

Humber dialogue

A PUBLICATION FOR ALUMNI AND FRIENDS

FALL 2012

Growing concerns

mental illness on campus





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Illustration by
Mark Hoffmann/i2i Art



president's message

In the fall of this year, thousands of students came to Humber for the first time, excited to take the next step in their education. Some of them looked full of anticipation and some a bit apprehensive. I, too, started my time as a newcomer to the college this fall and felt many of the same things. Like them, I am also eager to experience life at Humber and be part of such an extraordinary college.

As Humber's fourth president, I am honoured to lead an institute of higher learning where its reputation precedes itself – a college with stellar graduates, is known for its teaching and learning excellence, includes new opportunities through the delivery of degree programs and has faculty and facilities second to none.

Before coming to Humber I held a number of roles at St. Lawrence College, including seven years as vice-president academic, and five years as president. During my 25 years in the college system, my focus has always been to bring people together in order to generate ideas and take on new challenges. I hope to continue that collaborative approach as I work closely with the Humber family.

"I am honoured to lead such an extraordinary college."

Many things attracted me to this college but what struck me most was the breadth of programming, the diploma to degree pathways and the polytechnic vision. While our full-time programs are the lifeblood of the college, equally important to us are our continuing education programs and our involvement with the community. I believe these aspects make Humber the premier institution of its kind in the country.

Humber's reputation is due in large part to the successes of you, our graduates. Whether you've recently graduated or have been out in the workforce for a while, we want to celebrate your successes and reconnect with you. We welcome you to come back to campus anytime. Take in a seminar, attend a performance or come to a Hawks game. We also hope you'll share your pride in being a grad.

Lastly, I would like to thank everyone who has welcomed me to Humber: alumni, donors, staff, students and friends. I look forward to working together.

Chris Whitaker

President, Humber College Institute of Technology & Advanced Learning

Humber dialogue

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humber's vision

Excellence in polytechnic education

mission

Humber develops broadly educated, highly skilled and adaptable citizens who significantly contribute to the educational, economic and social development of their communities. We accomplish this by:

- preparing learners for careers through a comprehensive choice of educational credentials in a broad range of programming
- developing informed and engaged citizens through an applied and liberal education
- enabling organizations to enhance their effectiveness through customized training and lifelong learning opportunities
- supporting our local communities through outreach activities

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“The new space allows us to be much more collaborative, similar to how professional design firms operate.”

Chanele Cote
Interior decorating recent grad

new spaces



Humber's design students have a new place to call home. Students from Architectural Technology, Design Foundation, Industrial Design, Interior Decorating and Interior Design programs now have a space where they can collaborate across disciplines. The new Design Centre features a large open concept space along with the latest digital imaging and design technologies. With seven open studios, a computer lab and a state-of-the-art resource room complete with high-end digital cameras, the centre is similar to most modern design and architectural firms. The centre is part of a multiple-phase 88,000 square foot renovation of the School of Applied Technology's labs, classrooms, educational tools and resources.

Faculty achievements

Ray Chateau, program co-ordinator of Professional Golf Management and Humber Hawks golf coach, has been awarded the 2012 CCAA (Canadian Colleges Athletic Association) Coaching Excellence Award Across All Sports, the CCAA's highest coaching honour. The award is presented annually to one coach from across Canada who best demonstrates a contribution to sport, athlete development and success in building their program.

Humber School for Writers instructors, **Lauren B. Davis** and **Annabel Lyon**, were longlisted for the Scotiabank Giller Prize, Canada's most prestigious literary award. Thirteen novels were longlisted from 142 books put forward.

Rudi Fischbacher, program co-ordinator of culinary programs, received The Glenfiddich Award (Chef of the Year). Part of the Cambridge Awards of Excellence Series, the distinction is presented annually to a person who exhibits outstanding service to the community.

Hospitality, Recreation & Tourism professor, **Denise Gardner**, is one of five people in Canada to win a 2012 College Sector Education Award. This award recognizes teaching excellence as well as participation in activities that support teaching excellence in peers.

more programs

Here's what's new for 2013

- Advertising – Media Management graduate certificate
- Advertising and Marketing Communications diploma
- Bachelor of Commerce – Finance
- Bachelor of Commerce – Management Studies
- Bachelor of Commerce – Marketing
- Bachelor of Commerce – Supply Chain Management
- Mobile Device Integration diploma

TWO NEW DEANS were named this year, Guillermo Acosta, dean of the School of Media Studies & Information Technology (SMSIT) and Patricia Morgan, dean of Research.



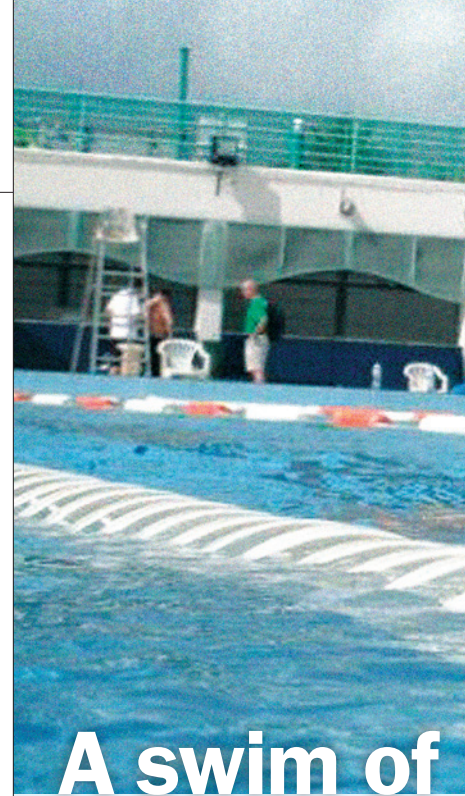
Guillermo Acosta has many years of teaching experience including positions at Ryerson University, the University of Guelph and Humber College. In addition to his teaching role at Humber, he was a program co-ordinator and, as a director, managed all continuing education programs within The Business School. Before becoming dean, Acosta was the associate dean in the SMSIT, responsible for the new media and IT cluster of programs.



Patricia Morgan joined Humber in 2003 as a professor in the English department and became a program co-ordinator in 2005. Five years later she became the associate dean of General Arts and Science, Mathematics, and Literacy and Basic Skills. Her emphasis as associate dean has been, first and foremost, on student success and engagement. Morgan holds a doctorate from York University and was the chair of Humber's Research Ethics Board for three years.

Partners against violence

Humber College and the Humber Students' Federation are partnering with the Urban Alliance on Race Relations (UARR) to raise awareness of violence against women/ gender-based violence on postsecondary campuses. As part of this unique initiative, UARR will work with student groups to examine current college programs, security measures and physical safety issues. This unique opportunity for students to share their ideas, aims to improve awareness of gender-based violence prevention on campus and will help to educate all students on increasing safety for women. Funding for the project has been provided by Status of Women Canada.



A swim of

Zsofi Balazs, a second-year Police Foundations student, triumphed over many obstacles to compete in the marathon swimming race in Hyde Park at the 2012 London summer Olympics. She suffered a concussion that nearly ended her competitive swimming career, battled asthma and pneumonia, had anxiety attacks in open water races, and faced the challenges of coming to Canada from Hungary at 13, not

Opening doors



For 1998 graduate Troy Ford-King, Humber's CICE (Community Integration through Co-operative Education) program was a passport to realizing his dreams. After learning in high school that people with a developmental disability could go to college, he jumped at the opportunity to extend his education and get co-op work placements in a supportive college setting.

"The cool thing is you can take elective courses with regular college students, along with core classes like math which have helped me in my work. I focused on electives in hospitality and photography," says Ford-King, who was offered a job after his placement at the Java Jazz campus coffee shop. He liked the college atmosphere so much that he's been in food services ever since, working at the campus' Tim Horton's today. "I'm like a utility fielder in baseball. I can go wherever they need me and do



a lifetime



speaking any English.

Despite those hurdles, Balazs prevailed to become the first Canadian woman to compete in the 10-kilometre open-water swimming marathon at the Olympic Games. To earn an Olympic spot, she swam an extraordinary sixth and final lap in the last qualifying race in Portugal, jumping from 13th to sixth place with the fastest closing sprint among the group.

Although Balazs, 22, would

have liked to finish higher than 18th among 25 in London, she is thrilled to have made her Olympic debut and enjoyed every moment of the experience. "I feel that I accomplished something amazing. I value most that I didn't give up and I kept coming back against the odds, and made the Olympics as the first

Canadian woman in marathon swimming," she says.

Enrolling in the Police Foundations program helped Balazs find a balance between her career goals and Olympic swimming aspirations. "The concussion made me realize swimming wasn't everything and it can end very quickly. Once I started

"I value most that I didn't give up and I kept coming back against the odds."

at Humber, I was extremely excited about pursuing a career in policing and it gave me an uplifted spirit of doing something I love," says Balazs, who completed her first year of studies in 2011 and then took time off to train more intensively. "I took a year off to give 100% to swimming and pulled it off. I am super excited to be back to school. I'm fresh and ready to give 100% there too!"

all the different things people throw at me."

The gregarious grad credits Humber for boosting his confidence and social skills as well. "The CICE program brought me out of my shyness and gave me the confidence to talk to students from other programs," says Ford-King, who became Canada's first Global Messenger for the Special Olympics shortly after graduating and now serves on the CICE advisory committee. He has competed in the provincial and national games in alpine skiing and has travelled internationally, speaking about the Special Olympics movement.

Humber was the first college in Ontario to offer a CICE program, 26 years ago. The two-year program is in demand, with over 100 students applying for 23 spots this year. Unlike some CICE programs at other colleges, it is designed specifically for

students with a developmental disability and offers a rich, diverse curriculum that goes well beyond traditional vocational needs.

Students take core courses, like computer skills and job skills, with their CICE peers. They can also choose from a wide range of electives (taken alongside students from other programs) – such as film and TV production, hotel and restaurant management, paramedic, journalism and culinary skills – adapted by CICE integration facilitators to suit the academic ability of each student.

"The CICE program offers an opportunity for students to explore areas they never thought they could or weren't even aware of," says program co-ordinator Rosanna To, a professor in the School of Health Sciences. "It helps them to grow in all areas of their life, academically, socially and emotionally."



From seed to table

Culinary students at Humber are learning about the advantages of locally grown food firsthand – and loving it. When preparing meals for patrons in The Humber Room, the college’s on-campus fine dining restaurant, budding chefs have the opportunity to harvest and use more than 20 herbs and various salad leaves now being organically grown in the campus greenhouse.

Culinary professor Chef Michael Teune has enthusiastically encouraged his students to pick fresh rosemary from the herb garden to prepare poached salmon in a rosemary and olive oil marinade. They use fresh basil to make pesto for a signature linguini dish, and honey produced by bees from the on-campus apiary for a honey vinaigrette salad dressing.

“We use the best quality and freshest ingredients grown right here. The students gain more respect for the ingredients they’re using and a better understanding of where they come from,” says Teune.

The School of Hospitality, Recreation & Tourism and the School of Applied Technology teamed up to create the innovative food collaboration. The project has been recognized with a League for Innovation award, an international award which recognizes significant innovations at colleges.



Pesto (à la Humber)

250 grams (gr)	fresh chives
250 gr	flat leaf parsley
250 gr	basil
500 ml	olive oil
60 gr	pine nuts (toasted)
3	garlic cloves
7 ml	salt
142 g	parmesan cheese, grated

Wash the herbs and drain well. Blanch and press dry the herbs. Place all ingredients in a food processor and blend until smooth.
Yield: 750 ml

Putting

Heidi Yerashotis’ two university-age children are helping her go back to school. They give her tips on tackling homework and other good study habits.

“I was last in school in my 20s, a long time ago!” she laughs.

Yerashotis is part of an innovative new partnership allowing former Educational Assistants (EAs) in kindergarten classes at the Toronto District School Board (TDSB) to retrain as Early Childhood Educators (ECEs) – and in the process, keep their jobs.

It’s a partnership that developed as a result of the Ontario government’s new full-day learning and care model for kindergarten. Full-day kindergarten is being implemented widely this year, and one requirement is that teachers be paired with qualified ECEs instead of EAs.

In early 2012, it became obvious that hundreds of EAs were about to be out of a job. “That’s when we decided we needed to step up,” says Jason Powell, dean of the School of Health Sciences, which runs Humber’s ECE program.

Humber began working with the EAs’ union and the TDSB to come up with a creative solution. The proposal: to allow the people who had been working as EAs in kindergarten to continue working in those classrooms for two years in a temporary job category called teaching assistants (TA). Meanwhile, Humber would retrain them to become

kids first

qualified ECEs. With active support from their union and the TDSB, the TAs participate in the training which is delivered by Humber. The Ontario Ministry of Education approved the plan, giving many EAs a chance at a new career.

Yerashotis started the program this past summer, and is excited by the cutting-edge theory and practice she's learning, including techniques such as child-initiated programs and play-based learning. "It's based on really close observations of the children and working with their interests," she says. "I'm looking at things in the classroom now in a whole different way."

"If I can provide something for the children that's more enriching, that's wonderful."

Heidi Yerashotis, ECE student

"What they get in the retraining is a knowledge of theory that may align with practice they're already doing, but they'll understand why they're doing it and why it's effective," says Theresa Steger, who leads this project on behalf of Humber's ECE program. "Or they may be exposed for the first time to new practices that are evidence-based that they may not have been aware of before."

The program also fills a labour gap, since TDSB is continuing to predict a shortage of qualified ECEs. "We've always prided ourselves on being responsive to industry, so that's one of the benefits of this," says Powell. "It's also drawing on the wealth of experience of people who've been in the classroom for many years, and allowing our children to benefit from having the highest possible quality education at the kindergarten level."

Yerashotis has worked in Toronto schools for the past 14 years, and had a long career in early childhood education and social work in Switzerland before that. She currently works at an innercity school in Toronto where many children come from difficult backgrounds. "You want the best for them. You really want them to succeed," she says. "If I can provide something for them that's more enriching, then that's wonderful."

hawk's nest

On September 28, a star-studded cast of 16 people was inducted into the Humber athletics Hall of Fame, capping off a gala evening of games, socializing, and Varsity fashion and talent shows.

The new members include 13 alumni athletes chosen for outstanding individual and team contributions during their sports career at Humber, two women's soccer coaches, and recently retired president John Davies.

This year's inductees are: Ryan Willoughby, Michael Zizek, Adrian Cord, Mark Hoffman and Angela MacDonald (golf); Landis Doyle, Alex Steplock and Rachel Dubbeldam (women's volleyball); Raymond Wong (badminton), Andrew DaSilva (men's soccer), Joanna Alexopoulos (women's soccer), JR Bailey (men's basketball), Chris McFadyen (men's hockey), Mauro Ongaro (coach), Vince Pileggi (coach), and John Davies (builder).

The Hall of Fame induction happens every two years and the 2012 contingent has a abundance of athletic talent, with about twice as many new members as in a typical year. Although there is normally a waiting period of three to five years, this year's group includes five extraordinary athletes inducted shortly after completing their Humber sports careers.

Recent alumnus Adrian Cord was national individual gold medalist in 2011 and a core member of a men's golf team that won four national championships. After leaving Humber last year, Cord earned his professional Canadian tour card and then won his first event on the Great Lakes Tour in a sudden death playoff.

Adrian Cord



That's just one example of the amazing successes achieved by this year's stellar cast of Hall of Famers. Thanks to their talents and those of many other Humber athletes, they have contributed to Humber's outstanding performance record: 50 provincial championships and many national triumphs over the last five years.



Students clogged the halls of Humber College this past September, heading back to school. They seemed vibrant and full of possibility. What we didn't see, however, is what for the most part remains a well-kept secret – that likely one in five of them will experience a mental health issue during their postsecondary school years. According to Statistics Canada, almost 20 per cent of youths aged 15 – 24 reported symptoms associated with mental health and addiction issues – making them the highest risk age group facing these problems. With the onset of most mental illnesses occurring during adolescence and young adulthood, postsecondary education (PSE) institutions are a natural place for mental health issues to manifest themselves.

Sobering facts indeed. And nobody knows this better than Tobin McPherson, a second-year student in Humber's Bachelor of Child and Youth Care program. McPherson was diagnosed with schizophrenia in 2001 while studying economics at York University. With this condition considered one of the most severe forms of mental illness, McPherson experienced delusions, hallucinations, paranoia and anxiety. At one point, he was convinced that his mother was trying to kill him. "I had some very dark days, including being hospitalized for more than two months," McPherson says. "It was tough but I got help. My health is so much better now and I'm getting good grades at school."

So what kind of help can McPherson and others

in the shadows

In addition to the fact that young adults are in the highest risk group, the problems caused by mental illness are compounded by the fact that PSE students experience a myriad of changes – especially those in their first year. Living away from home, demanding academic workloads, financial concerns, relationship issues and peer pressure are just some of the challenges PSE students face. One only has to read the news to realize how much of a toll mental health problems are taking on students, families and the PSE community.

Statistics tell an even more troubling story. According to a 2009 study by the American College Health Association (which included six Ontario universities), 51 to 60 per cent of respondents in Ontario reported feeling hopeless, 33 to 43 per cent reported feeling so depressed they were unable to function, and six to nine per cent considered suicide in the 12 months before the survey.

like him expect to get to address their problems and improve their quality of life on campus? "We have numerous programs and services to help students with mental health issues," says Liz Sokol, a counsellor at Humber College. "We have awareness programs, counselling, medical services and academic accommodations, to name a few. Our concern is that the many students we see get the help they need." The "many students" that Sokol refers to is the approximately 1,700 students who accessed counselling services for personal, academic and career issues last year - the majority of them seeking personal counselling. This number isn't surprising, with counsellors from colleges and universities across the country reporting a marked increase in those seeking help and an increase in the severity of symptoms.

But why are there more students seeking help and why are their problems more severe? "More students are coming to see us because of the challenges they face making the transition from secondary school

60%

of respondents in Ontario reported feeling hopeless

to college. They also feel pressure about eventually going into a workforce that is increasingly more competitive,” says Sokol. “Also, students are being diagnosed and treated earlier than they were in the past and so students who may not have been able to come to college before, can now.”

Of course with an increased number of students seeking help comes an increased need for services. And services cost money. A 2009 Ontario College Health Association report recommended that government, health and education stakeholders financially invest in a full continuum of mental health initiatives and services in PSE institutions citing that “colleges and universities currently have inconsistent, reactive, unstable, underfunded and fragmented initiatives and services for mental health.” Recently the Ontario government responded with a Mental Health Innovation Fund to provide funding for projects to improve mental health services and outcomes for Ontario’s PSE students. Up to \$7 million will be allocated for these initiatives.

While colleges struggle to help an ever-increasing number of students, they also continue to create innovative solutions for those seeking help. Many PSE institutions are now using a collaborative approach, involving various staff throughout the campus to help identify and help students at risk. Residence staff, faculty, counsellors, medical practitioners and chaplains are just some of the staff who can help identify and direct students to the help they need. In recent years, PSE institution staff have increasingly undergone training programs to better understand mental health problems and help students with them.

Training, awareness, counselling. All of these are positive initiatives but the ongoing battles faced by students are still very real. “I lost friends, people looked at me strangely and my family had trouble coming to terms with my illness,” McPherson remembers. But he is determined to see the positive side. “I work hard every day to manage my illness but I do not let my illness define me. Life’s not a straight line – not everything is going to be perfect. But there is hope and I want to tell others that they’re not alone.”

Humber has taken a lead among postsecondary institutions in providing mental health services to its students. The following are a sampling of the initiatives that the college has put in place.

Mental Health First Aid (MHFA):

A program which teaches staff and faculty how to recognize the signs and symptoms of mental health problems, provide initial help and guide the student to appropriate professional help. Twelve staff members underwent an extensive five-day program to become certified trainers and, in turn, have already trained more than 200 faculty and staff. These courses will be offered on an ongoing basis. Humber is the first college in Canada to have a comprehensive, long-term mental health first aid model with a large group of trained instructors.

Psychologists: Humber has recently welcomed a clinical psychologist to its wellness team as the manager responsible for counselling and health services. A second psychologist, working out of the college’s health centre, has also joined Humber and is focusing primarily on assessment, referral and diagnosis for students with complex mental health problems. These psychologists broaden the expertise on campus regarding mental health issues and allow staff to access advice at a moment’s notice.

Student support and intervention team:

A new initiative for early intervention to support students who are having mental health problems. The interdisciplinary team develops an intervention plan for students in need and helps them to become healthy and continue their studies.

On the horizon: Humber is exploring additional mental health initiatives such as psychoeducational groups, peer counselling and e-counselling.



How to afford your retirement

If you haven't thought about retirement — you should! Here is a reality — the majority of us are going to retire someday. If you are in your late 30s, 40s or 50s and you haven't thought about retirement, you need to.

How much you actually need in retirement will be driven by your lifestyle decisions. You need to be realistic. People will often say they want to travel in retirement and I will ask them, “do you travel a lot now?” and the typical answer is NO. What often happens is people tend to live a very similar lifestyle in retirement as they enjoyed prior to retirement.

I realize there will be some who retire the traditional way, others who will phase in their retirement and some who never plan to retire. In a perfect world this would be your decision and not driven by your financial situation. We could spend 20 to 30 years in retirement and no one wants to run out of money. This is where I'm always extremely cautious — I've planned my retirement as if I'm going to live to 100 because what if I live too long? The fear of outliving my money can be scary and a risk I'm not willing to take.

How much do you need?

I would begin by using 70 per cent of your pre-retirement income, the income you were earning while you were working, as a starting point. However, as I mentioned the amount you need will depend on your lifestyle and some may only need 50 per cent for a modest and comfortable retirement, while others may need 100 per cent. It is your retirement and that is why you need your plan and not a cookie cutter approach. Typically you begin to think about these numbers seriously about 10 years out.

For simplicity sake, I'll use the Russell Retirement Rule of 20. Basically: Every \$20 of retirement savings can generate \$1 of retirement income per year, adjusted for inflation.

Here is a simple example of how it works:

Age 65 and earning \$60,000 per year

- 70% of earned income = \$42,000 per year
- Government benefits approx. \$12,000
- Shortfall of \$30,000 per year

According to the Retirement Rule of 20: you will need \$600,000 to fund \$30,000 a year in retirement.

Now before you panic, this money doesn't have to come from one source. You have government programs, possibly pension income, and the money you have saved in your RRSPs, TFSAs and non-registered savings.

It is important to know how much you will be spending in retirement and where your money will be coming from in retirement to determine if there is a gap. If by chance there is a shortfall, you have some tough decisions to make. You can save more today, spend less in retirement, invest more in the equity market, downsize your home, explore a reverse mortgage to see if it is for you and even consider part-time work. You do have options.

If you look up retirement in the dictionary it means to disappear and become reclusive. Wow, no one wants to do that in retirement. To ensure that doesn't happen to you, you need to know your numbers, and you can start with the calculators and tools I've provided here.

“It's important to know how much you will be spending in retirement and where your money will be coming from.”

Patricia Lovett-Reid is the host of The Pattie Lovett-Reid Show and senior financial commentator for CTV News.

40 years on the airwaves

Forty years ago legendary CHUM broadcaster, Phil Stone, fulfilled a personal dream and created a program at Humber based solely on the teaching of radio broadcasting. What began with a handful of students in 1972, has evolved into a program with more than 100 students each year and is now the largest postsecondary program of its kind in Canada. While much has changed, students continue to benefit from hands on training, state-of-the-art equipment and industry-experienced instructors.

Earlier this year, Humber College celebrated the 40th anniversary of the Radio Broadcasting program, with an event that gathered more than 200 alumni and friends. The event acknowledged the success of the program, as well as the accomplishments of many of its graduates. For more about the evening visit 148.ca/40scrapbook.

The Radio Broadcasting program has many successful and well-known alumni, both on the air and in areas such as sales, music, production and promotions. At the 40th anniversary celebration, the following four alumni were inducted into the Radio Hall of Fame:

Mike Bendixen

Program director, Newstalk 1010

Rudy Blair

Entertainment/music reporter, 680News

Suzanne Carpenter

General manager, Corus Radio Toronto/Hamilton

Corey Fuchs

Owner, president and CEO
Media Job Search Canada Inc.

Additional awards presented that evening included the inaugural Builders Award honouring the late **Phil Stone** and the Alumni Gives Back Award presented to **Scott Guest**.

BEST MEMORIES

"In most people's lives we're lucky to have a handful of people that we meet who have a huge influence on us. For me, one of those people was Phil Stone. Phil, who launched the radio program, sent out letters to many radio stations telling them that he had students who were looking for summer internships. One of those stations that responded was CKLB in Oshawa. I went there and instead of looking for interns they were looking for someone to work full time. And that's how my broadcasting career started."

John Hinnen, general manager

680News and vice-president of news, Rogers television and radio

"I remember coming in early to do an on-air jock shift on the campus radio station. The newscaster was nowhere to be found, and as the clock ticked down to newstime, I began putting a newscast together, read it, then continued with my show. Didn't know it at the time, but my teacher was 'scoping the show' and put it to the class... should I be a 'jock', or 'newscaster'?"

Evelyn Macko, anchor

Boom 97.3 and Newstalk 1010

a look back



"One of my best memories of the Humber radio program was a lesson learned from instructor Murray Smith. "Where's Steve?" he asked one morning as the class settled in. Steve had a job offer spinning discs for a Huntsville rock radio station. A rumble of groans rolled across the room as a classmate informed the teacher of Steve's decision. Smith, a veteran radio broadcaster, shut down the murmurs immediately. The problem as we saw it was that Steve wasn't exactly the best student – or broadcaster. But he had passion. "If there's one thing I teach you," said Smith, "there's always going to be someone you think doesn't deserve their job." He then added, "And? There's always going to be someone who thinks you don't deserve your job." I've read many memos announcing new talent over my career. Smith's words return each time, reminding me to measure my success based on my goals, not the goals of my colleagues."

Michael Hainsworth, business reporter
CTV and Business News Network

"One of my favourite memories involves my mom. She didn't understand my decision to be a radio guy. To be honest, I don't even think she knew that it was a job. When I was a student at Humber, in the early nineties, it was pre-internet, pre-cable feed, and the only place you could really get the CKHC signal was in the Humber College parking lot. One day, while my mom was driving me to school for an evening jock shift, the guy who was on before me happened to promote the fact that I was coming up next. Suddenly, the car got really quiet. My mom pulled over and sat there stunned. Hearing her son's name on the radio – and not because of a police report – eased her mind. It was the first time it registered with her that her son might have a chance."

George Stroumbouloupoulos, host
George Stroumbouloupoulos Tonight, CBC



the reunion



Forty years ago, my husband, Phil Stone, had a dream. He envisioned a course based solely on teaching radio broadcasting.

Mildred Stone, Phil Stone's wife



2012

Premier's AWARDS

n o m i n e e s

Humber College has nominated six graduates for Colleges

Ontario's Premier's Awards. Presented annually, the Premier's Awards celebrate the outstanding contributions Ontario college graduates make to the province and throughout the world.

Allan Cole

*Owner & president
MacKinnon & Bowes Ltd.
Funeral Service Education, 1978*

Job description: operates Canada's leading specialist in the movement of deceased persons throughout the world

Of note: first civilian mortuary affairs director with the Department of National Defence for the repatriation of all deployed casualties. Was at the forefront of creating a protocol for the handling of persons who had died with AIDS.

In his own words: I am inspired by those around me who feel a common sense of purpose and who participate as a team in a complex and demanding environment. Together, we thrive in the face of significant challenges.

Mimmo Carbonara

*President & owner
416 Automation Inc.
Electromechanical Engineering
Technology – Automation and
Robotics, 2007*

Job description: heads up a custom manufacturer of automated machinery, testing equipment and adaptable electrical panels for the automotive industry

Of note: works with some of the biggest names in the automotive industry including Magna International and Delphi. 416 is one of only four automotive testers suppliers in North America and the only one in Canada.

In his own words: My inspiration comes when my customers present a problem that seems at first to be unachievable. This inspires me to think outside the box to come up with a solid solution for them.

Matt Di Paola

*Senior vice-president & general manager
Critical Mass
Public Relations, 1995*

Job description: oversees more than 100 strategists, creative teams, technologists and project managers focused on developing innovative digital experiences for Canadian and international clients

Of note: is a pioneer in the world of digital strategy integration. Is precedent-setting in establishing and implementing "interactive" strategies with high profile national and international companies.

In his own words: I do the work I do because there aren't many rules or best practices in digital technology. There are new things being created every day and that attracts entrepreneurial, creative and collaborative people. When you have a culture of people like that, it's a great way to spend your day.



James Derek Marchand

Aboriginal liaison officer
Canada Border Services Agency
Law and Security Administration, 1996

Job description: facilitates partnerships with the community of Akwesasne and the Canada Border Services Agency to increase understanding and co-operation

Of note: has worked in law enforcement and restorative justice, educating hundreds on Aboriginal rights, needs and culture. Is a role model and advocate for Aboriginal rights.

In his own words: What inspires me is witnessing the positive change that can come from a negative situation and how it can change a person's perceptions.

Vincent Lam

Author and physician
Creative Writing, 2003

Job description: celebrated writer and emergency room doctor

Of note: winner of the 2006 Scotiabank Giller Prize for his book of short stories *Bloodletting and Miraculous Cures* which has been on several Canadian bestseller lists. Rave reviews for his new novel, *The Headmaster's Wager*.

In his own words: I am inspired by the human journey. I feel I am very fortunate to be able to take part in many people's journeys through both my work as a physician and a writer.

Walter Rhoddy

President & owner
Rhoddy Design
Industrial Design, 1995

Job description: owns and operates an experiential marketing agency, guiding and executing marketing solutions through products' entire design/build lifecycles

Of note: has been a designer, creative director and project lead at major exhibit studios around the world. Has served as the lead on several large international museum projects.

In his own words: I find it inspiring when I'm presented with the challenge of solving a problem for a client and coming up with a creative solution. Like any creative pursuit, I pull ideas and inspiration from anything in life that captures my imagination - art, films, nature. It helps to be curious and open-minded.

alma matters

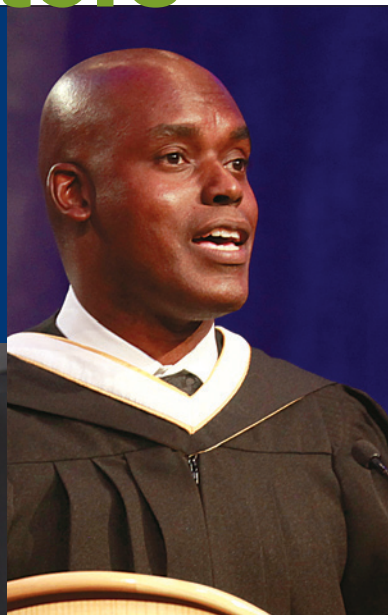
PROFILES > CLASS NOTES > BENEFITS > AND MORE

Humber has more than

175,000 alumni

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HUMBER ALUMNI FAMILY,
CLASS OF 2012!**

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83%

of Humber graduates
are employed
within six months
of completing
their studies*



Humber's motto is Carpe Opportunitates, meaning "seize the opportunities"

upcoming

DECEMBER 2012

Dec. 1

Athletics throw back event

Women's basketball 2:00 p.m.

Men's basketball 4:00 p.m.

Humber vs. Sheridan

Gymnasium, North Campus

Complimentary

Dec. 5

Vocal Jazz Night

8:00 p.m.

Auditorium, Lakeshore Campus

\$10 general;

\$5 seniors/students

Contact: 416.675.6622

ext. 3427

JANUARY 2013

Jan. 24

President's Lecture Series

1:00 p.m.

Jesse Hirsh

How to get paid in the knowledge
economy: literacy, authority and
street smarts

7th Semester, North Campus

Complimentary

Pomp and circumstance

Hats off to the 8,000 students who graduated this past year, celebrating years of hard work and dedication. The mood was especially celebratory with the ceremonies taking place at a beautiful new venue, the Toronto Congress Centre, chosen to accommodate the ever-growing number of Humber alumni.

The following individuals were granted honorary degrees at the convocation ceremonies:

Cameron Bailey, artistic director
Toronto International Film Festival

Ronald Bain, executive director
Ontario Association of Chiefs of Police

Cathy Crowe, RN, street nurse and social justice advocate

Anthony Folan, founder and president
Integral HR Solutions Inc.

Jian Ghomeshi, host and co-creator of Q
CBC Radio One and CBC TV

Dr. Terry Graham, professor
College of Biological Sciences, University of Guelph

Les Mandelbaum, president and co-founder
Umbra

Connie McCulloch, executive vice-president, home and planning, allocation & analysis
TJX Canada

To view the convocation ceremonies and hear the honorary degree recipients' addresses, visit mediaservices.humber.ca.

**from 2011-12 Key Performance Indicators - a method of measuring how well Ontario colleges meet the needs of students and the marketplace*

COME BACK to Humber and get ahead

This fall, Humber launched nine new continuing education certificate programs. Here's a glance at three of them.

Advanced interior decorating

Enhance your decorating skills as you learn about topics such as kitchen and bathroom design. This program will teach you how to manage interior decorating projects as well as how to do estimations.

Management and leadership skills for IT professionals

Learn management skills specifically required for information technology specialists. Topics will include operations management, strategic management and project management. Other areas of study include business report writing, cost management, organizational behaviour and supervisory skills.

Maintenance asset planning

Start or advance your career in the planning and scheduling field – ideal for both experienced skilled tradespeople as well as individuals who have strong logic and process skills. You'll be provided with the methods and the tools to maximize both resource productivity and craft utilization.

Other new certificate programs include:

- Blackberry certified system administrator
- Cosmetic applications
- Industrial process instrumentation
- Programmable logic controls
- Spa management
- VMware certified professional

Visit humber.ca/continuingeducation to find out more

FEBRUARY 2013

Feb. 3

Athletics throw back event

Women's volleyball 12:00 p.m.
Men's volleyball 2:00 p.m.
Humber vs. Nipissing
Gymnasium, North Campus
Complimentary

Feb. 6

President's Lecture Series

12:00 p.m.
Dr. Kwame McKenzie
Mental health: The benefits of participatory funding and green space
Community Room, Lakeshore Campus
Complimentary

Feb. 6

Latin Jazz Night

8:00 p.m.
Auditorium, Lakeshore Campus
\$10 general;
\$5 seniors/students
Contact: 416.675.6622 ext. 3427

MARCH 2013

Alumni workshops

- Social media & your job search
- Networking
- Public speaking
- Community involvement

For dates and times, visit humber.ca/alumni



FIRST PRIZE
\$500

DEADLINE
Jan. 15
2013

Shutterbug contest

Welcome to the inaugural *Humber dialogue* photo contest. Have a photo worth sharing? We invite you to send it our way for a chance to win \$500 and have it appear in the next *Humber dialogue*.

Eligibility

- Photo must be of a scenic landscape
- Contest is open to Humber alumni, employees and retirees
- Entries to be from amateur photographers only and must not have been previously published

Entry submission

- Email your entry to alumni@humber.ca with the subject line "Photo Contest"
- In the email please include: your name, address, telephone number, the title of the photograph, and a brief explanation of the photograph including when and where it was taken

Photo requirements

- File must be at least 300 dpi. A high resolution image is required for printing purposes.
- Photograph must be no larger than 3MB
- Both black & white and colour photographs will be accepted
- Name your file: YourFullName - ImageTitle

Deadline

- Entries must be received by January 15, 2013

Prize

- Winner: \$500
- Runner up: Humber prize pack

Photo contest committee

- The winner will be selected on February 6, 2013 by a panel of judges in Toronto
- Entries will be judged on creativity and quality
- The winner's name and photo will be published in the Spring 2013 issue of *Humber dialogue*

**By submitting an entry, the winner grants Humber College the rights to use his or her name and photo in Humber print and online sources*

class notes

1970s

Kenneth Gansel (Computer Programming, 1970) has recently been appointed to the Niagara Regional Police Services Board. Gansel is recognized as a specialist in cryptology and IT security and headed the IT security operations for the Office of the Chief Justice of Ontario, and for the Ministry of the Attorney General.

Robert E. Harrison (Electrical Engineering Technician, 1978; Business Management, 1980; Micro Computer Business Applications, 1985; Computer Programming, 1992) recently accepted the position of president of MGW (North) SR&ED Consultants. He also holds the position of vice-president of the parent company, MGW SR&ED Consultants.

1980s



Thomas Taborowski
(Tourism and Travel, 1983) was awarded

the Queen Elizabeth II Diamond Jubilee Medal for his contribution to the Air Cadet League of Canada. He also was honoured with a Certificate of Merit from the board of governors of the same organization.



1990s

Dayo Kefentse (Radio Broadcasting, 1996) has recently been appointed the communications and public affairs advisor at Bridgepoint Health. Previously, Kefentse worked as bilingual media relations and issues management officer at the Ministry of Culture/Ministry of Tourism for the Government of Ontario.

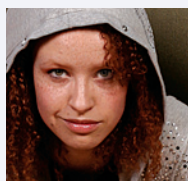
2000s

Mark Carcasole (Radio Broadcasting, 2006) has accepted the position of news reporter at Global TV. Carcasole began his career in radio, working at Newstalk 1010, and at EZ Rock/Boom 97.3.

Abigail Santos (Journalism – Print and Broadcast, 2006; Fitness and Health Promotion, 2010) recently hosted 12 episodes of *My Living Room Fitness*, a fitness program on Rogers Television. Santos is currently completing her kinesiology degree at the University of Guelph-Humber.

Kayt Burgess (Creative Book Publishing, 2007) won the grand prize in the 34th Annual International 3-Day Novel Contest. Burgess, a writer, musician and operatic soprano, has also taken top prizes in the WynLit 73 Novella Contest

and the UNO Writing Residency Abroad Contest in Fiction.



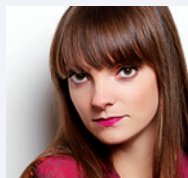
Jade Jager Clark
(Fashion Arts, 2007) was recently named the

2012 Arts Person of the Year by the Brampton Arts Council. At 24, she is the youngest person to receive the honour. She was awarded for her outstanding contribution, dedication and service to the arts, and her groundbreaking work in teaching, fostering and developing the art of Hip Hop dance.

Regina Chow (Paralegal Studies, 2009) has recently moved to Hong Kong to pursue a Masters of Law in Common Law (LL.M) at The Chinese University of Hong Kong. Prior to this, Chow worked as a licensed paralegal in Toronto.

2010s

Nina Gilmour (Theatre Performance, 2011) has been cast in Theatre Smith-Gilmour's,



As I Lay Dying at Theatre Passe Muraille. Coming up,

Gilmour will appear in her play *Death Married My Daughter*, which she will perform in and produce.

Lee Renshaw (Industrial Design, 2009) was selected from thousands of candidates to appear on CBC's *Dragons' Den* earlier this fall. Lee (right) and his brother Sean pitched a portable shelving system, the Rise & Hang Travel Gear. The dragons liked the idea and a deal with them is in progress. Renshaw's product also appeared on The Shopping Channel.

Artistic honours

Congratulations to our creative alumni for entertaining us with their wit and words.

Canadian Comedy Awards:

Steve Patrick Adams

Live/Best Stand-Up Newcomer

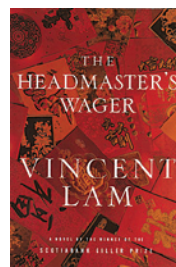
Mark Forward – The Late Late Show with Craig Ferguson

Television/Best Taped Live Performance

Nikki Payne

All Media/Canadian Comedy Person of the Year

Governor General's Literary Awards finalists:



Vincent Lam
The Headmaster's Wager (fiction)



Cathy Ostlere
Lost: A Memoir (drama)



Lisa Pasold
Any Bright Horse (poetry)

Join the conversation...

Keep up with your fellow alumni and what's happening at Humber.



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Alumni group

humber.ca/alumni

flashback



In the early years of Humber's history, the college's North Campus made its home in a farmer's field. Public transit didn't extend all the way to the campus so the college put the "Humbus" on the road, an "old school" bus that brought students the rest of the way to the campus. The Humbuses operated through the college's early years into the 1980s.

Joan's transit saga

Joan O'Brien came to Humber in the late 1960s. With no public transit available to the campus, Joan took matters into her own hands. She took transit as far as it went and then hitchhiked the rest of the way. All went well until her mother found out... Joan took the Humbus from then on.

Donna's big adventure

Joan's sister Donna O'Brien-Sokic, a Humber grad and now faculty member, had a far more exotic experience with the Humbus than did her sister. As part of her media studies' program, Donna and her classmates went on a faculty-led trip to New York to see *Saturday Night Live*. The Humbus was called into action for the adventure...it was a rickety ride but well worth the drive.

Do you have a good story about an old photo of your time here at Humber? You can be featured in a future Flashback. Send your photo and 200 word story to alumni@humber.ca.



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