Striiv Fusion, Jawbone, Misfit Shine, Nike Fuelband, Bowflex Boost, and Withings Pulse.
- 1. R&R:** The absolute most important summer fitness trend – take time for a little rest and relaxation! Train hard, but relax even harder! Our bodies need time to regenerate from all of the stresses we place on them, physically and mentally. Focus on feeling good and full of energy and you'll find that you'll want to be outside, move more, feed yourself fresh, healthy foods, and then relax and take it all in.

“At Loyalist, the work placements were extremely beneficial in gaining experience, building my résumé and adding to my network of industry professionals.”

Jacquie Blanchette

Food *for* Thought



As you prepare for another delicious barbecue season, there are a few statistics you may want to keep in mind. As much as Canadians love food, it turns out we also waste a staggering amount of it. Up to 40 percent of our food is lost from farm to fork, with 50 percent of that waste taking place in our homes.

Forget the trimmings from your red pepper or the rotten banana in your fruit bowl; this statistic pertains to perfectly edible food. To make matters worse, not everyone is getting enough to eat. Hastings and Prince Edward Counties have the second highest rate of food insecurity in Ontario, affecting one in nine households. How is it that our most vulnerable residents lack affordable and healthy food while so much of it is thrown away?

That question was at the heart of the Canadian documentary *Just Eat It: A Food Waste Story*. The film follows filmmakers and food lovers Jen and Grant as they embark on a food rescue journey, vowing to exclusively eat discarded food for six months. They find that at the root of the issue is our quest for 'perfect' produce, increasing portion sizes at restaurants and at home, confusion over 'best before' dates (an indicator of quality, not safety) and a disconnect between supply and demand resulting in vast amounts of edible food bypassing those who need it most.

With food insecurity becoming such a pressing issue in our own backyard, Loyalist College's Sustainability Committee chose to sponsor *Just Eat It* at the 2015 Belleville Downtown DocFest International Documentary Film Festival, February 27 to March 1. Scenes of dumpsters filled to the brim with packaged food were met by audible gasps; a strong indication that the film's 'waste not, want not' message resonated with the capacity crowd. Following the screening was an inspiring talk with food rescuers from Kingston, Ontario who cycled across North America twice, fueled solely by food rescued from dumpsters. They implored the audience to be part of the solution by joining the food rescue movement, and even brought along their rescued goodies to show how easy it is to take part.

"The film really opened my eyes to the extent of the food waste problem and I wasn't alone in that realization," said Loyalist President and CEO Maureen Piercy. "You could feel the energy in the room. It's clear our community is engaged on this topic and wants to take action. It's now a matter of helping people take the first step."

Food is a topic that we can all relate to and at Loyalist we are working hard to respect it. Our food services provider, Aramark, has a comprehensive inventory system to ensure they only buy what they need and food is eaten, not wasted. Organic scraps from the kitchens and Residence are taken to a farm in Stirling where they are converted to clean, green energy in an anaerobic digester. Education is our purpose and, leading by example, we hope to inspire our students to carry these lessons forward to their future careers.

Loyalist Culinary students are prime candidates for leading the industry towards better practices. In the fast-paced world of restaurants, recycling is not always top of mind, so convenience is key. The College kitchen work areas have been designed to accommodate easy recycling and compost collection, enabling students to divert everything from egg shells to chicken bones. Students are taught that being vigilant about food waste isn't just good for the planet; it is good business. A chef with an eye on the bottom line embraces buying practices that keep supply and demand in close balance and encourages techniques that avoid waste.

"It's about understanding the difference between usable trim and waste," said Chef Scott Royce, Loyalist's Culinary Lab Technician. "You can't serve food waste. Being a great cook requires knowledge of the whole process and waste prevention."

Sometimes, these practices are downright trendy. Loyalist's Gastronomy course, for instance, introduces students to 'nose-to-tail' cooking – a food movement that makes use of every part of the animal in creative ways, so nothing is wasted.

So what can you do to improve food security in your community and reduce waste? The opportunities are boundless. Support local food programs, take part in the growing network of community gardens, share your cooking skills, and above all, embrace this simple call to action: love food, not waste.

For more information on Loyalist's campus sustainability efforts, visit loyalistcollege.com/about-loyalist/sustainability.



Welding and Fabrication Technician student Sarah Wells



Welding and Fabrication Technician student Natalie Stallaert

Behind the Helmet

In the 20th Century, men dominated the skilled trades. Outside of Rosie the Riveter and World War II, it was rare to find a woman behind the helmet, blasting sparks from a torch, fusing metals in a machine shop. Welding was a field monopolized by men and the work was stigmatized as being too heavy or too dirty for women.

It's a mindset Sarah Wells noticed when she completed a cooperative education program in high school. "I felt like the trades weren't for women," she says. "It was mostly older men [in the shop], and I guess they really weren't accustomed to having girls in the workplace."

This experience didn't prevent Sarah from applying to Loyalist College's Welding and Fabrication Technician program. Having considered the job market, and the abundance of positions in skilled trades, she decided to try her hand at welding. "In the shop here, I feel like everyone looks at me as an equal."

Last year, Sarah was one of 24 new students selected for The W. Garfield Weston Foundation Fellowship, a groundbreaking initiative focused on strengthening

Canada's skilled trades workforce. The Foundation has since extended funding for the Fellowship program at the College for another two years, bringing the total support for 100 skilled trades students, including apprentices, to \$400,000.

"The Fellowship really does make a difference in a student's life and how they perceive the college aspect of their life."

Natalie Stallaert is in the second year of the Welding and Fabrication Technician program. She has always enjoyed working with her hands. "I'm a very hands-on person and this is a very hands-on course. It's a lot of fun. I love it."

As she gains more experience in her field, Natalie sees value in being a perfectionist and how crucial it is to do the job right the first time. "Often, lives are at stake," she says. "You have to make sure you do your job properly. Perfectionism is a great thing to have."

The Fellowship has given Natalie the freedom to focus on her studies, to explore her field, and to mentor others. When she graduates, she's looking forward to pursuing a general welding position where she can apply all of the skills she has learned. After a few years in the workforce, she'll concentrate on armouring and metal work.

"I have a family of four, so [the Fellowship] has helped quite a bit," she says. "You don't have to worry too much about getting a [part-time] job. It's all about family and school. My grades are up there. That says something."

THE W. GARFIELD WESTON FOUNDATION

Introduced at Loyalist in 2013 as a pilot project, the Fellowship program is helping to meet the 'skills gap' and to build a stronger workforce by encouraging Fellows to pursue careers in electrical, welding, manufacturing, automotive and building sciences. Students selected for a Fellowship receive tuition credits and up to \$4,000 in bursaries during their studies.

For more information on post-secondary and apprenticeship opportunities with The W. Garfield Weston Foundation Fellowship program, please visit loyalistcollege.com

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April 1, 2014 – March 31, 2015

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At the annual Ontario Technological Skills Competition (OTSC) at Waterloo's RIM Park from May 4 to 6, Manufacturing student Ben Bryan, left, received bronze in the Computer Aided Manufacturing category, and Manufacturing student Steven Mullin, right, won gold in the Mechanical CAD category. Congratulations!



On facebook.com/loyalistcollegealumni:

We said:

We want to hear about your career! Reply with your current occupation and the program you graduated from at Loyalist for a chance to win a FREE t-shirt!

You said:

Barbara Mason DSW program, 2004. Employed at Safehaven Project Community Living, as a DSW.

Mike McClelland I'm working as a Senior Financial Analyst at the South East Local Health Integration Network in Belleville. Graduated in 1979 from Business Administration.

Amber Maracle Graduated from Early Childhood Education 2 year program in 2010. Did a school age placement at Circle of Tots childcare Centre in Napanee and got hired 3 weeks after. Been working there now for 5 years in May.

Daniel James Rogers Construction Engineering Technician class of 2013, work for Greer Galloway – Peterborough.



On Twitter @loyalistgrads:

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Daniel White (@rcabrat754) @loyalistgrads Chemical Engineering Technology, 1988. Sr Environmental Officer/Water Inspector with Ministry of Environment & Climate Change.

Sarah Morency (@sarahmorency) @loyalistgrads @LoyalistCollege I graduated last May from post-grad HR Management & have been employed in my field since June (Civeo)©

Shaun MacKenzie (@Buddo93) @loyalistgrads Security Supervisor at a prominent Ontario University. Law and Security-Corporate and Commercial Security, 2001.

Carrie McEachran (@McEachranCarrie) @LoyalistCollege @loyalistgrads DSW Graduate working at Pathways Health Centre for Children in Sarnia #weputyoutowork.

Email your updates to alumni@loyalistc.on.ca

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or by calling 613-969-1913 ext. 2307. This information helps to assist your Alumni Office and Association in providing you with the opportunities and tools needed for active engagement with Loyalist College.



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