

# WH

WIDER HORIZONS

{ A PUBLICATION OF LETHBRIDGE COLLEGE }

## THE MAKERS. THE DOERS. THE THINKERS.

COLLEGE EXPERTS SHARE THEIR TIPS AND TRICKS  
ON MAKING THE MOST OF TIME AT HOME.



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WINTER 2021



## WIDER HORIZONS

{ VOL. 14 | ISSUE 2 | WINTER 2021 }

*Wider Horizons* is Lethbridge College's community magazine, celebrating the successes and stories of students, employees, alumni, partners and friends. The magazine aims to educate, engage and delight its readers through compelling stories and images about Lethbridge College people, places and experiences.

In addition to free distribution to our regional community, *Wider Horizons* is also mailed to all alumni and available on campus. Alumni looking to connect with the college or update their contact information can email [alumni@lethbridgecollege.ca](mailto:alumni@lethbridgecollege.ca) or go to [lethbridgecollege.ca/alumni](http://lethbridgecollege.ca/alumni).

Readers who would like to receive an e-version of the magazine, send a letter, comment on a story, change their address or remove their name from our mailing list should email the editor at [WHMagazine@lethbridgecollege.ca](mailto:WHMagazine@lethbridgecollege.ca).

### Wider Horizons

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Lethbridge College is located on the traditional land of the Blackfoot Confederacy and is home to many Indigenous peoples, including members of the Kainai, Siksika and Piikani First Nations, as well as many Métis and Inuit people.



As we made the hour-plus drive from our college to her house during the Easter break of 1991, my best friend Rebecca gave me some delicious insight into her parents.



She told me her mom was a night-owl who loved nothing more than sleeping late, but her dad had to leave early for his workweek job. So early in their marriage, they agreed that her mom would handle the morning rush of getting three kids off to school, and her dad would do the weekends – making a “real” breakfast while he was at it. I quickly learned that Rebecca’s dad, Jim, took this work seriously, and over that long holiday weekend and many other visits during our college years, I enjoyed his delectable cornmeal-bacon waffles, Dutch babies, and my favourite – sourdough applesauce doughnuts.

I’ve thought of those doughnuts often during the pandemic, when it seemed like everyone suddenly started making their own sourdough. A strange silver lining of isolation has been that a lot of people have started doing or returning to a lot of very cool at-home activities.

So in a sense, sourdough inspired one of our main features in this issue of *Wider Horizons*. It turns out our Lethbridge College colleagues have a lot of great talents they willingly shared with readers, and you can read about them all starting on p. 16 (as well as scattered through different parts of the magazine). If you have an at-home activity you think fellow readers might like to try, drop me a line at [WHMagazine@lethbridgecollege.ca](mailto:WHMagazine@lethbridgecollege.ca) and we’ll be glad to share.

This issue also celebrates the college’s “makers, doers and thinkers,” including our Indigenous grandmothers who generously share their wisdom and compassion with the college community; a Heavy Equipment Technician grad and now instructor who is a talented photographer who uses old technologies to create beautiful new images; college researchers who are creating immersive virtual reality training programs to help caregivers manage the situations they may face while working with people with dementia; a Business Administration grad who has built a one-of-a-kind Lethbridge enterprise; and so much more.

Our whole team came together to create an issue that we hope will be welcome and engaging when it arrives in your mail in the new year. It has been a challenge to not be able to connect in the ways we are accustomed to, and we are all missing being together at convocation, Coulee Fest and Kodiaks games, as well as Thanksgiving, birthdays and winter holidays. But we hope this issue might help you feel connected to the college in other ways, even in these turbulent times.

As for me, I am going to finally jump on the sourdough bandwagon and try out some of the best recipes from Rebecca’s dad this holiday season. My goal is to have sourdough doughnuts ready for my family on Christmas morning. I’ll let you know how it goes!

Thanks for reading – and for trying new things this winter.

Lisa Kozleski

**Editor**



**SEEN ON CAMPUS**

This fall, third-year Baker Apprentice student Jordi Neudorf spent an afternoon in the campus bakery tempering white chocolate to use in creating confections and chocolate sculptures. Many students got to take part in hands-on learning experiences on campus this past semester, working in small cohorts and following health guidelines.

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**Conversations with our Kaahsinnooniks:**

Indigenous grandparents share caring and generous spirits with the college community.



**A chef's favourite:**

Chef Amanda Kawchuk suggests creating a sumptuous dessert that also happens to be vegan and gluten-free.



**The last word:**

Take a sneak peek at the state-of-the-art Plumbing Lab in the Trades, Technologies and Innovation Facility.



Lethbridge College President and CEO Dr. Paula Burns chats with the Hon. Devin Dreeshen, Alberta's Minister of Agriculture and Forestry, following the announcement on Oct. 15 of a new partnership that will increase the college's research capacity while benefiting all Albertans in the agriculture industry. As part of the agreement, the college will start managing the Alberta Irrigation Technology Centre and the Brooks Greenhouse (read more about the partnership on p. 4).



“We thank the Government of Alberta for its commitment to applied agriculture research in southern Alberta and its confidence in Lethbridge College’s ability to lead these operations,” said Dr. Burns. “This agreement will allow our Centre for Applied Research, Innovation and Entrepreneurship to build on its strengths and expand its work and relationships with the local agriculture industry, creating new and innovative solutions that drive the industry forward and contribute to Alberta’s economic growth.”

Photo by Rob Olson



# NEWS AND NOTES



## ALBERTA AGRICULTURE AND FORESTRY HELPS GROW RESEARCH AT LETHBRIDGE COLLEGE

AN AGREEMENT WITH THE GOVERNMENT OF ALBERTA'S MINISTRY OF AGRICULTURE AND FORESTRY WILL HELP LETHBRIDGE COLLEGE BUILD UPON ITS STRENGTHS AS AN APPLIED RESEARCH INSTITUTION.

The \$2-million agreement adds established infrastructure and experienced staff members to the college's applied research team and resources, increasing the college's research capacity while benefiting all Albertans in the agriculture industry.

The agreement, announced on campus in October, will see management of the Alberta Irrigation Technology Centre (AITC) and the Brooks Greenhouse transfer to the college as part of its Centre for Applied Research, Innovation and Entrepreneurship (CARIE). The AITC and Brooks Greenhouse offer scientists opportunities to conduct research at a scale Alberta's farmers can then apply to their operations. Lethbridge College will operate the facilities as workspace for agriculture researchers from across the industry — including post-secondary institutions, private industry and more.

Want to keep up on all of your Lethbridge College news between issues of *Wider Horizons*? Check out our news and events webpage ([lethbridgecollege.ca/news](http://lethbridgecollege.ca/news)) for the latest stories and all of the college news you need. And don't forget, you can read past issues of *Wider Horizons* at [widerhorizons.ca](http://widerhorizons.ca).

## “THIS AGREEMENT WILL CREATE PRACTICAL OUTCOMES FOR ALBERTA’S AGRICULTURE INDUSTRY.”

“I’m happy to see Lethbridge College recognize the importance of this work,” says Devin Dreesen, Minister of Agriculture and Forestry. “This agreement will create practical outcomes for Alberta’s agriculture industry. With the kind of innovation resulting from this research, Alberta will continue to attract food processing investment that will help lead our economic recovery.”

Under this new model, agricultural research in Alberta will lead to tangible benefits for farmers, including higher profits, a more abundant food supply at lower cost for consumers and ultimately a higher quality of life in rural communities. The new facilities and support personnel will enhance agriculture research activities already underway within CARIE, including the new Integrated Agriculture Technology Centre, the Mueller Applied Research Chair in Irrigation Science, the Applied Research Chair in Agricultural Engineering and Technology, and the Aquaculture Centre of Excellence.

“We’re extremely proud that our 30-year research history has been recognized,” says Dr. Kenny Corscadden, Lethbridge College Associate Vice President – Research, Innovation and Entrepreneurship. “The addition of these facilities is relevant for our current areas of expertise, supporting greenhouse and field crop production, including irrigation and post-harvest technology.”

**WH** Story by Paul Kingsmith | Photo by Rob Olson

## DID YOU KNOW?

### THE AITC SUPPORTS IMPROVED IRRIGATION WATER CONSERVATION, EFFICIENCY AND PRODUCTIVITY WITH A FOCUS ON THE ADOPTION OF TECHNOLOGIES AND AGRONOMIC PRACTICES.

- The facility is on 200 acres with three pivots and a total of 125 acres under irrigation.

### THE BROOKS GREENHOUSE GIVES ALBERTA SCIENTISTS THE SPACE TO TEST CROPS AND TECHNOLOGY ON A COMMERCIAL SCALE.

- The facility makes it possible to collaborate with scientists doing greenhouse research in Canada and internationally.
- It opens another avenue for Alberta researchers to supplement their regular field programs with some added greenhouse projects.

### THE CENTRE FOR APPLIED RESEARCH, INNOVATION AND ENTREPRENEURSHIP (CARIE) IS A CATALYST FOR ECONOMIC GROWTH, SUSTAINABILITY AND SOCIAL DEVELOPMENT IN THE REGION.

- Lethbridge College was named one of Canada’s top 50 research colleges in 2019.
- CARIE earned a Colleges and Institutes Canada (CICan) national gold award for recognizing the “extraordinary contributions” of CARIE for improving the productivity of small and medium-sized enterprises and community partners.

## COLLEGE CELEBRATES PARTNERSHIP WITH RBC

October’s Stone Pipe Days included a celebration of another chapter in the long-standing partnership between RBC and the college’s Indigenous Services department. RBC committed to a \$75,000 gift to Indigenous Services through the RBC Foundation Future Launch program. The donation will be directed to Indigenous cultural support programming, the Indigenization of campus and the new Indigenous Mentorship program scheduled to launch in January 2021. RBC began a partnership supporting Indigenous education at Lethbridge College in 2007 and has since provided nearly \$700,000 to support Indigenous initiatives, events and programming on campus. “We at RBC are beyond proud and honoured to be included in Stone Pipe Days celebration and are especially proud of our partnership with Lethbridge College,” says Mark Brown, RBC Regional Vice-President – Alberta South. “There is a true commitment to excellence, diversity, and inclusion in everything they do. They are committed to ensuring that Indigenous students have the opportunity to celebrate diversity and inclusion through the recognition and respect for their distinct cultures, languages, histories and contemporary perspectives.”

## READY TO COMMEND OUR PARTNERS

Lethbridge College was proud to nominate four of the individuals and organizations honoured by the Association of Fundraising Professionals, Southern Alberta Chapter’s Inspiring Philanthropy Awards 2020 – celebrating National Philanthropy Day.

### CONGRATULATIONS GO OUT TO THESE PHILANTHROPISTS:

- **Knud Petersen**,  
Winner – Southern Alberta Philanthropy Hero
- **Enel Green Power**,  
Winner – Indigenous category
- **KB Heating and Air Conditioning**,  
Winner – Corporate Philanthropist category
- **The Lethbridge College LEO Club**,  
Winner – Youth Philanthropist category

Learn more about these award winners and their support of many southern Alberta organizations online at [lethbridgecollege.ca/news](http://lethbridgecollege.ca/news).



## ENEL GREEN POWER PARTNERSHIP CREATES OPPORTUNITIES FOR INDIGENOUS LEARNERS

Enel Green Power has partnered with Lethbridge College to create opportunities in renewable energy for Indigenous learners in southern Alberta. The unique collaboration is designed to support the education of students from the Piikani Nation who are interested in pursuing careers in wind energy.

The partnership sees Enel Green Power working with Lethbridge College's Wind Turbine Technician (WTT) program to develop opportunities for Piikani learners, including supporting the college's Indigenous Circle of Services programming, creating student awards and developing experiential learning opportunities for Piikani Nation community members.

A career as a wind turbine technician was the path followed by Piikani Nation member Otys Potts-Littlemustache, who graduated from the college's Wind Turbine Technician program in 2014. He appreciates this partnership and the opportunities it will create for Piikani Nation members.

Enel Green Power operates a 210 MW portfolio of wind farms in Pincher Creek including the Castle Rock Ridge I and II and Riverview wind farms, the first of which began operations in 2012. Acknowledging that their projects are located on traditional Blackfoot territory, Enel Green Power has worked directly with the college and the Piikani Nation to develop this partnership.

### HIGHLIGHTS OF THE \$100,000 USD AGREEMENT INCLUDE:

- Creating "experiential learning days" for students of Piikani Secondary School, other Livingstone Range School Division institutions and Piikani Nation mature learners, which will provide the opportunity to visit Lethbridge College and learn more about both the WTT program and other college programming and services.
- Student awards for the WTT program directed to support graduating Piikani Nation, Indigenous and non-Indigenous students.
- Engaging Piikani Nation youth through experiential opportunities in the WTT program, co-developed by Enel and Lethbridge College, including safety training in the college's wind turbine shop; experience climbing in a wind turbine nacelle; standing on top of a wind turbine using virtual reality (VR); and development of a VR tour of the college's nacelle that can be accessed at Piikani Secondary School through the donation of two VR headsets.

Photo courtesy Carson Romeril

## READY TO RISE: ALUMNI HELP STUDENTS RISE UP

Lethbridge College alumni remember what it means to be a student. And today, students are facing challenges like they have never experienced before. Lethbridge College's Ready to Rise campaign provides support to address our students' most pressing needs, including mental health and wellness resources and financial funding.

The college would like to extend a hearty thank you to the entire Lethbridge College alumni community, who made their support go even further by unlocking \$25,000 in funding from an affinity partner, TD Insurance. This past summer, nearly 700 individuals made financial gifts, shared their alumni stories and spread the word on social media – with each action unlocking dollars towards Ready to Rise.

If you would like to help ease the struggles that today's students face by providing them the resources they need to be ready, visit [lethbridgecollege.ca/readytorise](http://lethbridgecollege.ca/readytorise).



## DID YOU KNOW...

...that nearly 600 Lethbridge College students received more than \$650,000 in donor-funded student awards and scholarships this fall?

Amid these times of extreme uncertainty, student awards and scholarships ensure that our students' education will not suffer because of their financial status. Although many students have benefited from donor-funded student awards already this year, the need for additional funding is very real, as students will continue to face challenging times beyond the initial impact of any crisis.



# CAMPUS NEWS

Even in the midst of the pandemic, there was no shortage of news happening on campus this fall. For all the details, check out [lethbridgecollege.ca/news](http://lethbridgecollege.ca/news). In the meantime, these headlines hint at some of the innovations, adaptations and successes the campus experienced these past four months.

## AG SCIENCES PROGRAM HAS NEW OPTIONS FOR STUDENTS

The Agriculture Sciences program now includes a common first year that will introduce students to the basics of agriculture, such as botany, animal science, commodity marketing, soils, sustainable agriculture and communications. Students will then select from one of three majors in their second

year – agronomy, animal science or a recently introduced agriculture business option. Previously, students had to choose a major prior to their first year of study.

## VXR PROGRAM PROVIDES SOLUTION FOR NATIONAL EVENT

Leaders in supply chain technology from across Canada came together in September to discuss innovations – in a virtual experience created by Lethbridge College students and faculty.

## NEW NESA CURRICULUM IS RESULT OF COLLABORATION AND CONSULTATION

Lethbridge College's innovative and collaborative four-year Nursing Education in Southwestern Alberta (NESA) program has undergone a thorough review and overhaul of its curriculum to ensure it is best meeting the contemporary needs of Canadians. The new curriculum, introduced this fall, is the first major redevelopment of the NESA curriculum since the program launched in 2002, and all 25 courses in the NESA BN program are new.

## NEW TOOL TURNS STUDENTS' WORK INTO REAL-WORLD EXPERIENCE

The college has signed a partnership agreement with Riipen, a Canadian technology platform that facilitates micro-experiential learning opportunities by connecting students to industry partners. Students can work directly with an industry partner to complete work that benefits the partner, while also tying into the program curriculum, counting towards their classwork and academic outcomes.

## CORE COMPETENCIES HELP PREPARE STUDENTS TO BE EMPLOYMENT-READY

Lethbridge College has developed a set of Student Core Competencies to help prepare students to be ready to enter today's workforce – one that demands they are not just technically skilled but are also flexible, innovative and strong team players. Proficiency in each core competency will be recognized with a digital badge from Lethbridge College that can be added to resumes, portfolios or social media sites, such as LinkedIn.



## OUT IN THE FIELD

Lethbridge College first-year Natural Resource Compliance students recently took part in a small scale bioengineering project with the City of Lethbridge and Oldman Watershed Council. The students got hands-on experience performing active willow and cottonwood restoration, taking plants harvested from Botterill Bottom Park and moving them into Alexander Wilderness Park.



## STUDENT SNAPSHOT RECEIVES INTERNATIONAL RECOGNITION

This majestic moose was captured on camera by Natural Resource Compliance student Matthew Henry. The photo, entitled “Snow Moose,” was selected from more than 50,000 entries to be part of the “highly commended” category for the ages 15 to 17 category of the Wildlife Photographer of the Year event hosted by the Natural History Museum in London, England.

Henry says he took the photo when he and his parents were on a drive on Thanksgiving weekend in 2018.

While waiting in the car, he spotted the moose in the snow as it drank from a puddle. Every few seconds, the animal looked around, its head contrasted against its dark, wet fur. Henry experimented with shutter speeds to capture both the snowfall and the details of the moose’s face. “The instant I pressed the shutter,” he recalled, “I knew that I had captured something special.”

Henry says it was an “incredible honour” to receive this recognition. “I have always admired the amazing

photographers featured by this competition each year, and now to be among their ranks is an unbelievable feeling,” he says. “I am so thrilled that my image will travel the world, being displayed in the most notable museums and galleries on every continent other than Antarctica. I have always wanted my photography to inspire people to develop their own passion for nature and get outdoors.”



## COLLEGE MOURNS PASSING OF FOUNDATIONAL FACULTY MEMBERS

*Wider Horizons* learned of the passing of two instructors who played significant roles in helping build programs that are still thriving today.

### CHRIS CROSTHWAITE



Crosthwaite, who helped build the Culinary program in the early 1990s along with Chef Charles Parker, passed away in November at the age 60, “after an unrelentingly optimistic journey with cancer,” according to his obituary. “His family was with him throughout and at the end — embracing him with their own unconditional love.” Chef Doug Overes, chair of Culinary Careers, said he considered Chef Chris a mentor and a friend. Special thanks go out to graduate Dayna Tilleman for letting the college community know of his passing.

### ALBERT (AL) LAPLANTE



Laplante, a key figure in Lethbridge College’s Civil Engineering Technology program, passed away in October at age 82. Described by a former colleague as the godfather of Civil Engineering at the college, Laplante came to the college in 1983 and was the founding chair of the Civil Engineering program when it opened that fall. His devotion to Lethbridge College students never waned. At retirement in 2000, he established the Al Laplante Scholarship for Civil Engineering Technology students, recognizing academic excellence in a student’s first year of the program. His family invites anyone wishing to honour his memory to make a donation to this scholarship fund.

## INDIGENOUS CODING CAMP

A training opportunity that happened on the campus over the summer involved teens who came from the Blood Reserve to take a computer coding camp through Corporate and Continuing Education (CCE).

The students trained for a full week in the college’s computer lab. At the end of the program, they received iPads given by an anonymous donor to Lethbridge College’s CCE

Congratulations to the following Lethbridge College community members for going above and beyond in their life, work and community. Here are some highlights of their successes these past four months:

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**Dr. Paula Burns**, Lethbridge College’s President and CEO, was appointed chair of Colleges and Institutes Canada (CICan) in October for a two-year term. In this new position, she will continue advocating on behalf of Canada’s publicly supported colleges, institutes, cegeps and polytechnics.

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**Tannis Chartier**, a Therapeutic Recreation – Gerontology student, created a program called Resilient Art YQL, which gives users of the Lethbridge Soup Kitchen a meaningful leisure activity that also raises money for basic needs such as food.

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**Dave McMurray**, manager of applied research in the Centre for Applied Research, Innovation and Entrepreneurship, is also a historian. He was interviewed about the long history of women who fish in the July issue of *Anglers Journal*. He also co-authored a chapter in the new book *Sport and Recreation in Canadian History*, edited by Dr. Carly Adams from the University of Lethbridge.

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**Erin Olsen**, who was an instructor at Lethbridge College, was named a judge for the Provincial Court of Alberta, south region in November. *Photo courtesy The Lethbridge Herald*

## DID YOU KNOW...

...that Lethbridge College’s Conservation Connection segment, which is a cornerstone of the Trigger Effect TV show, is now also being featured weekly on the Safari Club website?

Check out the first episode with Everett Hanna at [learn.lc/conservation](http://learn.lc/conservation). The Conservation Connection segment features updates from researchers, biologists, and other wildlife professionals as they connect the dots between hunting and conservation in an informative and entertaining way.

specifically to inspire lifelong learning and provide skills for the jobs of the future.

“The computer coding camp was a beneficial career exposure camp for the Blood Tribe youth,” says Levi Little Mustache, youth programs officer with Blood Tribe Employment and Skills Training. “It opened their eyes to the potential opportunities of a career within computer coding, while giving them new valuable technical skills.”



# HOW TO STAY SHARP IN YOUR SPORT (EVEN WHILE STUCK AT HOME)

STORY BY JAMIN HELLER

Athletic competition was brought to an abrupt halt in March 2020, but as every athlete knows – the competition never sleeps, even during a pandemic. So we asked our Kodiaks coaches for their tips on how to stay sharp and improve fundamental skills, even while stuck at home.

## SEAN CAREY

Men's and women's soccer and futsal



The 2019 Canadian Collegiate Athletic Association (CCAA) Men's Soccer Coach of the Year shares some simple tips for improving individual skills from home.

- 1. Juggling:** Juggling is a simple drill everyone can do at home. All it takes is a ball. Set a new personal best and then keep trying to break it.
- 2. Developing a feel for the ball:** While you're studying at home, have a ball at your feet and keep rolling it around. It's a great way to constantly develop a feel for the ball.
- 3. Learn from the pros:** Watch professional soccer and concentrate on the players that play the position that you play. You can learn a lot from how they play the game. Carey recommends watching Leeds United in the English Premier League, which is his team of choice.

## SIMON SCHAEZ

Women's and men's cross country and indoor track



The 2019 Alberta Colleges Athletic Conference (ACAC) Cross Country Coach of the Year helped lead his cross country team to a CCAA national gold medal last year. If you're looking to build up to a 5K and beyond, here are his tips for training – even in the cold Alberta winter.

- 4. Goal setting:** Work to establish consistency. Start by setting a goal, which usually is a target time to run your 5K and the date by which you want to achieve that target time. Then, find someone who will hold you accountable. It might be someone who wants to join you in your training or a coach who will check-in and motivate you.
- 5. Training to build up to a 5K:** Balance is key to a strong training approach. Combining sessions with continuous low-intensity runs with shorter interval-based high intensity runs (one to three times a week) will help you work up to your goal. Balance your training with good nutrition, sleep and recovery.
- 6. How to get started:** Start with a frequency and intensity that is manageable. It's important that it fits into your lifestyle. This may only be one or two runs per week, which is more than OK. The important thing is to establish some initial momentum. Once you have some momentum, you can gradually add more and/or longer runs. Find someone who holds you accountable, as your chances of success are much higher when you have someone in the trenches with you. Lastly, keep a training journal. It helps to look back and see where you started.

## ANNA SCHWARK

Women's volleyball



Volleyball may be a team sport, but there's lots you can do to improve your game on your own. Coach Schwark shares the tips she's given her team.

- 7. Film:** Watching yourself can help you identify common mistakes or poor habits, while watching someone else playing a higher level can help you identify their skills and good habits for you to create. Using film to break down a specific skill is also helpful and can be done by yourself.
- 8. Visualization:** While training opportunities are limited, now is a great time to get started on sport performance visualization. You can visualize the best game you've ever played, or a real-time game where you must adapt to what your brain throws at you. By the time you step foot on the court for game time, you won't even be nervous because you've played the game 1,000 times in your head already!
- 9. Positive self-talk:** If you tell yourself you can't do it, chances are you can't. By telling ourselves we can, we open up a whole new world of possibilities. When negative self-talk starts to creep in, just acknowledge it. Just make sure to quiet that voice with some positive self-talk.
- 10. 2 v. 2 gameplay:** Mini games can be really beneficial for developing defensive reading skills. You only need four people in two teams. Not having a blocker allows both players in backrow defence to rely on the visual cues the hitter is giving them. On defence, ask yourself what direction is the hitter approaching? Where are they looking? Is their hand open to swing or closed to tip? Athletes of all ages can use drills like this to improve their defensive reading skills!

## KODIAKS WELCOME E-ATHLETES TO GAMING CHALLENGE

The Kodiaks are one of 12 institutions from across Canada that took part in the inaugural Canadian Collegiate Athletic Association (CCAA) FIFA20 Gaming Challenge. The tournament follows the increasing trend of e-sports as a form of competition. Two Kodiaks e-athletes, Moataz Hassanen and Oluwatobi Bello, participated in the six-match round robin portion that started Oct. 27 and ran to Nov. 12. As a CCAA-sponsored event, competitors are competing for a national championship, complete with a custom Jostens championship ring for the winner.

LETHBRIDGE COLLEGE



## 50 KODIAKS NAMED NATIONAL SCHOLARS

The Lethbridge College Kodiaks excelled not just in competition during the 2019-20 season, but in the classroom as well. A total of 50 Kodiaks student-athletes have earned Canadian Collegiate Athletic Association (CCAA) National Scholar honours – the most of any Alberta Colleges Athletic Conference (ACAC) institution, and second most in Canada. To be named a national scholar, student-athletes must earn a grade point average of at least 3.3, while also competing for a registered athletics team.

### CONGRATULATIONS TO THESE OUTSTANDING STUDENT-ATHLETES.

**Women's basketball:** Kirsten Barwegen, Montana Berezay, Emily Greeno, Abigail Hall, Kaylin Larson, Catriona Smith and Jennafer Taylor.

**Men's basketball:** Trey Bohne, Brock Dewsbury, Drake Harker, Jackson Kasko, Brigham Smith and Jett Stef.

**Cross country running:** Cooper Cheshire, Justin Fisher, Rosie Bouchard, Anna LeBlanc, Kayla Munro and Millie Stafford.

**Men's soccer:** Christopher Anton, Jimmy Bukuru, Luis Fonseca and Jaden Veluw.

**Women's soccer:** Suzana Brkic, Ailsa Fallows, Sydney Hope, Meagan Judge, Stephanie Klassen, Alexandra Morrison, Christine Moser, Victoria Noronha, Jasmin Salmon, Ashley Szalski and Micaela Stone.

**Women's volleyball:** Claire Armstrong, LeeAnne Arnott, Jamie Brown, Morgan Bullerwell, Johanna Dixon, Elyse Doble, Carley Doneff, Harper Elwood, Maile Funa and Rae Whitehead.

**Men's volleyball:** Malcolm Fisher, Jackson Gaehring, Nathanael Heyburn, Michael Kindley, Michael Svab and Zachary Wikenheiser.

Learn more about the Kodiaks and keep up-to-date with the latest news at:

[gokodiaks.ca](http://gokodiaks.ca)



## VALGARDSON FOLLOWS IN PARENT'S FOOTSTEPS

It could be said the latest Kodiaks recruit is returning to his natural habitat. Karson Valgardson, whose parents are both members of the Kodiaks Hall of Fame, committed to join the Kodiaks men's basketball program last fall.

Valgardson is a 6-foot-5 forward who earned a 4A first team all-star nod with Chinook High School in his senior season. Born and raised in Lethbridge, Valgardson is the son of Jason and Carmen (Knutson) Valgardson, who were both members of Kodiaks basketball teams now enshrined in the Kodiaks Hall of Fame.

"Karson is a very coachable player who excelled at Chinook High School, both on the court and in the classroom," says Kodiaks men's basketball head coach Ryan Heggie. "He's a bit of a throwback player who can score and defend several positions."

Valgardson says it's a privilege to put on the same Kodiaks jersey that his parents did three decades ago. "It's a great honour to be part of a program that has enjoyed so much success and produced so many great players," says Valgardson. "I am looking forward to playing at the next level, playing for coach Heggie and getting to know my new teammates."

Valgardson will strive to continue the family tradition of winning while representing Lethbridge College. After all, his parents were members of some of the most successful basketball teams in Kodiaks history.

Their son and his teammates are looking to replicate that level of success at the first opportunity to compete. In the meantime, with restrictions in place due to the pandemic, they continue to train and develop key skills both on- and off-court during this winter semester – and can't wait to see where that takes them next.

WH Story by Jamin Heller | Photo courtesy the Valgardson family

STAY CONNECTED TO LETHBRIDGE COLLEGE ALL YEAR LONG BY FOLLOWING US ONLINE:

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# MAKING EVERY PICTURE COUNT

WITH MIKE DARLOW



“WHAT’S AMAZING ABOUT PHOTOGRAPHY IS ALL YOU NEED IS A BOX AND SOME FILM BEHIND IT, AND TO UNDERSTAND THE THEORY OF PHOTOGRAPHY.”

## HEAVY EQUIPMENT TECHNICIAN GRAD AND INSTRUCTOR FOCUSES ON WINTERTIME PHOTOGRAPHY WHEN HE’S OFF THE JOB (AND SHARES A FEW TIPS TO GET STARTED MAKING MEMORABLE PHOTOS)

Mike Darlow’s Flickr account, not surprisingly, features photos of vehicles – black and white images of antiques left to rust in southern Alberta’s elements; a classic Plymouth bathed in a nostalgic golden light; and a sporty Porsche that looks ready to roar to the horizon. Darlow is a Red Seal journeyman heavy equipment technician, now in his seventh year teaching apprentices in the same Lethbridge College program he completed in 2012.

In summer, Darlow spends his free time working on vintage or hot rod cars, particularly in 2020 when his plans to travel to Europe were kiboshed by the pandemic.

But the Flickr account shows much more – an emotionally stark image of Vimy Ridge, breathtaking landscapes that convey calm or mystery, and powerful portraits. He’s taken portraits of his two children, now both Lethbridge College students – so many they’ve become reluctant models. Eldest child, Annabelle, was an internationally competitive judoka who is now enrolled in the Exercise Science program, pursuing a career as a personal trainer. Isabelle is an artist and first-year Multimedia Production student.

Darlow considers the winter prime time for photography. Shorter days bring softer light to outdoor photography.

From the time he got his first camera in 1983, a point-and-shoot Fuji, Darlow has experimented with film photography. He shoots digitally also, but in the early years of digital cameras, Darlow scooped up film camera bodies other photographers were abandoning. Today those discards are highly valued by a new generation of shooters who’ve discovered the beauty and creativity of film.

“I can take as good a picture with a box camera and my lens from the 1980s as the most modern digital cameras today,” he says.

He’s graciously shared some of his favourite images – one taken with a Voigtlander lens made in 1861, part of his collection of cameras and lenses. His photos tell the story of his collection, his attention to detail and his technical prowess.

**In the mountains near Pincher Creek** – 4 by 5 large format camera on Kodak Portra 400 film.  
**Darlow is shown with his 4 by 5 large format camera.**  
Photo courtesy Doug Wild.  
**Darlow prepares to photograph his vintage truck.**  
Photo courtesy Peter Kwan.









# HOW TO GET STARTED WITH PHOTOGRAPHY



## HERE'S DARLOW'S ADVICE FOR HOW TO START IN PHOTOGRAPHY:

1. If you can afford one, buy a digital mirrorless camera "because it's the modern thing." Put it in manual mode. Do not shoot in automatic.
2. There is a photography club in Lethbridge, but you can also just go out with friends willing to explore photography, too. You'll be amazed by how your group can visit the same places and come back with completely unique photos.
3. You can use the camera on your phone to understand the relationship between aperture (light) and shutter speed (time). Some phone cameras have a manual option.
4. To get into film, invest \$100 in a used Pentax film camera and start shooting. Phone apps like Light Meter Wheel and Reciprocity Timer can help with your exposure settings.

## WATCH AND LEARN:

- Visit Darlow's favourite YouTube channel on photography, Negative Feedback. A young photographer shoots with new and vintage gear and compares results.
- Watch Kodachrome, a 2017 film starring Ed Harris and Jason Sudeikis now on Netflix. It's about a father-and-son road trip taking pictures on the last roll of Kodachrome film while driving to the last lab still developing it. "He makes every picture count."

To learn more about Darlow and his photography, please see the full story on our website, [www.widerhorizons.ca](http://www.widerhorizons.ca).

**WH** Story by Dawn Sugimoto  
Photos shot and developed by Mike Darlow, unless otherwise indicated

## CLOCKWISE FROM TOP LEFT

**Sailboats in Western France** - Mamiya 7ii on CineStill film.

**Bistro in Brussels** - Leica M6 on Kodak Tri-X 400 film.

**Vimy Ridge, France** - Leica M6 on Kodak Tri-X 400 film.

**Portrait of Lauren Kwan** - Voigtlander lens made in 1861,

4 by 5 large format camera, using a wet plate collodion process.

**Adam Duell with Dodge Fury** - Mamiya 7ii on Kodak Portra 400 film.

**Sugar factory in Picture Butte** - Mamiya 7ii on Kodak Portra 400 film.

IF YOU'D LIKE TO LEARN MORE ABOUT TAKING BETTER PHOTOS. THEN TAKE A LOOK AT LETHBRIDGE COLLEGE'S CORPORATE AND CONTINUING EDUCATION COURSES, WHICH ARE DESIGNED TO EDUCATE, TRAIN, ENTERTAIN AND ENLIGHTEN. GO TO [LETHBRIDGECOLLEGE.CA/CCE](http://LETHBRIDGECOLLEGE.CA/CCE) TO GET STARTED.



# HOW TO DO MORE OR LESS EVERYTHING

TIPS, TRICKS AND INSIDE INFORMATION  
ON MAKING THE MOST OF TIME AT HOME



## IT STARTED WITH SOURDOUGH.

Well, technically it started with targeted trips and cross-town treasure hunts to find toilet paper and Lysol wipes. But at some point early in the pandemic, it seemed like (almost overnight) countless friends and family members were suddenly talking about the wonders of making their own bread and arranging hands-free drop-offs of sourdough starters.

Doing-it-yourself – whether discovering new skills and rediscovering previous passions – has been one of the unexpected silver linings of living in the time of COVID-19. Whether you are self-isolating or maintaining small “cohort families,” the time definitely passes more pleasantly when there is chewy, freshly baked bread to nibble on, a pandemic puppy to play with or a bountiful backyard garden to visit before making a salad for dinner. It turns out that Lethbridge College staff and alumni are experts at some essential stay-at-home skills that could come in handy this winter, especially if the community is called on to again limit social interactions. Starting with Heavy Equipment Technician instructor (and 2012 graduate) Mike Darlow’s advice for taking excellent photos in the winter on p. 12, and continuing in the following six pages, you’ll get all the tips and tricks you need for making the most of time at home – even in the midst of a pandemic.

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**IF YOU’D LIKE TO GET EVEN MORE IDEAS ABOUT HOW YOU CAN ACCELERATE YOUR CAREER, GET YOUR BUSINESS IDEA OFF THE GROUND, OR LEARN A NEW SKILL FOR FUN, CHECK OUT LETHBRIDGE COLLEGE’S CORPORATE AND CONTINUING EDUCATION OFFERINGS AT [WWW.LETHBRIDGECOLLEGE.CA/CCE](http://WWW.LETHBRIDGECOLLEGE.CA/CCE) TO GET STARTED.**

**WH**

Stories by Dawn Sugimoto, Lisa Kozleski and Jeremy Franchuk  
Illustrations by Isa Rodrigues

# 1 HOW TO TEACH A PANDEMIC PUPPY A FEW NEW TRICKS

WITH DONNA MCLAUGHLIN



“REWARDING  
THE BEHAVIOUR YOU  
WANT IS EASIER FOR  
YOU AND THE DOG  
THAN FOCUSING ON THE  
BEHAVIOUR YOU  
DON'T WANT.”

AMONG THE TRENDS THAT EMERGED OUT OF THE PANDEMIC, YOU'D BE HARD PRESSED TO NAME ONE CUTER AND CUDDLIER THAN THE PANDEMIC PUPPY. HOW MANY OF US ADOPTED A NEW LIVE-IN BESTIE TO COMFORT US IN DISCOMFORTING TIMES?

Hopefully, life with puppy is going well. But, in case not, we sought out advice from Donna McLaughlin, a learning experience design specialist in Lethbridge College's Centre for Teaching, Learning and Innovation. McLaughlin is a retired dog trainer, who learned from world-famous trainer Bob Bailey. Bailey was a colleague of B.F. Skinner, the father of behaviour conditioning. With Bailey, she learned to train chickens to navigate an obstacle course and distinguish colours and shapes. Most trainers can teach an eager-to-please dog, but training chickens requires precise application of training theory.

#### HERE ARE HER TIPS:

1. Begin training immediately. Sign up for a puppy class with an experienced trainer as soon as you can, and if there's a waiting list, look up reward-based resources online and start training on your own because whether you intend it or not, your puppy is learning from day one.
2. Focus on the behaviour you want more of, not the behaviours you don't. It's tempting to focus on the negative, like a dog that jumps up on people. Focus on sitting. The dog that sits isn't jumping. Rewarding the behaviour you want is easier for you and the dog than focusing on the behaviour you don't want.
3. Crate train your dog so they have a den of their own, a safe space they like to be in. They can sleep there at night and stay there if and when you go back to working at an office. The crate is the safest way for your dog to travel in a vehicle, and a crate-trained dog will feel comfortable in a crate if they ever need to overnight with a vet. A crate reduces separation anxiety and makes travel to hotels and on airplanes easy.
4. Don't go overboard with equipment intended to keep your dog from pulling when on walks. There's no replacement for training.
5. Avoid areas where many dogs are socializing off leash. Your dog might be perfectly friendly, but not every dog there may be, and dogs can be injured when fun-loving dogs collide. It can also be difficult for dogs to control their excitement when on leash if they get used to free-for-all fun off leash.
6. Plan to give your dog plenty of physical and mental stimulation. Even many small dogs need more exercise than you'd expect. Spend time walking your dog and provide puzzle games to keep your dog engaged and active.

Using a sled dog harness on her Belgian Shepherd, named Taboo, Donna enjoys canicross (running), bikejoring (cycling) and skijoring (cross-country skiing) with her dog. Had the pandemic not intervened, McLaughlin and Taboo were set to represent Canada at the FMBB (Fédération Mondiale du Berger Belge) World Championships in canicross in France in May 2020.

## 2

# HOW TO OVERCOME A FEAR OF PUBLIC SPEAKING

WITH JAMES CASTELLI



James Castelli, an instructor in Lethbridge College's Corporate and Continuing Education program, says that next to death, the greatest fear people have is public speaking. And he says there's no better time than the present (even in a pandemic) to take a few steps to overcome that fear. While he always welcomes students in his Public Speaking and Presentation Course (including one that starts in early 2021), the practice can start at home – in front of a mirror. Once there, he says:

1. Think of a passion you have to share, something you care deeply about – for example, mental health.
2. Next, think of a way to start by capturing your audience's attention. "If I asked by a show of hands who feels great," Castelli sees himself saying in front of that mirror, "how many of you would stand up and yell 'I'm great!'"



3. Continue by talking about the "why" of your passion. He sees himself saying to the mirror: "I suffered for years from depression and low self-esteem. I felt like I just didn't matter and couldn't do anything right. Then I learned a secret."
4. End with passion and an inspiring message. He imagines saying: "I discovered I had the power to change my self-talk. I got help. I took control. I learned how to become enough and to believe in myself."

Castelli says you can use this process for any self-empowerment and goal setting you have in mind. He adds that he uses his mirror every morning, taking time to read the messages he has written on it, and he encourages others to do the same. One message says: "I am enough." Another says: "I am great," which helps people stop comparing themselves to others and focus on their uniqueness. "We become what we think of everyday," says Castelli. "Look at yourself in that mirror. You have just taken your first step towards becoming even more amazing than you are now."

## 3

# HOW TO HELP THE BIRDS AND THE BEES

WITH THE KILLIANS AND THE VIRAGS



Travis Killian (Electronics Engineer Technology 1994), manager of customer service and operations with the college's Information Technology Service team, runs Killian Honey with his wife Kendell. Based in Magrath, the pair oversee what they call "millions of minions" who produce honey, wax for candles and other products sold locally.

Tom Virag (Business Administration 2010), Lethbridge College's Residence and guest services coordinator, and his wife Marianne (Criminal Justice 2006) are in the birdhouse business. Prairie Bird Nest Boxes builds bird, bat and bee boxes based on scientific specifications suited to species found in southern Alberta.



We asked our experts how to make yards more attractive to these flying friends – something to think about this winter as we dream of spring yard work. You can learn more about Prairie Bird Nest Boxes and Killian Honey from their respective Facebook pages.

### BE MORE BEE FRIENDLY

1. Avoid pesticides. Bees are highly valued visitors because they pollinate fruit, veggies and are critical to the food chain. Pesticides don't discriminate between helpful insects and pests.
2. Plan your garden so something is in bloom from early spring through fall to provide a constant food supply.
3. Provide water. If a bee visits your bird bath, pool or hot tub, let them. They're just getting a drink and moving on.

### FOR THE BIRDS

1. To attract birds to your yard, provide the basics: water, food and shelter.
2. Shelter can be a mature tree or other foliage, or a man-made box. If using a box, know that some are decorative, and others are practical. One telltale sign is a peg outside the "door." This decorative perch gives invaders a place from which to launch a raid.
3. Keep distance between the shelter and the food and water. Too close together, and you'll be inviting nest raiders to visit. If they don't feel safe, birds won't stay in the shelter you've provided.

4

# HOW TO BE AN EXPERT GRILLER THIS WINTER

WITH TRISTAN TUCKETT



FOR MOST HOME COOKS, WHEN THE LAST LEAVES HAVE FALLEN FROM THE TREES AND THE FIRST SNOWFLAKES TUMBLE FROM THE SKY, THAT MEANS IT'S TIME TO PACK AWAY THE BARBECUE FOR ANOTHER YEAR.

But neither snow nor wind nor rain will keep Lethbridge College audio-visual technologist and barbecue enthusiast Tristan Tuckett (Communication Arts 2006) from serving up savory creations from his grill and smoker.

"I started with a barbecue that was maybe slightly larger than a camp stove and I would push the limits on that," recalls Tuckett. "When my wife got me my first smoker four years ago, that's when it really exploded for me."

Now Tuckett keeps the fires burning year-round while chronicling his meals on his Instagram account @imeatingthisnow. If you're not quite ready to give up the grill this winter, here are a few of Tuckett's top tips for winter barbecuing. If you're looking for more tips, gadget reviews or recipes, Tuckett suggests hitting up YouTube and social media where there are plenty of resources and thriving communities for grillheads.

- 1. GIMME SHELTER:** Set up your grill or smoker in a spot where you'll be out of the elements (especially the wind) or, if you have the materials and know-how, build a wind break or shed (but remember to set up away from your house).
- 2. START ME UP:** Give your cooking platform extra time to heat up; it will take longer when the temperature outside is low.
- 3. UNDER COVER:** Don't open the lid if you don't have to. Frequent opening allows heat to escape, meaning your food will take longer to cook.
- 4. PLAY WITH FIRE:** Keep extra fuel around since you'll burn more keeping your grill temperature up when it's cold.
- 5. SHINE A LIGHT:** Be sure your cooking area is well-lit by outdoor lamps, or use a camping headlamp so you can see what's cooking while keeping your hands free to flip.
- 6. TIME IS ON MY SIDE:** Keep your plate inside until it's time to take food off the grill to make sure the food stays as warm as possible. Get a good digital Bluetooth or Wi-Fi thermometer to monitor the temp of your grill, and your meat while you stay warm and cozy inside.

"I STARTED WITH A BARBECUE THAT WAS MAYBE SLIGHTLY LARGER THAN A CAMP STOVE AND I WOULD PUSH THE LIMITS ON THAT."

To get the recipe for Tristan Tuckett's famous Sour Cherry BBQ Sauce, go to [widerhorizons.ca](http://widerhorizons.ca). You'll be glad you did!



5

## HOW TO SKATE BACKWARDS

WITH FRANCIS RANKIN



Francis Rankin, Lethbridge College's senior project manager and one of the city's busiest hockey referees, spends a lot of time on his skates. He can glide around a pond in January with as much grace as he does on a freshly Zamboni-ed rink. He's one of the best people to offer guidance on how to skate backwards – a step that most novice skaters, and some experienced skaters who never really learned, are usually eager to take. Here's what Rankin says.

1. Once you are comfortable moving forward, you are ready to start moving backwards.
2. Start by keeping tight up against the boards with your back towards centre ice. Keep your skates roughly shoulder width apart, your knees slightly bent and your head up.
3. Push off the boards and move backwards with the momentum you have created by the push. Enjoy this moment, Rankin adds, and keep going back to the boards and repeat your pushing until you feel more comfortable.

4. Next, you'll work on getting some momentum and speed – by using the inside edges of your skates. Bend your knees even more to reduce your centre of gravity and, again, keep your head up.
5. Go back to the boards, and this time push out with both legs slightly wider than your shoulders. Move your legs by pushing in. Continue to repeat this motion, creating a lemon-shaped pattern on the ice (and momentum).
6. Repeat this motion until you are comfortable and have gained confidence. You'll likely be going faster now, and Rankin says skaters usually have a smile on their faces and are clearly enjoying themselves at this point.
7. To go even faster, again you will want to return to the boards. But this time, use just one leg when you push out and make a c-cut with that leg. Then make a c-cut with the other leg and continue to alternate legs.
8. Continue to use your inside edges, except this time push down much harder on your edge to create more momentum.
9. Rankin says he always enjoys seeing “parents watching their young children skate and go around the ice unassisted skating both forwards and backwards, and knowing someday that they will be able to watch them play hockey or ringette, or figure skate.”

6

## HOW TO PLAN A PERFECT WINTER HIKE



WITH BRAD WOLCOTT

Winter has a way of transforming the world around us. For lovers of the great outdoors like General Studies instructor Brad Wolcott, the colder months are a great time to gain a new appreciation for what the trails and slopes of southern Alberta have to offer. If you're interested in getting outside more often this winter, Wolcott, an avid year-round hiker, has these tips to get you started.

1. You don't have to spend a lot of money on specialized gear, but a pair of microspikes (small spikes that you

wear over your boots to give you extra traction on snow and ice) are must-haves. Without any traction, you will tend to slip, and the day can quickly become tiring and frustrating.

2. You do not have to go very far to enjoy winter hiking. In fact, the mountains have their drawbacks: avalanche hazards, wildlife and more chances of getting lost. “I think the coulees [in Lethbridge] are overlooked as a hiking destination,” says Wolcott, who lists Pavan Park, Alexander Wilderness Park, Six-Mile Coulee (accessed from the college or Southridge) and Cottonwood Park as some of his favourite local trails.
3. Make it a family affair. Bring the kids and, depending on COVID-19 restrictions on cohorts, invite their friends, as kids do much better if they have someone their own age along for the hike. They will complain less, and your day will be much more enjoyable. Try not to have strict goals, but simply let them explore. And, if all else fails, bribe them with candy or hot chocolate.
4. Know your limits, be prepared by bringing extra food, water and warm clothes, and don't be ashamed to turn back at any time. “Your primary goal should be to have fun,” says Wolcott. “People tend to get into trouble when they assume that their day will be incomplete unless they reach a specific destination, which can push people beyond their limits or place them in dangerous situations.”



7

# HOW TO MAKE MUSIC IN YOUR LIFE (EVEN AS AN ADULT)

WITH TRUDI MASON



## TRUDI MASON IS LETHBRIDGE COLLEGE'S ASSOCIATE DEAN IN THE CENTRE FOR JUSTICE AND HUMAN SERVICES.

She's also a talented trumpet player who earned a master's in Music from the University of Louisiana and has performed with orchestras and chamber ensembles across Canada and the U.S. She firmly believes in making music in your life – even after years (or decades) away.

"You may think that you have forgotten all of those skills you learned as a child, but trust me, you haven't," she says. "They are stored in the vault of your long-term memory. Give it a few weeks, and you will quickly remember that Every Good Boy Deserves Fudge (although I have used other acronyms... especially with my adult learners!)"

Mason has taught many adult learners over the years and says they have all looked forward to the joy and peace that music brings them. "There are many studies that show the connection between music and stress relief and in today's world, and couldn't we all use some stress relief?" she adds.

### IF YOU HAVE TOYED WITH THE IDEA OF PICKING UP YOUR CHILDHOOD INSTRUMENT OR JOINING A CHOIR, KEEP THESE TIPS IN MIND:

1. Locate a reputable teacher. Ask people for recommendations, or check out the University of Lethbridge Conservatory of Music.
2. Take your instrument in for a cleaning and tune up. There are several instrument repair shops in town. "Trust me," Mason says, "you do not want to smell the inside of that trumpet that has been sitting in storage for 10 years plus."
3. Get your piano tuned!
4. Join a local choir, even if you don't think you can sing.
5. Join a local community band or church band.
6. Play in church or at a senior centre – they will love that you have spent the time to be there and share.
7. Be patient with yourself. "Even after performing and teaching as a professional musician for 30 years plus, I still have to practice!" Mason says.

**PRO TIP:** Word of mouth is a great way to get started finding a good music teacher. Ask friends, neighbours and colleagues for their recommendations, or check out the options and opportunities awaiting at the University of Lethbridge Conservatory of Music.

"THERE ARE MANY STUDIES THAT SHOW THE CONNECTION BETWEEN MUSIC AND STRESS RELIEF AND IN TODAY'S WORLD, AND COULDN'T WE ALL USE SOME STRESS RELIEF?"



## 8

## HOW TO RELIEVE STRESS THROUGH ART



WITH SOBA KALUTHOTA

In 2010, Soba Kaluthota left her home in Colombo, Sri Lanka, for an unknown future in Canada. She and her husband, Chinthaka, came to Canada with their two daughters under the age of three, Sudhanya and Sithu. Looking for work, intending to pursue advanced degrees, and settling into a new culture, her love of art brought comfort to the chaos. Art has always been a part of Kaluthota, as it is in Sri Lankan culture. It was as constant as the Indian Ocean, which beckoned just a 15-minute drive from her home. The ocean lives on in her memories and her art. Using acrylic paint, a liquid medium, any solid surface and epoxy resin, Kaluthota creates seascapes on clocks, stools, wine glasses and more.

Since 2016, Kaluthota has been part of the Lethbridge College community – teaching statistics to first-year Environmental Science students and working as a research assistant in nutrient analysis in the Aquaculture Centre of Excellence. Art continues to be her pastime of choice. “Painting is my stress reliever,” she says. It can be yours, too. She suggests beginners not start with epoxy resin, which can be



expensive. Instead, she says anyone can create beautiful abstract art by doing acrylic pouring. Some other tips to get started include:

1. Start with small, dollar-store canvases and supplies. Simple craft paints can be mixed to create a rainbow of colours.
2. Use plastic cups and wooden craft sticks for mixing colours, and something to cover your work area. Pouring means paint will be dripping from your canvas.
3. Purchase a pouring medium, labelled as transparent and gloss. It thins paint to a pourable consistency and, because it's transparent and gloss, the paint will retain its colour and dry to a shiny finish. Paint thinned with water is also possible but will dilute the colour. Start out with these basic inexpensive materials to get a feel for acrylic pouring.
4. For those who are enjoying small projects, consider putting a layer of gesso on your canvas before pouring. It acts as a primer for your paint.
5. A gel medium, also labelled transparent and gloss, can be added one-to-one with paint. It extends the volume of paint without diluting its colour.
6. For an instructional video featuring Soba and her daughters, search “Art in 30 Go with the Flow” on YouTube.

## 9

## HOW TO HAVE HOPE (EVEN IN HARD TIMES)



WITH BECKY FITZGERALD

Becky Fitzgerald is Lethbridge College's resident expert on hope – but not in some wide-eyed optimistic way. Hope is something tangible that can be raised up or levelled flat through individual actions, and when it is present, it can positively affect outcomes. She has seen this as a nurse working with critically ill patients, and especially in her post-secondary students. “Advanced education is an act of hope all by itself,” she says.



Fitzgerald, Associate Dean in the Centre for Health and Wellness, is in the final stages of completing an Educational Doctorate in Distance Education, with research that asks Lethbridge College international students whose first language is not English how their hope is affected by online learning. Her work is based on Richard Synder's hope theory, that hope has three specific components — goals, pathway thinking and agency thinking. Knowing them can be a first step to bolstering your own hope in the face of a long, isolating winter in the midst of a global pandemic. Here's what she suggests to get started:

1. Set a realistic and personally significant goal. Winning the lottery isn't a goal – it's a wish. Get real about what you want.
2. Develop pathways toward that goal. Map out the steps between you and achieving your goal. Fitzgerald keeps a list of daily and weekly tasks so that the work needed to achieve her goal isn't lost in the daily grind of working and living.
3. The third element of hope is agency or being motivated. This is where the task list helps again. The act of checking off completed tasks is highly motivating.
4. Don't be deterred when you encounter a barrier. If you fail, assess why, and then reach out for advice and map out a plan to succeed next time.
5. Keep a hopeful, positive mindset and use hopeful language. Write one positive thing that happened to you every day in a journal.
6. Surround yourself with a community of people who help you move forward. Connect with “hope persuaders” who build you up, and be one to others. As Fitzgerald says, “You need to find your people. Everybody needs help sometimes. It takes courage to advocate for yourself, but you need to because you're worth it. Be a light. If you are a light to others, you will light yourself as well. Hope transfers.”



10

# HOW TO BAKE LIKE A PRO

(FROM SUGAR COOKIES TO SOURDOUGH)

WITH AMANDA KAWCHUK AND JIM PAGE



It started with sourdough – but it doesn't have to end there. Talented home cooks like Jim Page (read more about him in the Editor's Message), and professionals like Lethbridge College grad and Chef Amanda Kawchuk (check out her recipe on p. 32) can attest that there is always one more recipe worth trying. So to wrap up this special *Wider Horizons* feature, here are two favourites worth trying in your own kitchen: Kawchuk's tips and tricks on how to make sugar cookies even more awesome, and Page's finely tuned recipe for sourdough applesauce doughnuts, inspired by the 1972 version of *The Complete Sourdough Cookbook* by Don and Myrtle Holm. Enjoy!

**PRO TIP:** Finding the right temperature for your butter is key to a great cookie. Let your butter stand at room temperature until it's softened. Check out more sugar cookie tips from Chef Amanda Kawchuk at [www.widerhorizons.ca](http://www.widerhorizons.ca) – and sign up for her baking course this winter at [www.lethbridgecollege.ca/cce](http://www.lethbridgecollege.ca/cce).

## CHEF AMANDA'S SUGAR COOKIES

### INGREDIENTS:

- 1 c. ....unsalted butter/shortening
- 1 1/3 c. ....sugar
- 1/4 tsp. ....salt
- 1 .....egg
- 1/4 c. ....milk
- 3 tsp. ....vanilla
- 2 1/4 c. ....cake flour
- 1 tbsp. ....baking powder

### METHOD:

1. Preheat oven to 375F. In a large mixing bowl or stand mixer, cream together butter, sugar and salt. Combine eggs, milk and vanilla in a separate bowl. Sift together flour and baking powder in a separate bowl.
2. Slowly add wet and dry ingredients to the butter/sugar mixture, stirring and scraping the sides of the bowl as you go. Turn dough out onto a work surface and flatten into a disc; wrap in plastic wrap and refrigerate until firm, at least 30 minutes. This makes it easier to work and your dough won't stick to the work surface when you roll it out.
3. Remove dough from refrigerator and turn out onto lightly floured surface. Roll out dough with a rolling pin until it's a sheet approximately 1/4" thick. Cut out cookies into desired shapes using a cookie cutter and transfer to a parchment lined baking sheet. Roll out any scrap dough and cut into shapes. Chill cookies until firm again, approximately 15 minutes.
4. Bake cookies until they just start to colour (they should be lightly coloured, but not golden brown) then transfer to a wire rack to cool. Decorate with royal icing or simple buttercream.

## JIM PAGE'S SOURDOUGH APPLESAUCE DOUGHNUTS

### WET INGREDIENTS:

- 1/2 c. ....sourdough starter
- 1/2 c. ....sugar
- 2 tbsp. ....melted butter
- 1/4 c. ....buttermilk (or 2 tbsp. plain yogurt)
- 2 .....egg yolks (or 1 whole egg)
- 1/2 tsp. ....vanilla
- 1/2 c. ....applesauce (or mash 1 small banana or 1/2 cup of canned apricots or peaches)

### DRY INGREDIENTS:

- 3 c. ....sifted flour
- 1/2 tsp. ....nutmeg
- 1/2 tsp. ....cinnamon
- 1 1/2 tbsp. ....baking powder
- 1/2 tsp. ....baking soda
- 1 tsp. ....salt

### METHOD:

1. Mix wet ingredients and dry ingredients in separate bowls. Combine wet and dry mixtures and stir thoroughly, adding flour as necessary, until dough forms a ball.
2. Place dough on heavily floured bread board and knead until smooth. Pat or roll to thickness of 1/2" and cut into doughnut shapes. Let doughnuts stand for 15-20 minutes so the surface can set.
3. Deep fry in preheated cooking oil (400F) until golden brown. In 1+ quart of oil, I can fry three doughnuts at a time without the oil cooling down too much or becoming hot. If oil is too cool, doughnuts will absorb too much oil; if too hot, they will be raw inside and won't split open in their characteristic way.
4. Drain doughnuts on paper towels until cool enough to roll in powdered sugar or cinnamon-sugar mixture. Makes 18-20 doughnuts.



### FIND MORE TIPS ONLINE!

If you'd like to learn how to make your own sourdough starter (as well as get recipes for sourdough waffles and sourdough biscuits), just head to [www.widerhorizons.ca](http://www.widerhorizons.ca)!

WH Stories by Dawn Sugimoto, Lisa Kozleski and Jeremy Franchuk | Illustrations by Isa Rodrigues

# BUILDING A VR EXPERIENCE FOR CAREGIVERS



LETHBRIDGE COLLEGE RESEARCHERS ARE CREATING AN IMMERSIVE VIRTUAL REALITY TRAINING PLATFORM TO HELP CAREGIVERS MANAGE SCENARIOS THEY MAY FACE WHEN CARING FOR PEOPLE WITH DEMENTIA.

For people living with dementia, their families and healthcare professionals who work with them, the condition presents a host of challenges. Communicating with loved ones and carrying out basic tasks like eating or getting dressed become difficult. Confusion, anxiety and agitation can lead to mood swings and even physical confrontations.

But Lethbridge College researchers are offering help in the form of a new immersive virtual reality training platform designed to help caregivers manage scenarios involving people with dementia.



The CareGiVR project is a partnership between Lethbridge College's Spatial Technologies Applied Research and Training (START) initiative and Calgary tech studio Red Iron Labs made possible by a \$250,000 grant from Alberta Innovates eXtended Reality Health Economic Acceleration and Development (xR HEAD) program. The heart of the project is an interactive application that will place users into highly realistic virtual reality scenarios where they interact with virtual subjects created with sophisticated performance capture technology who demonstrate a range of emotions and responses.

"Interacting with a client with dementia is so much about reading body language and facial expressions to know if the client is responding well to you or if they're getting agitated or are going to lash out, so we want to create scenarios that are as realistic as possible," explains Mike McCready (Multimedia Production 1999), Lethbridge College's President's Applied Research Chair in Virtual and Augmented Reality and lead on the CareGiVR project. "The virtual clients we're creating will be powered through actors whose body movements and facial expressions we'll capture so you'll be able to see if they are grimacing or clenching their fists or other movements that are difficult to create in code."

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"THE VIRTUAL CLIENTS WE'RE CREATING WILL BE POWERED THROUGH ACTORS WHOSE BODY MOVEMENTS AND FACIAL EXPRESSIONS WE'LL CAPTURE SO YOU'LL BE ABLE TO SEE IF THEY ARE GRIMACING OR CLENCHING THEIR FISTS OR OTHER MOVEMENTS THAT ARE DIFFICULT TO CREATE IN CODE."



Laura Vogelsang (Nursing 2011), the college's Associate Dean of the Centre of Health and Wellness, is working with McCready's team and Red Iron Labs to develop the virtual scenarios that caregivers will enter through the app. She says with the app, caregivers will be able to practise responses to a wide range of virtual clients in a variety of scenarios, receive immediate feedback on their performance and repeat the process as many times as necessary to improve their responses and the quality of care.

"With dementia clients, behaviours can potentially escalate to a point where we have to use what we call chemical restraints, which is medication to keep them or others safe. With CareGiVR, we can explore different scenarios and see how you can approach a situation in different ways so that you don't have to employ those restraints."

Vogelsang says finding opportunities to upgrade their skills can be difficult for healthcare workers, nor do trainees get many chances to work with actual people with dementia.

"Given the nature of shift work, it's hard to go to workshops or have invigorating professional development days, but with CareGiVR, we're able to provide on-site, just-in-time learning for healthcare professionals," she says. "Some [caregivers] can be quite afraid to go into dementia care settings or may not feel able to manage difficult situations in a way that's safe for both themselves and the client, so we are hoping [CareGiVR] will increase their self-confidence in a way that's therapeutic and safe."

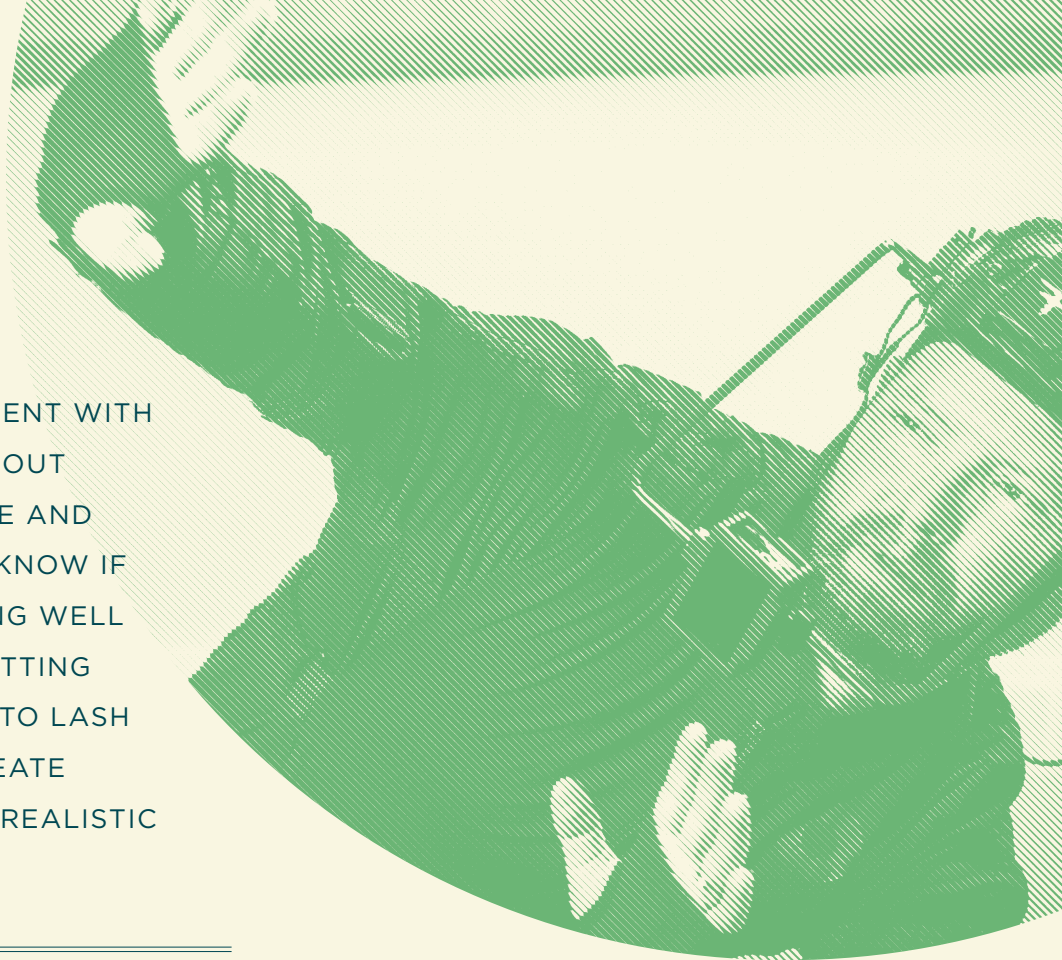
According to the Canadian Mental Health Commission, fully half of all negative physical and verbal experiences reported by nurses occur during care of clients with dementia. Vogelsang, a practising Registered Nurse with first-hand dementia care experience in long-term and acute-care environments, says CareGiVR could help reduce negative interactions by ensuring healthcare workers are better able to predict them, with benefits for all involved.

"People who care for clients with dementia may be at higher risk for injury or burnout and staffing turnover can be quite high. If you're better equipped to manage aggressive behaviours, you're also going to be enjoying the work you do and feel more fulfilled, which is good for client outcomes as well as employers."

While Vogelsang, McCready and the rest of the team at Lethbridge College will bring subject matter expertise to developing the scenarios and capturing the performances for the app, Calgary's Red Iron Labs is providing the technical direction.

"Working with Red Iron Labs is extremely important for us because this is [START's] first large research project," says McCready. "We wanted to tap into the industry as we build our own internal research capacity and they bring that experience and expertise in VR [to the project]."

Laura Vogelsang, Associate Dean of the Centre of Health and Wellness, and Mike McCready, lead on the CareGiVR project, are working with Red Iron Labs to develop the virtual scenarios that caregivers will enter through the app.



“INTERACTING WITH A CLIENT WITH DEMENTIA IS SO MUCH ABOUT READING BODY LANGUAGE AND FACIAL EXPRESSIONS TO KNOW IF THE CLIENT IS RESPONDING WELL TO YOU OR IF THEY’RE GETTING AGITATED OR ARE GOING TO LASH OUT, SO WE WANT TO CREATE SCENARIOS THAT ARE AS REALISTIC AS POSSIBLE.”

“We are using a combination of cutting-edge game development practices and understanding of [Extended Reality] simulation development to create one-of-a-kind experiences to help educate, teach and empower caregivers,” explains Red Iron Labs co-founder Lloyd Summers, adding that Red Iron Labs has leveraged the partnership to start employing students from the college’s XR program.

McCready says he expects to have a first scenario and alpha release of CareGiVR developed by the end of 2020, with a full version ready for commercial release by early 2022. And while the app could transform dementia caregiver training, McCready says there are a range of potential applications for the technology in the future.

“Through our partnership with Red Iron Labs, we’re looking at potentially adding in various other types of caregiver training, whether it’s for other cognitive disorders like schizophrenia or even for training applications outside of health care like law enforcement.”

But Vogelsang says it’s not just healthcare professionals who might benefit from VR training.

“For family members and friends of clients with dementia, these behaviour changes can be quite traumatic emotionally. It’s not easy when someone is behaving in an unpredictable way by virtue of their medical condition, but CareGiVR could give them the opportunity to practise different ways they could respond to their loved one.”

WH Story by Jeremy Franchuk | Photos by Rob Olson

Tyler Heaton, Virtual and Augmented Reality instructor, demonstrates the performance capture technology used to create the CareGiVR app’s virtual clients.

**Worldwide, around 50 million people have dementia, and there are nearly 10 million new cases every year.**

With Alberta Health Services projecting the number of Albertans aged 40 and older living with dementia to climb from 56,050 in 2014 to 228,949 over the next 30 years, the need for well-trained dementia caregivers and the demand for solutions like CareGiVR is only going to grow.

INDIGENOUS GRANDPARENTS SHARE CARING AND GENEROUS SPIRITS WITH COLLEGE COMMUNITY

# CONVERSATIONS WITH OUR KAAHSINN



Lethbridge College  
*Kaahsinnooniks* Betty Ann  
Little Wolf (left) and Louise  
Saloff (right)

# NOONIKS

As she sits down for this interview, Louise Saloff is beaming. She has just received a one-of-a-kind gift from a cherished friend. In a bag to her left sit two colourful ribbon skirts – traditional dresses often worn for Blackfoot ceremonies or celebrations, including powwows.

The skirts are a gift from Betty Ann Little Wolf, a member of the Piikani Nation and one of Lethbridge College's *Kaahsinnooniks* (Grandparents). "I remember saying, when was it, a couple of years ago?" Louise asks Betty Ann, who is seated to her right, "that I was going to dance at a powwow when I was feeling better. Well, my health is restored and better, so she gifted me with two ribbon skirts."

Betty Ann adds, "So she can dance."

"So I can dance," echoes Louise, smiling. "I'm ready. Now we just have to wait for COVID to go away so we can have a powwow."

The laughter of the two women fills the college's Niitsitapi Gathering Place. The interaction offers a glimpse of the meaningful relationship between the two of them, and the caring and generous spirit they add to the Lethbridge College community.

Louise is the college's Métis Elder, and Betty Ann is the college's Blackfoot Grandmother. The two of them are part of the college's Indigenous Service's Cultural Support Program. Each of them is available to meet with students, employees and community members to pass along traditional knowledge and provide guidance and support.

Betty Ann relates a person's life to the four main support poles of a teepee – each represents a phase of a person's life, and together they create a circle, with each part playing an important role in the overall structure. She says she is now in the fourth stage of her life where she is a Spiritual Elder in Blackfoot society. It is this point of view she brings to her work with the college.

"In being blessed in reaching the fourth stage of my life, we receive the honour of expressing our opinions to support our young people," explains Betty Ann. "I'm not saying that to be smart or anything, but I've learned through my hard times in boarding school and going through the circle and I survived. And there was a reason as to why I survived, so that I could turn around and help the younger people."

In Partnership With:



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Lethbridge  
College

BETTY ANN AND LOUISE HAVE DIFFERENT BACKGROUNDS AND LIFE EXPERIENCES, AND EACH BRINGS A UNIQUE PERSPECTIVE TO HER ROLE.

**B**orn and raised in the Piikani Nation, Betty Ann was taken to a residential school when she was six years old. After 10 years in the residential school system, she tried to join the public school system in Pincher Creek for Grade 9, but an evaluation revealed her education was only equivalent to Grade 3. “We didn’t get taught academics,” she remembers of her time in residential school. “We were taught how to clean. We were taught how to be slaves. So, my dad took me out of that school because I ran away.”



Betty Ann’s father arranged for her to live with a farming family near Granum. The mother was a former teacher who devoted her time to tutoring Betty Ann outside of school hours. “She was interested in me,” remembers Betty Ann, “and nobody had ever been interested in me to learn. So, I really loved that.”

Betty Ann caught up in her education, and following school she took a job in telecommunications for a Calgary oil company. “Never in my wildest dreams, did I ever figure that I would be in a position as telecommunications coordinator,” she says. “Because when I went to boarding school, in those years, I couldn’t talk. I just literally, couldn’t talk. Simply because if, by accident, an Indian word came out, I would get punished really bad. So, you just learn to internalize, you just learn to suppress, you don’t try to express yourself.”

Residential schools also shaped Louise’s life, as her grandmother was a product of the system. After her grandmother left the schools as a teenager, she was never able to reconnect with her family and didn’t even know her real name. While she went on to raise 12 children of her own, “she didn’t have the parenting to learn those values, you know, the parenting and the love that a child gets from their parents,” says Louise. “And to learn about their culture and their knowledge and their own identity, like, who are they? What is their sense of identity? Who am I? She lost all that.”

Two generations later, it also meant Louise never had a true sense of her own identity. She knew she was Métis, but she didn’t have any knowledge of her Indigenous ancestry. After her early years in Regina, her father moved her family to the small town of Pilot Butte, Sask., to escape the racial profiling she and her brothers were subjected to. It worked, at least for a while, as Louise remembers a joyous childhood in a tight-knit community. It was only years later, when she moved to Halifax as a young, unwed mother that she started to notice how different cultures were treated differently. In particular, she was shaped by an incident where a police officer intervened after she mistakenly found herself in a predominantly Black area of the city.

“He told me, ‘don’t ever come back this way.’ He said, ‘stay on the other side of where the light is.’” Louise remembers. “I was really shocked because I hadn’t looked at them as people of a different colour than me. To me, we were people.”

Eventually, both women made their way to southern Alberta. Louise enrolled as a mature student at the University of Lethbridge where she eventually attained a bachelor’s degree in Social Work, while Betty Ann returned home to the Piikani Nation for the first time in 24 years. She took a new job as a First Nations, Métis and Inuit liaison officer at F.P. Walshe School in Fort Macleod, where she worked directly with students from both the Piikani and Kainai reserves.

“It was just a whole new experience that I often wished I had at the beginning of my work life,” says Betty Ann. She worked closely with students and their parents, providing support, guidance and knowledge to help students achieve success both in and out of the classroom. “It made a big difference in my life, because I was really happy when I was doing that kind of work.”



While Betty Ann returned home, Louise found herself in a completely new environment. “I always felt like a fish out of water when I was walking down the halls of the university,” she remembers. She has vivid memories of sitting through an entirely wrong class because she was lost and too shy to get up and leave when she realized her mistake, and of crying in her backpack over a statistics class she was sure she would never pass. However, slowly but surely, she found her confidence and her voice. “One of my friends came along, and she found out that she had to take that stats class too, and I think she wanted to stick her head in my backpack with me,” she laughs. “But we didn’t, and we became study buddies.”

Another key turning point was a Native American Studies class, taught by acclaimed professor Dr. Leroy Little Bear. His teachings changed Louise’s life and gave her a new direction, “I think that piqued my interest to discover who I am.” She has gone on to explore her family’s history and as a proud Métis woman, she now also knows her family has Crow, Cree and Sioux heritage.

The paths of these two women crossed when they became part of the Lethbridge College community a few years ago. They use the cumulative knowledge gained over their lives to provide guidance and support, or just to lend an ear.

Remembering her own time as a student, Louise believes it would have been extremely valuable to have services and people to talk to available as a resource, so she tries to be that person for the students she meets. “If you can have that one person that you can reach out to,” she explains, “that’s what we’re here for. We’re here to help you. We will never judge you.”

**“IF YOU CAN HAVE THAT ONE PERSON THAT YOU CAN REACH OUT TO, THAT’S WHAT WE’RE HERE FOR. WE’RE HERE TO HELP YOU. WE WILL NEVER JUDGE YOU.”**

The relationships the Grandparents forge with students are personal, and they mean just as much to the Grandparents as they do to the students. Even during the COVID-19 pandemic, they remain connected to students, using technologies like Zoom video conferencing to maintain those relationships. For Betty Ann, her work is an extension of not only her role as a Spiritual Elder in the Blackfoot community, but also of her years at F.P. Walshe. Many former students from that school are now studying at the college, where they are thrilled to see a familiar face.

“At the high school, they used to call me grandma,” explains Betty Ann. “And now, many times they say to me, ‘just seeing you in school, I feel OK, because my grandma’s here.’”

**WH** Story by Paul Kingsmith | Photos by Rob Olson



## A NOTE ABOUT NAMES

Regular readers of *Wider Horizons* may have noticed Louise Saloff and Betty Ann Little Wolf are referred to by their first names throughout this story, instead of by their last names, which is the typical *Wider Horizons* style for news and feature stories. This is by design. Shanda Webber, Lethbridge College manager of Indigenous Services, explains:

“With Louise and Betty Ann being Elders, and specifically Grandmothers, it feels right and respectful to refer to them by their first names. Their first names indicate the warmth and kindness they bring to our campus.

“In our cultural teachings, we are taught about the sacredness of women; honouring them by their first name affirms their identity of who they are as human beings and highlights the importance of their role in ceremony, their cultural teachings, their wisdom, their strength and resiliency and overall, respecting them as life-givers, teachers, advocates, role models, spiritual protectors, grandmothers, mothers, daughters, sisters, aunties and pillars of the community.

**“REFERRING TO BETTY ANN AND LOUISE BY THEIR FIRST NAMES IN THIS STORY HELPS US STAY TRUE AND RESPECTFUL TO WHO THEY ARE.”**

{ SHANDA WEBBER }



“I LOVE KNOWING THAT I MAKE A DIFFERENCE IN PEOPLE’S LIVES, WHETHER IT IS CREATING A SATISFYING MEAL OR TEACHING OTHERS A NEW TECHNIQUE.”

{ CHEF AMANDA KAWCHUK }



# { CHEF AMANDA KAWCHUK }

## HAZELNUT COCONUT MAPLE CHOCOLATE TART

Some kids never forget their first trip to Disneyland. Chef Amanda Kawchuk (Culinary Careers 2009, Cook Apprentice 2009), can't forget her first taste of veal schnitzel in Germany. "There are people who have a photographic memory," says Kawchuk. "I feel like I have a food-o-graphic memory. I remember going to Europe as a kid and I still can remember the flavour of those dishes from when I was 10 years old."



After following her love of food into a cooking career through Lethbridge College's Culinary Careers program, Kawchuk turned her focus to baking. In 2019, the shift led her right back to the kitchens where she first honed her skills as a chef, this time as an instructor in the college's new Baker Apprenticeship program.

"I love knowing that I make a difference in people's lives, whether it is creating a satisfying meal or teaching others a new technique," says Kawchuk, "I also love learning new techniques and enjoy staying on top of trends in the industry. Food is my passion. It's an art and something that brings people together. I'm glad I can wake up every morning and go to work with a smile on my face because I get to live my passion and I get to share that with others."

In this recipe, Kawchuk has produced a sumptuous and richly layered dessert that also happens to be vegan, dairy-free and gluten-free. "I love experimenting with different ingredients and different styles," she says. "I'm very interested in vegan and other special diet baking and cooking techniques."

**WH** Story by Jeremy Franchuk | Photos by Rob Olson

### INGREDIENTS

#### For the crust

1/2 tsp. ....cinnamon  
 140 g. .... hazelnuts  
 3 ..... dates  
 30 g. .... hemp hearts  
 1/2 tsp. .... espresso powder  
 1 tbsp. + 1 tsp. .... coconut oil

#### For the maple caramel

1 c. .... pure maple syrup  
 40 ml. .... coconut milk

#### For the coconut chocolate cream layer

1 tbsp. ....cocoa powder  
 1 can (400 ml) ..... coconut cream  
 1 tbsp. ....maple syrup

#### For the chocolate "ganache" topping

80 g. ....cocoa butter  
 15 g. ....cocoa powder  
 120 ml. maple syrup (adjust sweetness by adding more or less)

### METHOD

#### For the crust

1. Preheat oven to 375F.
2. Combine ingredients in a food processor and pulse until finely ground.
3. Firmly press into tart pan.
4. Bake crust until golden brown, about 10 minutes.

#### For the maple caramel

1. Bring coconut milk to a simmer and set aside.
2. Bring maple syrup to a simmer over medium heat (do not stir) until the temperature reaches 270F.
3. Remove from heat and whisk in coconut milk.
4. Pour over tart crust and refrigerate until cool.

#### For the coconut chocolate cream layer

1. Whisk ingredients together until thick and light-coloured.
2. Spread over maple caramel later.
3. Refrigerate until set.

#### For the chocolate "ganache" topping

1. Heat cocoa butter over a double boiler.
2. Stir in cocoa powder and maple syrup.
3. Pour over tart and refrigerate until set.
4. Garnish tart with fresh berries, coconut shavings, and toasted hazelnuts.

To book a table at Lethbridge College's Garden Court Restaurant, where Kawchuk and other Culinary alumni learned their trade, call 403-320-3230.

# WHERE ARE THEY NOW?

## MAKERS, DOERS AND THINKERS

Celebrating the Lethbridge College alumni who are building community and making their mark in memorable ways.

**FEATURING:**

**Brad Gadd**  
Business Administration 2006

Brad Gadd says he has always felt drawn to working with raw material. He turned that hands-on work into a thriving Lethbridge business, Populex.



# SHARING THE SUCCESSES OF OUR ALUMNI IN THEIR CAREERS AND THROUGHOUT THEIR LIVES.

## IT'S HARD TO BELIEVE THAT ONE HUMBLE GIFT WAS ALL IT TOOK FOR BRAD GADD (BUSINESS ADMINISTRATION 2006) TO KNOW HIS FUTURE WOULD BE LEATHER-BOUND.

“An old boss gave me a canvas and leather bag and it had this perceived quality and beauty to it,” Gadd says. “The characteristics of leather just aligned with my core values. It’s simple, authentic and sustainable.”

Recognizing that he had a real appreciation for the raw material, he approached his father with one simple question: where does one get a piece of scrap leather? “My dad chuckled and handed me a box filled with tools my mom got from her grandpa, and leather projects she did when she was young,” Gadd says. “Without even knowing it, I stumbled upon this cool little starter kit and a pretty rad family connection.”

Before there was leather, there was apparel. The Popules brand was born in 2003 when Gadd and some high school friends set up a screen-printing operation in the back of local skate and snowboard shop Boarderline (which is where Gadd’s storefront, which sells quality handmade leather goods and apparel, is located today.)

After graduating high school, Gadd enrolled in the Business Administration program at Lethbridge College. The only founding member to continue with the business post-graduation had no intention of parting ways with the brand he had come to love. “I knew I already had some sort of entrepreneurial blood in me, but, just like a scrap piece of leather, I needed refining,” Gadd says. “It’s probably pretty common, but some of my most hated courses are the ones that I find myself still looking back on.”

Southern Alberta’s importance in shaping Gadd in business and in life is seen in Popules’ main slogan: “Born where the prairies meet the mountains.” “I’m very proud of our little corner of the world,” Gadd says. “There is something so beautiful and humbling about looking into the horizon and seeing the prairies behind you and the mountains in front of you. It definitely tugs at the heartstrings.”

Hearing Gadd speak about the longevity of the company and his love of Lethbridge, it’s easy to see why one of the business’s core values is “cultivating community” and understand why the rugged shop owner’s arms flood with goosebumps when speaking about the local consumer’s response to the COVID-19 pandemic.

“Before everything got flipped upside down, it was a bit of a trend for people to ‘shop local,’ but it felt more like lip service,” Gadd says. “But, in the face of a global pandemic, our community came together and showed up for each other in a lot of ways. It was incredibly humbling.” Gadd is proof that when you craft something by hand, you leave a part of yourself in it. “I’ve spent a lot of time trying to figure out why I do what I do, and I keep coming back to one thing at my core – shared delight – and I’m just getting started.”

WH Story by Stephanie Savage | Photo by Rob Olson

## 2019

Kyla Hornberger

### Interior Design Technology Student

Kyla was recently named a finalist in the annual Etsy Design Awards in the “Kids” category for a sewing pattern she created to help children incorporate empowering words into their everyday play. Kyla started her Etsy store in 2018 making dolls and baby bonnets for children. Last year she created a pattern for a fabric crown that customers could purchase and sew and embroider themselves. The pattern includes detailed instructions on how to create the crowns and their messages, which include the words “Mighty,” “Brave,” “Strong” or “Fierce.”

“I wanted to reclaim this idea of a princess,” Kyla told the *Lethbridge Herald*. “Everyone always likes to say a princess needs to be rescued or they are dressed in pink, or they are dainty. Why can’t we be a princess and be fierce? Why can’t we be strong? I wanted to change the dialogue and kind of take back the crown.”



Ryley Lopushinsky

### Bachelor of Applied Arts – Justice Studies

Ryley is off to Belfast, Northern Ireland, for two years for law school. She told the Alumni office: “Lethbridge College opened up my life to endless possibilities. I gained so many connections with peers, instructors, and people from different agencies not only in Lethbridge, but in Canada.”

## 2018

### Julieta Fuentes Aceytuno

#### English Language Centre

Julieta is the Library and Rural Engagement coordinator for Women Entrepreneurs-in-STEM (WESTEM). WESTEM is a program developed by Economic Development Lethbridge and Teconnect to offer training, networking,

mentorship and access to current and emerging technologies to women entrepreneurs. In her role, Julieta is responsible for delivering programming to women business owners in all rural and remote areas of southern Alberta in partnership with the Chinook Arch Regional Library System.

## Tawnya Plain Eagle Digital Communications and Media 2016

Tawnya Plain Eagle is taking to the airwaves. Last summer, Tawnya returned to her home on the Piikani Nation reserve for a new opportunity with Piikani Tsi Nii Ka Sin (Piikani Nation News), a website and monthly newspaper. What started as a summer job soon turned into something bigger, however, giving her a chance for her to put her college diploma and new Bachelor of Communications-Journalism degree from Mount Royal University to good use.



In September, Tawnya launched 106.3 FM Piikani Nation Radio on the FM dial and online, with the goal of offering a local perspective on community events and showcasing and promoting the Blackfoot language.

“A lot of our [Blackfoot] speakers are getting older, so we are using our resources to preserve and archive that before our knowledge keepers and our language speakers pass away,” Tawnya explains. “We have our radio DJs also going out and interviewing Elders and getting old stories like about how the Blackfoot people came to live in this area, where our sacred places are and what those mean to us.”

Piikani Nation Radio starts every day with a block of Blackfoot language programming and sprinkles additional Blackfoot messaging, including mini language lessons, throughout the day.

“It’s really important to have our own culture in media and to have that sense of pride and belonging. So we just want to get our language in places where it has never been heard before.”

While the team at the station is a small one — Tawnya handles the news while DJ duties are shared between Trevor Prairie Chicken (DJ Kiitokii) and former Lethbridge College student Jared Wolf Child (DJ Okan) — they’ve already made a big impact in just a few short months.

“People are just really excited,” says Tawnya. “They’re telling us how much they listen to us, how much they appreciate that we’ve done something like this and how it’s helped instill a real sense of community. We really enjoy how much the community has accepted this, and we hope that it can grow to be something a lot bigger.”

## 2016

### Brooke French

#### General Studies

After graduating from the college, Brooke went on to the University of Lethbridge for her bachelor’s degree in psychology. She is currently pursuing a Masters of Speech Pathology at Griffith University in Australia.

### Nico Pasquotti

#### Engineering Design and

#### Drafting Technology

Nico was named the 2020 Kinsmen Sports Person of the Year (men’s category) by the Lethbridge Sports Hall of Fame. The 24-year-old former Kodiak and University of Lethbridge Pronghorn is a member of Calgary Cavalry FC of the Canadian Premier League, Canada’s top professional soccer league. In the Cavalry’s inaugural season, Nico scored five goals in 23 games, which had him tied for fourth on the team and 18th in scoring in the entire league. His play earned him the right-wing position on the CPL’s Team of the Year.

## 2015

### Tia Getz

#### Correctional Studies

Tia shared this update with Alumni office: “After graduating from Lethbridge College, I completed 13 weeks of the Correctional Services Canada (CSC) Correctional Training Program at RCMP Depot Division in Regina in 2018. I am now going into my third year as a correctional officer at an institution for women. I am also a squad member of the site’s Guard of Honour. We represent the service by demonstrating pride and respect in the public. We do this by attending celebrations of life, funerals and memorial services for CSC staff and other agencies. In 2019, I attended the Police and Peace Officer’s Memorial, which honoured one of my fallen co-workers, who lost her life in the line of duty in 2018. CSC has allowed me to travel all over Canada while representing the service. It has also allowed me to help change the lives of others.”

## Logan Wild

### Practical Nursing

After graduating, Logan joined the cardiosciences team at Regina General Hospital, specializing in cardiovascular and thoracic surgeries, as well as cardiology and respiratory patients. Logan told the Alumni office: "The knowledge I gained in the Practical Nursing program has allowed me to excel and be successful in my career. I owe a lot of my success to my instructors and teachers for pushing me every single day."

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## Graham White

### Geomatics Engineering Technology

Graham began working with the M.D. of Taber between the first and second year of his program and has been there ever since. During his time with the M.D., he has managed projects such as the M.D. of Taber Gun Range and Ken McDonald Baseball Diamond as well as developing an asset management program. He received his Certified Engineering Technologist designation through the Association of Science and Engineering Technology Professionals of Alberta in 2017, and in 2019 he became the leader of the American Public Works Association (APWA) Alberta Chapter - Southern Area Idea Group.

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## 2014

### Sydney Wakaruk

#### Business Administration

Sydney is currently a development officer with Lethbridge College, and she has embraced her passion for supporting others through various non-profit fundraising roles including at the college and through earlier jobs

with the YMCA of Lethbridge and Ronald McDonald House of Southern Alberta.

"Lethbridge College allowed me to find confidence, embrace creativity and lean on teamwork - I left the campus community with much more than a diploma," she told the Alumni office. "I was immersed in knowledge that was raw and real - and I found so much value in field trips, presentations and guest speakers. My experience allowed me to enter the industry immediately after completing my degree at the University of Lethbridge, while providing me the skills needed to excel beyond the classroom. I grew and learned and achieved - while being supported by faculty and staff who only wanted the best for their students. Lethbridge College gave me the skills to connect, to be philanthropy-driven and to be dedicated to success."

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## 2013

### Jenna Hanger

#### Communication Arts - Print Journalism

This August, Jenna released her debut novel, *Silver Heights*, which she wrote under the pen name J.L. Cole. The novel tells the story of a young woman who moves to a remote ranch with her new husband, and it focuses on his family and her struggles adjusting to married life, the rural community and her disapproving mother-in-law. The novel was published by Black Rose Writing, a small press based in Texas and is available at all major bookstores including Indigo, Amazon, and Barnes & Noble. Jenna lives in Brownfield, Alta., with her husband and two daughters.

## Alexander Schow

### Business Administration

After finishing at the college, Alexander continued his education at the University of Lethbridge, where he received a bachelor's degree in Management. He was hired as an economic development officer for the Town of Cardston and is currently general manager of the Lee Creek Golf Course. He and his wife have one daughter and a son on the way in December 2020.

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## Paul Thompson

### Geomatics Engineering Technology

After graduating, Paul went on to get his Bachelor of Science Engineering degree in Geodesy and Geomatics from the University of New Brunswick. Paul is currently articling as both an Alberta Land Surveyor through the Alberta Land Surveyors' Association and as an engineer through the Association of Professional Engineers and Geoscientists of Alberta, with Halma Thompson Land Surveys Ltd. He's also returned to the college as a part-time instructor in the Geomatics Engineering Technology program. "My job could have me hiking in the Rocky Mountains looking for survey evidence one day and attending client meetings to discuss scope of work the next day," he tells Alumni office. "I have found some of the most inspiring scenery is in Alberta and get to work in both the urban and natural environment on a regular basis."

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## 2012

### Ryan Uytdewilligen

#### Communication Arts - Broadcast Journalism

Ryan is the new editor of the *Aldergrove Star* newspaper in the Township of Langley, B.C. After graduating from the college, Ryan moved to B.C. in 2014 to where he worked as a print and radio reporter, freelance writer and traffic news anchor. He moved to Langley in 2017. Ryan joined the *Star* as editor in September after a stint as a reporter at the *Langley Advance Times*.

## BE READY TO ACCESS YOUR ALUMNI BENEFITS!

There are so many perks to being a Lethbridge College grad - make sure you are making the most of them, including:

### 1. TD Home and Auto Insurance

Get preferred insurance rates on car, home, condo and tenant coverage provided by TD Insurance Meloche Monnex Program. Go to [tdinsurance.com/lethbridgec](http://tdinsurance.com/lethbridgec) or call 1-866-293-9730 to get started.

### 2. MBNA Credit Card

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### 3. Iris Optical

Unlock exclusive benefits that are combinable with extended health plans as part of the IRIS Advantage program. Go to [www.iris.ca/advantage](http://www.iris.ca/advantage) and enter access code: LETHCO.

## 2011

### William Schultz Criminal Justice - Policing

After graduating from Lethbridge College, William finished his bachelor's degree in Criminal Justice at Mount Royal University in Calgary. After spending five years as a Correctional Peace Officer with Alberta Corrections, he returned to academia to complete a master's degree and start a PhD in Criminology at the University of Alberta with a focus on qualitative research on life and work experiences in Western Canadian prisons. His work has been recognized with the prestigious Vanier Canada graduate scholarship, as well as a Pierre Elliott Trudeau Foundation doctoral scholarship. He is currently publishing his research in several international Criminology journals and handbooks.



## 2010

### Brock Fulkerth Engineering Design and Drafting Technology

Brock shared this update with the Alumni office: "I am the lead engineering design and drafting technologist with Ashcroft Homes in Lethbridge. I take care of everything from the creation of the site plan to detailing, elevations, floorplans, preparing all construction drawings, as well as the 3D renderings and marketing material related to the house plans. In addition to drafting duties, I work closely with our interior design and sales consultants to ensure the best customer experience to our new Ashcroft family members who purchase a home from us. The Engineering Design and Drafting diploma from Lethbridge College provided me with a strong foundation to pursue my passion to design residential homes for many years to come."

## Rob Parsons

### Welding

Rob (aka the Chairslayer) travelled to Colorado Springs, Colo., this summer to take part in the 98th Broadmoor Pikes Peak International Hill Climb, America's second-oldest automobile race. The 33-year-old wheelchair-bound athlete was the first paraplegic driver to compete in the race without a co-driver since 1998. Unfortunately, shortly after starting the race, Rob's 2010 Chevrolet SS, modified to allow him to control the vehicle with his hands, went off course and through a fence, prematurely ending his race. Rob was uninjured and is back to preparing for the next race.

## 2008

### Shila Bishop

#### Business Administration

Shila is the owner of Rural Root Collective, a market in Killam, Alta., showcasing nearly 40 vendors. She's also sells DIY take-home kits for a variety of crafting projects - complete with all the supplies and an instructional video. The kits are available online at [www.ruralrootdesigns.com](http://www.ruralrootdesigns.com).



## 2007

### Kelly Morris

#### Communication Arts - Advertising/Public Relations

After graduating, Kelly received the TD Meloche Monnex Fellowship in Advancement, a one-year work term with Lethbridge College Advancement. She spent the next four years at the college as an alumni relations specialist before joining the University of Lethbridge in 2012 as PR/communications officer for the Faculty of Fine Arts.



## 2006

### Shawn Lapointe

#### Commercial Vehicle Enforcement, Criminal Justice – Policing

Shawn is a peace officer with the Town of Cardston, a position he has held since fall of 2019. This is the latest stop on a 15-year law enforcement career that has taken him around Alberta, first with Alberta Commercial Vehicle Enforcement and later with municipal enforcement in Turner Valley.



## 2004

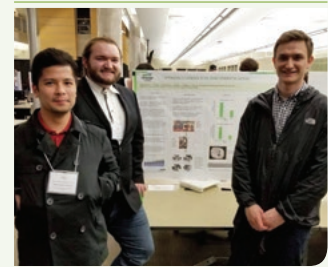
### Marcia Black Water

#### General Studies

After finishing at the college, Marcia went on to study at the University of Lethbridge, graduating in 2009 with a Bachelor of Arts majoring in social science. After working in the Blood Tribe/Kainai community, including some time as a Student Advisor for Red Crow Community College's Kainai Studies program, Marcia came back to Lethbridge College and has worked in a variety of roles support Indigenous students and initiatives. She is currently working as the Centre for Applied Arts and Sciences' Indigenous Coordinator. "I am proud of all the work accomplished enhancing the profile of *Siksikaitstapi* (Blackfoot people and the territory) with the Indigenous Collective Team (which we now call our collaborative team of Indigenous professionals at Lethbridge College)," she says. "Lethbridge College certainly brought me out of my comfort zone, enabled my growth and continues to be a place my passion for education blooms. I get to work with great people and be the cheerleader to students as they work toward their successes and realization of their own potential."

## Unbreakable: college grads build a better lacrosse stick

Austin Bruder (Engineering Design and Drafting Technology 2019), Ralph Dabao (Engineering Design and Drafting Technology 2019) and Nathan McMurray (Engineering Design and Drafting Technology 2018) have been named finalists for the Association of Science and Engineering Technology Professionals of Alberta 2020 Capstone Project of the Year Award for their work to develop an unbreakable lacrosse stick.



Lacrosse sticks may be composed of steel (strong, heavy and inexpensive), aluminum (good strength, lightweight, optimally priced), carbon fibre (breaks easily, lightweight, expensive), and other materials, such as wood and titanium. In indoor lacrosse, called box lacrosse, a slight bend in the stick due to sudden impact results in not being able to use it exactly as intended.

"Badminton and tennis rackets also break but not as frequently as box lacrosse and hockey sticks," said Ralph. "For a lacrosse player, choosing the right equipment is as important a decision as it is with any other sport, and can prove costly. Unfortunately, a lightweight, expensive stick is as useless as a cheap, heavy stick once it's damaged."

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**"FOR A LACROSSE PLAYER, CHOOSING THE RIGHT EQUIPMENT IS AS IMPORTANT A DECISION AS IT IS WITH ANY OTHER SPORT, AND CAN PROVE COSTLY."**

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The team members drew on their engineering know-how and first-hand experience with the sport to design, test and 3D-print an aluminum lacrosse shaft. They began by bending existing aluminum lacrosse sticks until they broke to determine maximum loads, and they used that data to model and design a new shaft.

Ralph moved to Canada from the Philippines in 2017 and had previously worked as a designer/drafter. He joined the Engineering Design and Drafting Technology program at Lethbridge College to upgrade his skillset. When not going the distance in his career, he takes part in endurance sports, such as triathlons, swimming, cycling and running.

Born, raised and currently working in Lethbridge, Nathan chose Lethbridge College's Engineering Design and Drafting Technology program because of the level of detail and technical skills involved. In his free time, he enjoys fly-fishing, hiking and bouldering. (Read more about Nathan and his family on p. 43.)

A native of Pincher Creek, Austin Bruder is a proud graduate of Lethbridge College's Engineering Design and Drafting Technology program, which he chose because he finds the design process fascinating. When not working, he participates in horseback riding, dancing and canoeing.

## It's a dog's life for Lethbridge College grads

Const. Spencer Hodgson (Criminal Justice - Policing 2011) and his four-legged partner Zap (pronounced "Zep") officially joined the LPS K9 unit as its newest members in September.

At the same time, Sgt. Rick Semenuik (Criminal Justice 2000) and his pooch partner, 10-year-old Belgian Malinois Ymos, were recognized for their eight years of service to the LPS. Ymos has retired to the civilian life with his former handler and his family, while Semenuik will continue to work overseeing the training of the K9 team.

Hodgson and Zap together completed 20 weeks of training that included tracking, obedience, agility, building searches, compound/area searches, evidence searches and criminal apprehension. They join a K9 unit that also includes college alumni Const. James Demone (Police Recruit Training 2008), Const. Andrew Firby (Criminal Justice-Policing 2013, Police Recruit Training, 2013) and Const. Braylon Hyggen (Police Recruit Training 2008).



## 2000

Chantelle Adam

### Business Administration

Chantelle shared this update with the Alumni office: "After graduating from Lethbridge College, I continued my education at the University of Lethbridge and received my business degree in human resources. I worked in customer service at a large transportation company for many years. I then moved on to manage a career resource centre helping people find work and training opportunities. I'm now a stay-at-home mother to two young boys."

## 1999

Crystal Edvardson

### Office Administration

Crystal has been with Lethbridge College since graduation. Over her 20-year career, she has worked in the English Language Centre as an office assistant, administrative assistant, program

assistant and programs coordinator. She is currently international services coordinator with Student Affairs.

## 1998

Karen Finnan

### Agriculture Technology

Karen has been with TC Energy for 15 years and is currently a land analyst in the Land, Environment and Indigenous Relations department. She shared this update with the Alumni office: "Enrolling in the Ag Tech program was one of the best decisions I have ever made. The skills I learned in the program have been a huge asset in my current role. The instructors in the program were fantastic, and to this day, I utilize the info they shared with me about irrigation, planting techniques, weeds and weather watching. I even baffle my family with little bits of info regarding cloud patterns that are tell-tale signs of when it will rain! My time at Lethbridge College was one of the best and most memorable of my life."

## 1995

Colin Ward

### Civil Engineering Technology

#### 2010 Distinguished Alumni

Colin's business, Ward Bros. Construction, was the recipient of the Business Legacy Award at the Lethbridge Chamber of Commerce's 2020 Business of the Year awards. The award recognizes firms that have been in business for more than 20 years whose efforts have accomplished extraordinary things that have benefited Lethbridge and area in unique and meaningful ways.

Lorri Penner

### Rehabilitation Services

After graduation, Lorri went on to complete a Bachelor of Social Work degree at the University of Calgary. After continuing her education at Columbia University in New York with the Centre for Complicated Grief and the Grief Recovery Institute, she is achieving her career goal of working as an end-of-life care specialist in grief, loss and bereavement.

## 1991

Nigel Sparling

### Engineering Design and Drafting Technology

Nigel is a Senior Project Engineer/Manager with Tetra Tech in Kelowna B.C. He told the Alumni office: "My current role includes business development, leadership in project management and design on multi-discipline teams regarding all aspects of infrastructure and land development from conceptual planning to project close out with specific experience in project deadlines and budgets, multi-regulatory approvals and stakeholder/client liaison. My experience and training at Lethbridge (Community) College in the Engineering Design and Drafting Technology program provided a very stable foundation to build and develop my career. In recent years, I have had the privilege to sit on the EDDT Advisory Board and help guide the program into the 21st century."

## 1990

Blaine Metzger

### Agriculture Technology

Blaine took a job in agricultural technology research with the Alberta government within four months of graduating Lethbridge College, and he has spent the last 30 years with Alberta Agriculture.



## 1988

Dawn Sugimoto

### Communication Arts

Dawn shared this update with the Alumni office: "I applied to Lethbridge College intending to pursue a career in radio. As part of the admission process at the time, prospective students were interviewed by a member of faculty. As luck had it, my interview was with the legendary Georgia Fooks. We sat in her office, and she reviewed my letter and my high school transcripts. My marks impressed her, and she said I would be wasted in broadcast and that I was needed in print journalism. With the stroke of a pen, she changed the trajectory of my life. As a teenager, I had no reason (or confidence) to question it. I went on to spend two decades in newspaper journalism, as a reporter, editor and finally managing editor of the *Lethbridge Herald*. Georgia passed away earlier this year, and I owe her the journalism career I had and the thousands of stories I had the privilege to tell. After a long career in print journalism, I joined the Lethbridge College communications team in 2018, returning full circle to where it all began!"

## 1981

Keith Rande

### Environmental Science

After graduation, Keith went to work for B.C. Fish and Wildlife Branch as a fisheries technician until 1983, when he became a conservation officer. After retiring in 2014, he wrote and self-published a book of his most memorable field experiences as a conservation officer. You can purchase *Boot Polish, Bears and Bush Sense* on his website at [keithrande.com](http://keithrande.com).



## 1979

Rick Lewchuk

### Communication Arts

#### – Broadcast Journalism

#### 2019 Distinguished Alumni

Lewchuk – Emmy Award winner and senior vice president, Creative Marketing and Brand Standards for CNN Worldwide – has another honour to add to his list of laurels: in June, he was the winner of

the college's Pay It Forward 50/50 lottery, a monthly draw that is open to alumni, students, staff and the community that supports student scholarships. Upon learning he was the lucky June winner, Rick decided to take his \$1,435 prize and donate it directly to the Lethbridge College Ready to Rise Campaign. Rick says that he is a huge proponent of mental health initiatives, and he was happy to have his winnings support that cause at his alma mater.

## 1978

Bruce Parker

### Journalism

This fall, Bruce closed the book on a 40-year journalism career. Bruce joined the *Brooks Bulletin* as a sports reporter in 1985 and quickly became a fixture in the local community. He also covered court (where he met Sandra, the woman who would become his wife of 31 years, who was working as a probation officer) and Grasslands Public Schools (who recognized his career with a certificate of appreciation). Bruce has also won several Alberta Weekly Newspaper Association awards for his sports photography and the sports section. Along with sports and other coverage he also wrote several features and went out of his way to promote the achievements of youth in all areas from sports to 4-H.



# NOMINATE AN EXTRAORDINARY ALUMNI TODAY.

Help Lethbridge College recognize the leaders, thinkers and doers whose perseverance, determination and grit set them apart and led them to rise to the top of their careers and communities. We are recognizing those alumni who rose to the challenge to change our world one decision at a time, making a difference to those around them. Nominate a deserving grad today at [lethbridgecollege.ca/honouringexcellence](http://lethbridgecollege.ca/honouringexcellence).

## A.L. Horton Renewable Resource Management 1986

A.L. recently retired from Parks Canada after a 31-year-career. After graduating from the college in 1986 he started his career working summers for the Alberta Forest Service in Valleyview as a Forest Guardian while spending his winters traveling the world or working as a research technician for Alberta Environment.

In 1989, he started what would become a 31-year career with Parks Canada as a park warden/visitor safety specialist, mainly in Banff and Elk Island National Parks as well as one memorable summer in Gwaii Haanas National Park Reserve on Haida Gwaii.

“During my career I had exposure to almost all aspects of resource management and park protection,” recalls A.L. “I kept the peace in busy campgrounds, patrolled for poachers on horseback in the backcountry of Banff and Jasper, conducted project environmental assessments, investigated serious poaching, trapped and handled wildlife for management purposes, fought forest fires, controlled non-native plants, worked with colts at the Yaha Tinda, performed mountain search and rescue missions, wrote avalanche bulletins and conducted avalanche control in Banff and Jasper. I had an amazing career that I attribute to the education and guidance that I received at Lethbridge College. I wish for all future LC graduates to have as rewarding career as I had.”



## 1974

Robert Chabay

### Business Administration

Robert shared this update with the Alumni office: “Being a local farm boy raised by immigrant parents, I was not exposed to much of what was going on in the world. This changed when I enrolled at Lethbridge College. The students and instructors came from a variety of backgrounds and locations throughout Canada and beyond.

After completing the Business Administration program, I went to work for Alberta Treasury Branch as a management trainee. I was employed by Associate Financial Services for three years before being promoted to branch manager. An opportunity then arose with the Alberta government with Employment Standards - Department of Labour. I worked there for 31 years in various capacities, including investigative officer, supervisor, branch manager, and policy and legislation officer, and I ended my career as area manager for Calgary, Medicine Hat and Lethbridge. I retired at the age of 55 and live in Lethbridge.

I have been married for 44 years to Bonny and have two daughters and four grandchildren. Fortunately, we all live in southern Alberta and maintain close family ties. My personal interests include running (including a marathon), reading and old cars (I have a 1948 Oldsmobile). My wife and I have travelled extensively and treasure the memories and experiences. Without any doubt, none of my success in career, business and personal life would have happened without the firm foundation and relationships that Lethbridge College provided me.”

## ALUMNI IN THIS ISSUE

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- 12 Mike Darlow (Heavy Equipment Technician 2012)
- 24/32 Amanda Kawchuk (Culinary Careers 2009, Cook Apprentice 2009)
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- 26 Mike McCready (Multimedia Production 1999)
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- 19 Tom Virag (Business Administration 2010)
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## ALUMNI UPDATES

We love hearing from Lethbridge College alumni! You can find additional updates online at [widerhorizons.ca](http://widerhorizons.ca). To submit your news to share with your classmates and the college community, drop us a note at [WHMagazine@lethbridgecollege.ca](mailto:WHMagazine@lethbridgecollege.ca).

**WH** Stories by Jeremy Franchuk

Are you a multi-generational Lethbridge College family? If at least three members across one or more generations attended Lethbridge College, let us know by emailing WHMagazine@lethbridgecollege.ca. We'd love to profile you.

## FAMILIES IN FOCUS



For the McMurray family, these words by the author Frederick Buechner are words to live by: “Vocation is the place where our deep gladness meets the world’s deep need.”

“You always want to work in a place where you’re contributing and where you’re hopefully making the world a better place,” says Dave McMurray, Lethbridge College’s manager of Applied Research with the Centre for Applied Research, Innovation and Entrepreneurship (CARIE). “I’m incredibly fortunate to work with colleagues, faculty, and researchers who are doing that. To help support the advancement of their far-reaching and beneficial research is fulfilling.”

In his role, Dave has helped boost the college’s applied research capacity over the past seven years, helping create strategic partnerships, secure grants from national and provincial funding agencies, and expand the research and administrative teams.

Dave and his wife, Melanie (an elementary school vice-principal), say all three of their children have also seen their future come into focus in the halls of Lethbridge College. Joel (Criminal Justice – Policing 2016) now works with a private security firm that trains airport security personnel. His fiancée is another former student, Taylor Callahan (General Arts and Sciences 2017), whose father, Lewis Callahan, is an instructor at Lethbridge College’s Business Administration program.

Nathan (Engineering Design and Drafting Technology 2018) is an engineering technologist-in-training (see more about what Nathan’s been up to on p. 39). And Janelle is a current student in the General Arts and Sciences program and

plans to continue her post-secondary career after graduating from the college. She plans to become a social worker helping immigrant and refugee families. This year, Janelle received the Jason Lang Scholarship which was named for the 17-year-old high school student killed in a school shooting in Taber in 1999 and who also happens to have been Janelle and her brothers’ first cousin.

“When you’re a parent, you always hope that your kids can find their role,” says Dave, “and we’re proud of the paths they’re on. Though they’re not done with education, I know the college has set them up for lifelong success.”

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### Dave McMurray

Dave has been working with Lethbridge College since 2009. He is currently manager of Applied Research with the CARIE team.

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### Joel McMurray Criminal Justice – Policing 2016

Joel works with GardaWorld, the world’s largest privately owned integrated security and risk company.

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### Nathan McMurray Engineering Design and Drafting Technology 2018

Nathan is working with BCB Engineering Ltd. in Lethbridge as an engineering technologist-in-training.

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### Janelle McMurray General Arts and Sciences student

Janelle is a current student expected to graduate in spring 2021.

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Members of the McMurray family include (from left to right): Janelle, Jacob Mattatall, Chantelle, Nathan, Joel, Taylor Callahan, Melanie and Dave.

WH Story by Jeremy Franchuk | Photos submitted

# THE LAST WORD

Illustrated  
by Eric Dyck

Lethbridge College's plumbing labs, located in the Trades, Technologies and Innovation Facility, is where students in the Plumber Apprenticeship program learn to go with the flow. The space gives apprentices the opportunity to practise all skills they need in their careers, from installing sinks, toilets and gas appliances to assembling pipes.

**Here's what instructor Jeremy Bridge and two recent grads have to say about the program and the space where they learn.**



"I decided to start my career in the trades after we started a family and I realized that I needed to provide a more stable life and career path. I always liked working with my hands and it seemed like a good fit for me. The plumbing lab was set up well and equipped to demonstrate a lot of the aspects of our job and all three instructors had different experiences in their careers and were able to bring something different to the program. There's a lot of variety in the plumbing field and, between the equipment and tools in the lab paired with our instructors' experience, we were able to cover a lot of bases."

Jordan VanDerKooi  
Plumbing Apprenticeship 2020



"I was working in construction and got an opportunity to do a plumbing course, and I really enjoyed it and decided to apprentice in plumbing. At Lethbridge College, I learned things about service and commercial plumbing during my lab time that I wasn't able to on the job. If I ever needed to ask a question or had troubles understanding something, the instructors, especially Logan [Fulwiler, chair of the Plumbing apprenticeship program], were always willing to give extra time and explain things in ways that made everyone understand what they were learning."

Trystan Covey  
Plumbing Apprenticeship 2020



"Over the last few years, we've been able to add more instructors and more training, and we have a permanent space where we're able to offer courses for the entire academic year. Our program has gone from more of a demonstration model to one where students can get the tools out and do it themselves, which is great because as tradespeople, we're hands-on learners. We like to get in there and get dirty."

Jeremy Bridge  
Instructor since 2016





NEXT ISSUE: **THE LAST WORD** is yours...

### **THIS JUST IN**

Are you a Comm Arts or DCM grad who has some family-friendly stories to share about your time in The Kodiak radio booth or the Endeavour lab? With both spaces recently updated, it seemed like a good time to remember how things used to be. Send us the story (150 words max), and we'll share your memories with readers in our Spring issue. Just email [WHMagazine@lethbridgecollege.ca](mailto:WHMagazine@lethbridgecollege.ca).

**We can't wait to read your submissions!**

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