

FALL 2018

Students in the Practical Nursing program at Assiniboine are trained in new Hands-On Learning Opportunity (HOLO) suites

ALUMNI IN ACTION

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PRACTICE MAKES PERFECT!

PRACTICAL NURSING STUDENTS DEVELOP THEIR SKILLS IN NEW DONOR-FUNDED HOLO SUITE

- » Keeping you connected
- » Highlighting what's new
- » Showcasing your accomplishments

 **ASSINIBOINE**
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PRACTICE MAKES PERFECT

ON MANNEQUINS THAT BREATHE, BLEED AND EVEN GIVE BIRTH

When a patient suffering from a severe heart attack arrived at the emergency room of the Neepawa Health Centre, Christal Nicholson knew just what to do.

The Practical Nursing student was taking her senior practicum at the hospital. “I was the first to respond and, with skills that I learned from Assiniboine, I was able to identify the symptoms and act quickly,” Nicholson recalled.

That’s because Nicholson had been trained in one of the college’s two new simulation labs, practising on high-fidelity simulation mannequins that were programmed to mimic the symptoms of a severe heart attack.

“The simulation lab prepared me to take on a leadership role that was not expected of me. I was able to go through the procedures practised in the sim lab, such as identifying if a patient is in cardiac arrest, what drugs to use, and most importantly, communication with your fellow staff members,” Nicholson said.

The simulation labs—also known as the Hands-On Learning Opportunity (HOLO) Suites—have been operating since December 2016 at two of the college’s campuses in Brandon and Winnipeg, thanks to the support of generous donors.

About 150 nursing students a year have had an exceptional learning experience—the opportunity to develop decision-making skills in a safe, controlled environment by practising on mannequins that act and react like a human patient.

The mannequins—named Apollo and Lucina—have a pulse, breathe and convulse, respond to drug doses and IVs, and secrete blood, mucus, sweat and urine. Lucina even simulates a complete birthing experience.

They can both be programmed to speak and respond in the same way a real person would during treatment.

Jodee Cobb-Adair, Chairperson of Health Programs, said she “can’t believe what they do. When they were showing us how it worked, I was touching Lucina’s arm when she was in the middle of delivering a baby. All of a sudden, I heard this, ‘Don’t you touch me!’ It’s so realistic. It’s amazing.”

Dianne Kolesar, a Practical Nursing instructor trained in operating the suite, said the mannequins are a “more sophisticated” approach to teaching.

“It’s a more real-life situation that we can learn through and provide the students with that knowledge before they get to a critical situation. It’s a much more realistic setting,” Kolesar said.

“You can lead the students to learn what you want them to learn, by using the verbal commands. ‘I’m having pain.’ I would expect the student to say, ‘Where is your pain? How



bad is your pain? Can you rate your pain on a scale of 1 to 10?' So I can lead them into a nursing diagnosis through that."

All students have benefited in the same way Christal Nicholson did by being able to practise how to respond to stressful situations before they occur, Cobb-Adair said.

"I know, just speaking to students, the first thing they'll tell me is they feel so much more prepared to go out on practicum. Because they're not thinking, 'What if I get a code blue, a cardiac arrest? I've never been part of it. I don't know anything,'" she said.

"They've practised. They may not have done a real one. But they've done a real-life scenario, so they've got way more insight into what happens."

Kolesar said there's no better way to learn. "It's a lot easier to remember these disease conditions when you tie it to an actual experience. It makes it that much more memorable for the students."

In the coming year, the college is planning to integrate use of the mannequins even more tightly into the Practical Nursing program and expand the practice to include more than 100 students a year in the Comprehensive Health Care Aide program.

OTHER STUDENTS WEIGH IN ON BENEFITS OF HOLO SUITES

"The simulation lab was a great learning experience in which we were able to practise real-life scenarios and assessment skills and develop our critical thinking."

- Kelsey Pettinger
Practical Nursing '18

"It really helped me in understanding the chest sounds and heart rates and rhythms before actually going out and having to hear these on a real person."

- Kyra Karlicki
Practical Nursing '18

"Spending time in the sim lab was very beneficial to our learning and allowed us to put our knowledge into action in a safe environment, using real-life scenarios."

- Allyson Burr
Practical Nursing '18

DO YOU KNOW AN OUTSTANDING ASSINIBOINE ALUMNUS?

Assiniboine Alumni Association is now accepting nominations for the following awards:

COMMUNITY SERVICE AWARD

Awarded to an alumnus of the college who has positively impacted the quality of people's lives through service to others

DISTINGUISHED ALUMNI AWARD

Awarded to an alumnus of the college who has distinguished themselves in both their chosen profession and their community

EXCELLENCE IN TEACHING AWARD

Awarded to a current faculty member of the college who has made an extraordinary contribution to teaching and the student experience

ONE TO WATCH AWARD

Awarded to an alumnus of the college, 30 years or younger, who shows exceptional achievement and significant contribution to their profession or community

Awards will be presented at the annual Alumni Advancement Dinner to be held on April 4, 2019. Tickets for the dinner will go on sale in January, 2019.

The deadline for nominations is November 15, 2018. For nomination forms and more information, visit assiniboine.net/alumniawards or email alumni@assiniboine.net.

2018

ASSINIBOINE

COURAGE AWARD DINNER

A FUNDRAISER IN SUPPORT OF
ASSINIBOINE COMMUNITY COLLEGE

Award Recipient Sheldon Kennedy
Thursday, October 25, 2018

For more information, contact 204.730.7220
or courageaward@assiniboine.net.



assiniboine.net/courage

 **ASSINIBOINE**
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Giving me the confidence to be a leader

that's the **Assiniboine Effect**

Simon Ellis, Agribusiness graduate 2013



Manitoba's progressive Ag industry is fueled by Assiniboine graduates, building the next generation of agricultural entrepreneurs and specialists. As a graduate of the Agribusiness program, Simon is just one example of The Assiniboine Effect—a quiet phenomenon that's having a big impact on the growth of Manitoba.

→ Watch Simon's film at AssiniboineEffect.ca



ASSINIBOINE INDIGENOUS AFFAIRS OFFICE GETS A NEW LEADER

Greetings! My name is Kris Desjarlais and I was honoured to accept the role of Director of Indigenous Education for the college in June of this year.

This is an exciting time to take on this portfolio. The Indigenization Strategy completed in 2017 provides a solid framework to guide Assiniboine in transforming the college experience for all students, especially Indigenous learners. The focus on student success, community engagement, and social and economic impact ensures a well-rounded, holistic approach in achieving positive outcomes for individuals, communities and society.

I was fortunate to take part in an external review of Indigenous Affairs shortly before coming on board with the college. The recommendations forthcoming will further assist our efforts to indigenize curricula and pedagogy, student supports, and campus life in general. This report should be ready for dissemination sometime in December. In the meantime, I am happy to share a couple of recent highlights:

- » In June, Assiniboine and the Manitoba Métis Federation announced the creation of a new endowment fund totalling \$500,000 in support of Métis students pursuing post-secondary education at the college. This 50/50 cost sharing arrangement will provide bursaries to Métis students beginning in the fall of 2019.
- » More recently, Assiniboine and the Congress of Aboriginal People announced that a Heavy Equipment Operator program will be offered in Brandon tuition-free to Indigenous peoples living off reserve. The program runs Aug. 7 to Oct. 12 and includes two weeks of essential skills, a dedicated job coach and training on multiple pieces of equipment. The program filled up quickly and will undoubtedly result in meaningful employment for those who were able to enrol.

To read Assiniboine's Indigenization Strategy visit assiniboine.net/publications.

CATCHING UP WITH... LENORA BRACE

In this edition, we feature a Q & A with Lenora Brace, alumna from the college's Practical Nursing program, class of '87.



Lenora Brace

Name

Lenora Brace

Hometown

Raised in Chance Cove, Newfoundland. Currently living in Pleasant Valley, Colchester County, Nova Scotia

Where are you currently employed?

Pictou, Nova Scotia

What is your current job title?

Nurse Practitioner (NP) - providing primary health care to patients of all ages.

Why did you choose this career path?

I thoroughly enjoy nursing and the human caring aspect. I believe nursing from LPN to NP is valuable to the public health care system.

Did you find it difficult to find work in your field?

No.

Did you take additional steps to get you where you are today?

Absolutely! I first bridged into the registered nursing program in Red River College in Winnipeg and graduated in 1992. Then I studied and earned my BScN from St. Francis Xavier University in Nova Scotia via distance and graduated in 1999. Next, I studied to get my Master of Nursing and Nurse Practitioner in Primary Health Care from Athabasca University via online delivery and graduated in 2006. My son graduated from high school in 2006 too. I served on Multidisciplinary Medical Mission Teams to Guatemala, Honduras and Peru. I worked in acute care for many years in Nova Scotia. I worked in communities in the Northwest Territories and the Yukon before my current place of employment in Pictou.

What career-related volunteer or community activities are you currently involved in?

I currently hold the President Elect chair for the Nurse Practitioner Association of Canada.

Do you have a career 'highlight' that you're most proud of?

Advocacy for nursing advancement both provincially and nationally.

Looking back to when you first started to think about getting a post-secondary education, what first attracted you to the program that you took at Assiniboine?

I chose Assiniboine for its proximity to Shilo where I was living at that time and it was a reasonable step to start my nursing path.

What were the most important skills that you gained at Assiniboine and how have these skills applied to your career?

I recognized deeper the importance of education, personal growth and helping others. I also developed faith in my potential.

What advice do you have for people who may have similar interests in this field or a related one?

Work to do what you dream of doing. Realize your dream may grow/change. Every level of nursing is valued and important. When I became a Registered Nurse, two of my first nursing colleagues stand out as excellent mentors for me.



ASSINIBOINE ATHLETICS

With a new season ready to begin, here are some highlights from the 2017-18 Cougars athletics teams



- » There were 52 Cougar athletes who received athletic scholarships in the 2017-18 academic year.
- » The women's hockey team played in their first full season of the American Collegiate Hockey Association (ACHA) Division 2 league. Ranked #3 in the West, the team qualified for the National Championships that were held in Columbus, Ohio. While in Columbus, players enjoyed watching a Columbus Blue Jackets practice and had the opportunity to meet afterwards with Matt Calvert, the former Brandon Wheat King who played for the Blue Jackets at that time.
- » Mariah McCue (Defense) was named to the ACHA All American First team and Karli Frederick (Forward) was named to the All American Second Team. Captain Brooke Mead was named an Academic All-Star.
- » Erica Scott and Kalin Winter, from the women's volleyball team, were both named to the Manitoba Collegiate Athletic Conference's All Conference Team.
- » Braden Campbell, a rookie men's volleyball player from Dauphin, Man., who had previously only played high school volleyball, was the team's Most Valuable Player. He was also one of the Manitoba Collegiate Athletic Conference's Athlete of the Week for the league.
- » Kendall Omeljanow returned for her third season with the women's soccer and futsal teams, as their goalie. She was named to the Manitoba Collegiate Athletic Conference's All Conference Team for Soccer.
- » Gerry Rocan joined the Cougar family as an assistant coach for the women's soccer and futsal teams and Mary Thomson, a Brandon University alumna volleyball player and one of the top setters in the country, will be the Assistant Coach with the women's volleyball team for the 2018-19 season, alongside Jeff Maxwell.



COUGARS CLASSIC GOLF TOURNAMENT

The ACC Cougars Classic Golf committee is proud to announce that the 4th annual tournament held June 21st, 2018 at Shilo Golf & Country Club raised \$34,000!

Thank you to all past golfers, donors and sponsors for supporting Assiniboine student athletes. See you on June 20, 2019!

COUGARS CLASSIC

5TH ANNUAL GOLF TOURNAMENT

SAVE THE DATE

June 20, 2019

Shilo Country Club

Early bird registration fees until May 31, 2019:

\$100 - individual registration fee

\$400 - foursome registration fee

Registration fees after May 31, 2019:

\$125 - individual registration fee

\$500 - foursome registration fee

For more information, contact alumni@assiniboine.net

assiniboine.net/cougarsclassic



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COUGARS

ALUMNI IN ACTION!

ASSINIBOINE GRAD'S JOB IS
TO PARTY... SORT OF.



Hotel & Restaurant Management graduate Shonah Rathwell earns a living creating memorable experiences for others

Shonah Rathwell has the kind of career many millennials dream about. She lives and works as an events coordinator in the picturesque resort town of Wasagaming, within Riding Mountain National Park. Commonly referred to as Clear Lake, the location is a popular summer destination—and blossoming winter attraction—for many in the region, attracting tourists from across the province, Canada and abroad.

She spends her days planning and carrying out events both big and small. From casual weekly live music and trivia nights to 250-plus ticketed soirées where food and spirits shine, she aims to make each one a unique experience for guests.

“No two days are the same,” says Shonah, who started in June 2017 with Lake House Properties, just days before attending her college graduation ceremony where she was valedictorian. Shonah graduated from Assiniboine’s two-year Hotel & Restaurant Management (H&RM) diploma program.

At the age of 21, Shonah’s success is a testament to her work ethic, creativity and personal drive.

Originally from Ninette, Man., Shonah had previous hospitality and tourism experience under her belt working in Brandon, Man., where she was an assistant banquet manager at a large hotel.

“I had never been up here [to Clear Lake] until my interview. I came in and left and didn’t know what this place was. Now I live here year-round,” she says.

So what kind of employer takes a chance hiring a then 19-year-old when they’re getting applicants with decades of experience? Karly McRae and her husband, Jason, own and operate Lake House Properties, a collection of successful hospitality and resort properties clustered within Clear Lake.

Karly knew she needed to hire a full-time events coordinator to help grow the business to a thriving year-round operation. She needed someone energetic, keen to learn and ready to take on new challenges.

She knew pretty quickly that Shonah was something special.

“Having someone fresh and new with a ton of energy and that ability to problem-solve has worked out well,” she says.

Shonah is in good company with other Assiniboine alumni. Among more than 90 casual, part- and full-time employees, Karly and Jason employ more than a half dozen Culinary Arts and H&RM graduates from Assiniboine. Some are full-time, like head chef Melissa Berry (Culinary Arts ’09,) who creates seasonal menus to complement the seasons of the region.

Others, such as Meagan Numrich (H&RM ’17) and first-year H&RM student Cassidy Gordon, are spending their summer months on Shonah’s events team gaining valuable industry experience.

“The thing I’ve noticed about the grads from ACC is that they’re all trained to a certain standard and they all have a certain level of

knowledge. They are always presenting us with great ideas. I think it’s so cool because I try to foster that and they’re already doing that on their own,” she adds.

“My hiring philosophy now is ACC students and farm kids,” Karly jokes. “They’re hardworking. They work their butts off.”

“I think the business aspect of the program helped a lot more than I thought it was going to,” says Shonah. “I learned a lot on the job, but the business classes helped me prepare for that. I wouldn’t be able to do half the stuff I do without the Excel class,” she says.

For Shonah, it’s hard to settle on one thing that she loves most about her career.

“Things are always happening; things are always changing. I’m not doing the same events every day,” she says. “The biggest satisfaction is putting on a well-run event and hearing that from guests.

“It’s the best of both worlds. In the summer, it’s busy like a city, and in the winter, it’s like living in small-town Manitoba with cool things happening. It’s a wonderland,” she says.

For this past New Year’s Eve party, she says she “convinced Karly to buy a 30-foot inflatable igloo.”

“That was pretty cool,” she chuckles. “And it was -50°C, and we had an ice bar and ice luge. And we had 250 people.”

“I do like to throw a good party,” Shonah jokes.



Maureen Marshall, Sandi Webster, Linda Sichewski and Theresa Berry

CLASS OF 1978 ASSINIBOINE ALUMNAE REUNITE

This past August, four alumnae from the class of 1978, returned to Brandon and to their old stomping grounds to reconnect with Assiniboine. The four former classmates (Stenography and Typing programs) make a point to reunite every year and were able to add a tour of the college to their day.

“I have great memories of ACC. Everybody was so excited about doing new stuff, education, meeting friends, etc. Back then I was fresh from the Caribbean and excited about my new location, snow and all! Those were fun days. Thanks so much for giving us a chance to reminisce. The college has grown for sure!”

– Theresa Berry

Assiniboine's practical nursing graduates are in high demand.
100% of 2016-17 graduates surveyed said they secured jobs in their field



ASSINIBOINE IN THE NEWS!

ASSINIBOINE ANNOUNCES PRACTICAL NURSING SITE IN RUSSELL

The community of Russell, Man. will be host to Assiniboine's next rural rotating Practical Nursing program delivery site, with classes starting in January 2019.

"We're excited to be partnering with Russell to deliver this program and look forward to training more than two dozen nurses for rewarding careers in the nursing profession," said Karen Hargreaves, Dean of Health & Human Services at Assiniboine. "Studying close to home has many benefits for students and their families, and nursing graduates are in high demand across the province."

"I'm more than pleased to have a program of this kind delivered in our community," said Russell Mayor Len Derkach. "We've been waiting for some time and my appreciation goes to the president and staff of the community college for the effort they have put in to make this a reality for our community."

In addition to the permanent nursing programs offered across Manitoba at Assiniboine's campuses in Brandon,

Dauphin and Winnipeg, the college has a rural rotating site currently running in Melita. In the fall, Selkirk, Peguis First Nation and Portage la Prairie will also be home to a delivery of the college's Practical Nursing program.

The demand for Assiniboine nursing graduates is high; 100 per cent of graduates surveyed from the 2016-17 academic year said they had jobs, making on average \$54,121 a year.

Graduate LPNs secure careers in hospitals, personal care homes, medical clinics, private agencies and the community. With some advanced preparation, some entrepreneurial LPNs are even choosing to start their own businesses.

Since 1975, more than 3,500 individuals have graduated from nursing programs offered by the college. In the past five years alone, Assiniboine has delivered its Practical Nursing program in nine communities across Manitoba, including Portage la Prairie, Peguis First Nation, Deloraine and Pine Falls.

MBA

Our business is growing.

ASSINIBOINE AND CBU PARTNER TO OFFER MBA PROGRAM

Assiniboine Community College and Cape Breton University's (CBU's) Shannon School of Business are partnering to offer a Master in Business Administration (MBA) program in Community Economic Development starting January 2019 in Brandon, Man.

"We're excited to be partnering with CBU as we move forward with a new level of business programming here at Assiniboine," said Bobbie Robertson, Dean, School of Business at Assiniboine. "This program offers Manitobans an incredible option for flexible, relevant postgraduate education close to where they live and work."

CBU's MBA in Community Economic Development blends curriculum found in traditional MBA programs with an emphasis on economic development, leadership, change management, and governance.

"This is a unique MBA offering across Canada," said George Karaphillis, Dean, Shannon School of Business at CBU.

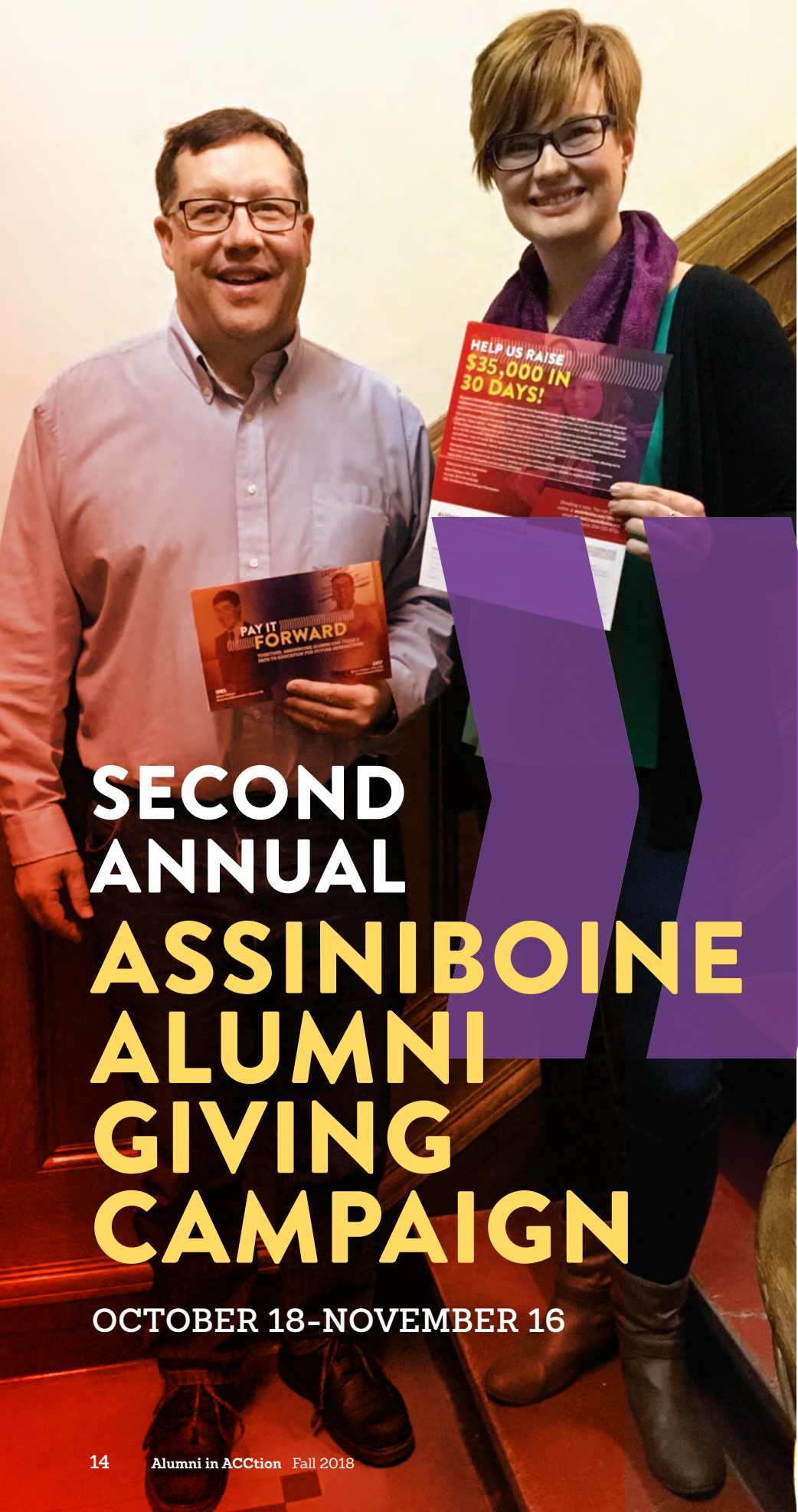
"We have a strong track record of delivering this program across the country and we're excited to present a compelling, valuable option for those in Manitoba exploring MBA programs."

CBU currently offers its MBA program in six cities across Canada in addition to its campus in Sydney, N.S. This includes Kingston, Toronto, Saskatoon, Calgary, Edmonton and Whitehorse.

Students can complete the program part-time within two-and-a-half years through face-to-face weekend classes at Assiniboine.

Those interested in receiving more details about the MBA offering at Assiniboine can visit assiniboine.net/mba.

Last year's campaign co-chairpersons, Robert Eslinger, left, and Caelie Walker, will return to help lead the 2018 month-long campaign.



SECOND ANNUAL ASSINIBOINE ALUMNI GIVING CAMPAIGN

OCTOBER 18-NOVEMBER 16

October 18 is the launch date for the second annual Assiniboine Alumni Giving campaign. This year's month-long campaign aims to raise \$35,000 for the college's Scholarships, Awards and Bursaries fund. After seeing the success of last year's campaign and the generosity of Assiniboine alumni, the planning committee—once again co-chaired by Robert Eslinger (Business Administration, class of '85) and Caelie Walker (Office Administration, class of '09)—decided to raise the bar and increase the goal to \$35,000.

New to this year's campaign is the partnership with Escape: The Final Countdown. In March of this year, the escape room in Brandon opened a new room that included an Assiniboine alumni theme. Groups of eight to 12 players have only 60 minutes to solve the mystery inside the storyline of their first-day orientation at college. The task at hand? Players must unlock a series of challenges to uncover the identity of their father, an Assiniboine alumnus.

Between October 18 and November 10 teams of 8 to 12 can collect pledges to participate in the escape room, competing for the fastest time, least amount of clues used and many more titles!

All pledges collected will go towards the Alumni Giving campaign. For more information please contact alumni@assiniboine.net or 204.725.8700 ext 7124.



ACC: THE LEGACY

Who's your daddy?



Dad & Mom 197



Book your time today!

Escape: The Final Countdown

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To update your contact information with the Alumni Association,
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