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# WIDER HORIZONS

{ A PUBLICATION OF LETHBRIDGE COLLEGE }

SPECIAL FEATURE

## HOW THE OPIOID CRISIS HAS CHANGED THE WAY WE WORK

COLLEGE ALUMNI SHARE STORIES FROM THE FRONT LINES



Writers and editors usually learn a few things early on in their careers. First, story ideas are everywhere. Second, you don't always get to write the big stories right away. And third, sometimes the best partnerships can come at unscheduled times.



All three of those were true when it came to creating this edition of *Wider Horizons*. The idea for this issue came a few years ago at a party where I ran into the spouse of a friend. He also happens to be a grad of the college's Criminal Justice program and a Lethbridge police officer. We were talking work, kids, sports and life, and then he said: "You know what you should write about in *Wider Horizons* one day? Fentanyl."

The suggestion took my breath away, and I think I mumbled: "Wow. That would be a really sad issue." And he said "Yeah, but it's completely changed the way we work. And not just police – but so many college grads – the nurses, the child and youth care workers – it's affecting so many of us." And he was right.

But it took time to turn the idea into reality. I knew the topic was worthy of covering, but I just didn't have the resources – time or money – to do it properly. Still, it never left my mind, and as Lethbridge became the centre of so many important opioid stories in the past year, I started looking deeper for ways we could write about the crisis and do it justice. And I found the solution in the form of partnership.

While attending the Alberta Magazine Publisher's Association conference in Calgary last spring, I had the pleasure of meeting Terry Bullick, publisher of *Apple*, the magazine of Alberta Health Services. We talked about the stories we were working on, and I mentioned this idea for an issue about the opioid crisis – and the challenges I faced trying to cover it. Then she said: "What if we could work together on it?" And so we did.

The staff members at *Wider Horizons* and *Apple* are proud to present this special issue on the opioid crisis in Alberta, which includes stories and photos from both of our organizations. The main college story focuses on how the opioid crisis has changed the way our grads work – the very idea proposed all those years ago by the Criminal Justice grad. And the AHS team provided the rest of the stories and photos, putting the issue into a provincial context while providing important health information. These stories and photos will go to the 30,000 readers of *Wider Horizons* and the 140,000 readers of *Apple*. We hope our readers will be better served, more informed and perhaps even a bit more compassionate after reading the stories and seeing the photos created from this one-of-a-kind partnership between two Alberta public institutions.

This issue also reflects a first for *Wider Horizons*: we have prepared four different covers of the magazine. The issues this crisis raises are so vast and complex, and the people affected by it number so many, that we realized there was not just one alumnus whose story provided the whole picture. So we are instead featuring four of the many Lethbridge College grads whose working worlds have changed because of the crisis. You can find all of the covers in racks on campus and around town with *Lethbridge Living* magazine, or online at widerhorizons.ca.

Thanks to all who had a role in making this special issue happen – especially the Criminal Justice grad and the team at *Apple*, including their new editor Shelley Boettcher. And as always, if you have a story idea for *Wider Horizons*, drop us a note at WHMagazine@lethbridgecollege.ca. You never know where it might lead.

Lisa Kozleski  
Editor

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**WIDER HORIZONS**  
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*Wider Horizons* is Lethbridge College's community magazine, celebrating the successes and stories of its students, employees and alumni by promoting them throughout the community. This publication aims to educate its readers, engage stakeholders and recognize donors through compelling stories and images.

We thank you for picking up this copy and we hope you enjoy the read. If you would like to suggest a story or find out more about our magazine, contact us.

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In addition to free distribution to our regional community, *Wider Horizons* is also mailed to all Lethbridge College alumni. Alumni are encouraged to stay connected to the college by emailing alumni@lethbridgecollege.ca or by updating their contact information at the Alumni Relations website:

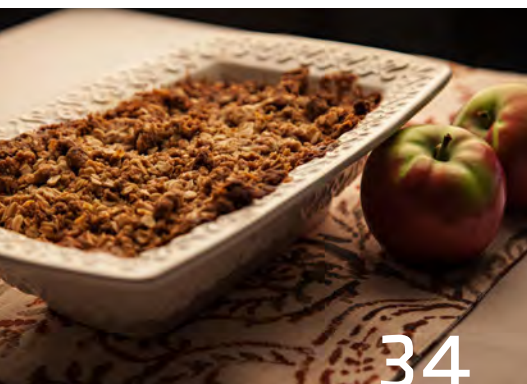
[lethbridgecollege.ca/alumni](http://lethbridgecollege.ca/alumni)



## ‘WE’VE NEVER SEEN ANYTHING LIKE IT’

Lethbridge College grads working in the fields of policing, corrections, child and youth care, nursing, communications and beyond have learned that the opioid crisis has changed the way they work.

16



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**Adaptable and appealing:** All chefs should have a few classic recipes in their repertoire, and an apple crisp is one of them.

**Research rooted in the local landscape:** Two Lethbridge College instructors have been testing flora for antimicrobial properties, and their work could have wide-ranging application.

**The last word:** Alumni tell us their best Barn stories – from beers to boots in the rafters.

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To share this issue with others or access even more content, visit us at [widerhorizons.ca](http://widerhorizons.ca).



Lethbridge College President and CEO Dr. Paula Burns received a Blackfoot name at a ceremony held in conjunction with the college's Indigenous Celebration Day in October. Burns' name is *Piita'gaaksiimaaki*, which means Eagle Whistle Woman. It was bestowed by the college's Kainai *Kaahsinnoonik* (Grandparent) Peter Weasel Moccasin.



Weasel Moccasin said the name represents the overcoming of challenges in life and how a person can rise to face adversity. "I am blessed and I am humbled," Dr. Burns said after the ceremony. "I am very respectful of what it means to be given a Blackfoot name, and I embrace the responsibility that goes with it."

Photo by Gregory Thiessen



Lethbridge College launched a new brand campaign in September, one that captures in words and in images the authentic moments that reflect teaching excellence, innovative programming, student life, and varsity and academic success. The coulees behind the college – whether experienced in the green of summer or the icy blues and purples of winter – as well as southern Alberta's chinooks inspired some of the visual imagery, including the distinctive arch graphic.

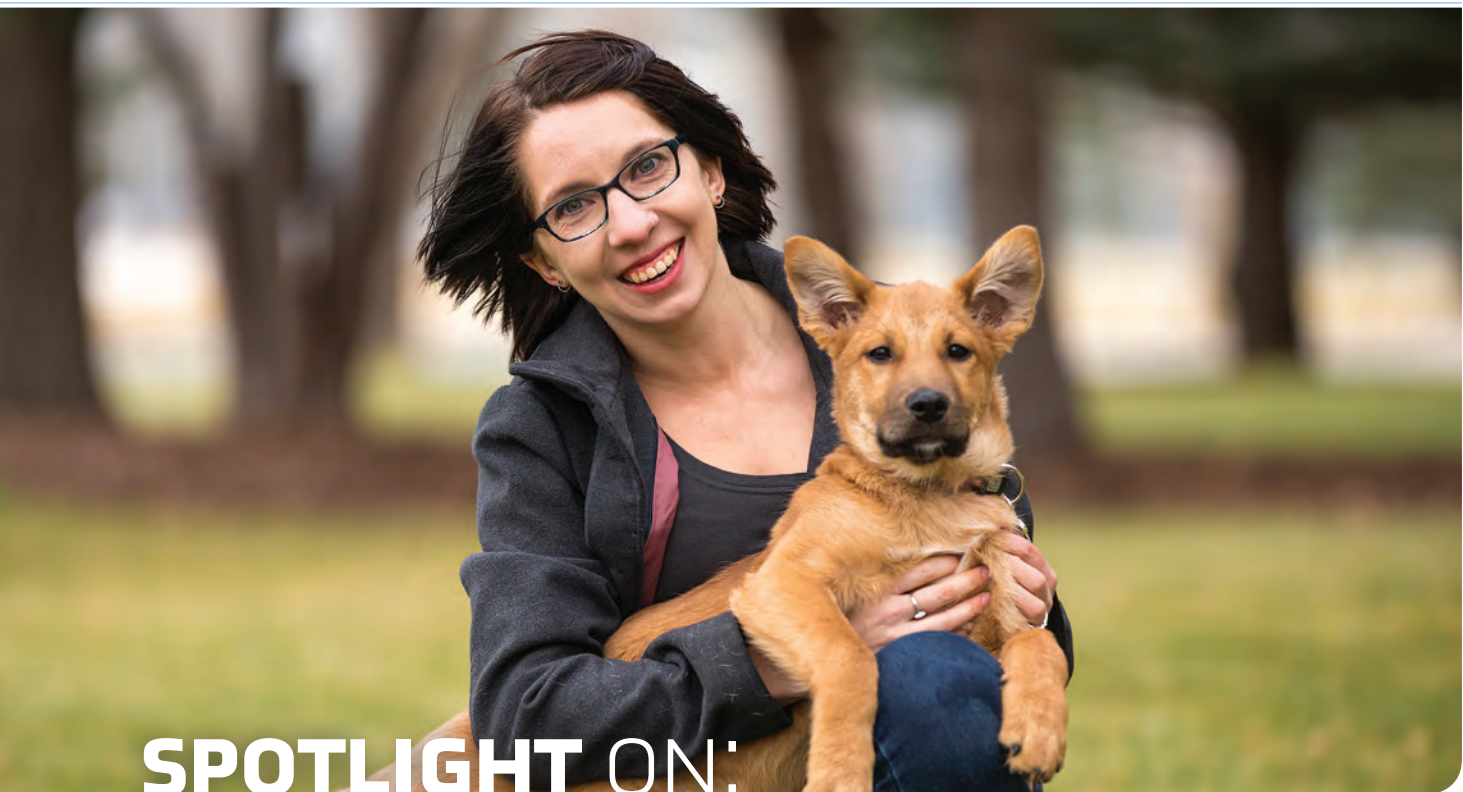


The new brand demonstrates the essence of Lethbridge College: that we are ready, and we know that what happens next matters most. It is also a way to use words and images that illustrate how the people at Lethbridge College – students, employees, alumni, partners and friends – are confident, proud, adaptive and supportive. To read the brand story, check out the back cover of this issue of the magazine, or go to [lethbridgecollege.ca/our-brand-story](http://lethbridgecollege.ca/our-brand-story).

Photo by Rob Olson



# News and notes



## SPOTLIGHT ON:

### Jessica Quarterman

Recruiter, dog rescuer and author

Jessica Quarterman is Lethbridge College's recruitment and events coordinator and has worked at the college for three years. She graduated from the Communication Arts Print Journalism program in 2011 and the Advertising and Public Relations program in 2012. She recently wrote and released a children's book, *Remy: A Rescue Dog's Story*, illustrated by Shelley Michaud.

WH Story by Dawn Sugimoto | Photo by Gregory Thiessen

#### What is your greatest passion outside work?

My dogs. They are my children at this point. My dog Loki competes in flyball, which is a dog sport. My other dog Cooper is just very energetic and requires a lot of attention and exercise. I also volunteer with a dog rescue here in Lethbridge. I help to coordinate adoptive homes for the dogs in foster and foster dogs as well.

#### How many dogs have you fostered?

Over the past three years, 15 dogs.

#### What's the best thing we can learn from dogs?

Loyalty.

#### Can you tell us a little bit about the pup with you in the picture?

This is Zeke, a four-month-old mix breed foster puppy from Misty Creek Dog Rescue who has since found a home.

#### Where can we get a copy of your book?

From me on campus at TE1220A or on Amazon and Indigo.

#### Any plans for future books (as future foster dogs seem pretty likely)? Will Remy's adventures continue?

I have lots of ideas for future books but as of right now this is the only one. Once this one has been out for a while, I'll see how it goes and decide whether to continue his story.



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).

## PHILANTHROPY



### Ashcroft Scholarship winner receives life-changing gift

Tyler Dow was announced as the winner of the inaugural Ashcroft: Giving Back scholarship contest, presented by Lethbridge College, at a celebration in October. The scholarship comes with up to \$10,000 to support his education, which will start in January when he begins working towards a Digital Communications and Media diploma.

"Winning the Ashcroft contest is the opportunity I need to restart my life and start realizing my dreams," says Dow. He dropped out of high school at 16 after spending his childhood constantly moving around. He says a battle with depression caused him to quit

school and enter the workforce at a young age. "Before I entered the contest, I knew that I needed to make a drastic and positive change, as the life I was living was not going to get me anywhere," he continues. "I knew I had the ambition to go far if I just applied myself. I have had the dream of being a photojournalist for many years, and I knew if I had the opportunity to right the many wrongs of my life, I could realize that dream and reach my fullest potential."

The Ashcroft: Giving Back scholarship contest is the latest phase of a multi-faceted partnership between Ashcroft Master Builder and the college. The contest was open to anyone, with a focus on giving the gift of education to someone who would otherwise

not be able to pursue it. "We wanted to give back in a way that actually changes lives," says Dave Bodell, sales manager. "Tyler was the exact sort of person that we wanted to help. He has drive, ambition and talent, but had barriers in the way of pursuing his education. We hope we have removed those barriers, and we are so excited to see where he goes from here."

### Annual golf tournament a soaring success

The 35th annual Lethbridge College Golf Tournament enjoyed sunshine, good times and a full slate of golfers in August. The event, with the support of presenting sponsor, Galko Homes Master Builder, master sponsors D.A. Electric Ltd. and the Ensuite Bath and Kitchen Showroom, and many other sponsors and supporters from the community, is the city's longest-running charity golf tournament. Kodiaks student-athletes and coaches served as tremendous ambassadors for our institution. At the end of the day, the golfers raised more than \$35,000 for Kodiaks student awards.

## CLAYTON ALLAN WINE AUCTION

### A sparkling celebration

November's Clayton Allan Wine Auction proved to be another success, with generous guests contributing \$171,000 to support the college's culinary facilities and programming. This project will ensure that this vital college program will continue to support the current demands of the industry, to meet the needs of the future and to explore applied research innovations. Thanks to the 247 guests, 167 sponsors, 70 volunteers, 40 LEO Club members who provided safe rides home, 12 Culinary team members as well as the students and staff members who all played a part in making this such a memorable event.



## KODIAKS NEWS



Photo by Azin Ghaffari/SAIT Trojans

## Nowicki earns national XC gold, women's team silver

Lethbridge College Kodiaks cross country runner Sophia Nowicki capped a perfect season with her first Canadian Collegiate Athletic Association (CCAA) national title in November. Nowicki also helped the Kodiaks earn a team silver medal in the women's competition at the championships hosted by Toronto's Seneca College. Nowicki (second year, Nursing, Bragg Creek, Alta.) crossed the finish line in 23:32, finishing the 6-km course four seconds ahead of the silver medalist. She completed a perfect season, winning both the CCAA and Alberta Colleges Athletic Conference (ACAC) championships, along with all four of her ACAC Grand Prix events, and she was named a CCAA All-Canadian.

The Kodiaks women's team earned a silver medal, finishing with 67 points. The Kodiaks were 22 points behind the gold medalists from Fanshawe College, and 14 points ahead of the bronze medalists from Red Deer College. Emily Spencer was the next highest finishing Kodiaks runner in 13th place. The Kodiaks men's team finished 15th, led by Connor Jackson, who was 15th.

## Soccer teams shine at ACACs

The Kodiaks women's soccer team entered the October ACAC championships as underdogs but shocked the conference to win the bronze medal, earning the program's first playoff wins and medal since 1994. The women beat The King's University in an ACAC quarterfinal but went on to lose against eventual south division champion SAIT in the semifinal. A thriller in the bronze medal game against Concordia pushed the Kodiaks to the podium. After ending regulation in a 1-1 draw, the team won in penalty kicks with goalkeeper Paige Gattafoni making the key last stop. The Kodiaks men also had a shot at a medal, but came up just short. The Kodiaks started with a 3-1 win over The King's University in the quarterfinal, but the team lost 4-0 to NAIT in the semifinal. In the bronze medal game against SAIT, a goal in the final minutes by Taylor Laviolette tied the game, but the Kodiaks lost in penalty kicks.

## Six soccer players named ACAC all-stars

Three men's players and three women's players were named to ACAC south division all-star soccer teams. Those named on the men's side were striker Wilson Ntignee (third year, Administrative Office Professional, Nigeria)

who finished second in the ACAC with 13 goals; midfielder Ben Knight (second year, General Studies, England), who captained the Kodiaks and finished fourth in the ACAC in assists; and defender David Low (first year, General Studies, England), who was the defensive leader for the team that finished second in the division in goals against. On the women's side, the Kodiaks all-stars were forward Kayla Kehoe (first year, General Studies, Edmonton), who was third on the Kodiaks with four goals and was fifth in the ACAC in shots; midfielder Christine Moser (second year, Exercise Science, Whitehorse, Yukon), who had three goals; and defender Aimee Santangelo (fifth year, General Studies, Lethbridge), who helped the Kodiaks to the second best defensive record in the south division.

## Johansson earns ACAC honours as he hangs up his cleats

Kodiaks long-time head cross country and indoor track coach Bertil Johansson completed his coaching career with an abundance of honours for his runners and himself this fall. At the ACAC championships in October, just after the women's team won individual and team gold awards and the men's team won bronze, Johansson received the Al Bohonus Recognition Award, an honour given to outgoing ACAC Executive Committee members and sport conveners, as well as other individuals who make a significant contribution to the ACAC. Johansson, who is retiring following this season, is just the third coach to earn the award since 2010.

He took over the Kodiaks cross country program from coach Mary Wall in January 1987, and he led the Kodiaks women's team to its first ACAC championship that fall. Hired by long-time Lethbridge College athletic director Tim Tollestrup, Johansson says the Kodiaks team at that time was mainly made up of local southern Alberta runners, mostly from the Nursing and Law Enforcement programs. He says he focused on expanding the program to incorporate students from all programs, and extended his recruiting focus both out-of-province and internationally. In 2014, he added the responsibility of coaching the indoor track team when that sport was introduced to the ACAC. By the end of his 32nd and final season as cross country coach, his teams and athletes in cross country and indoor track had earned 56 gold medals at both the ACAC and CCAA levels as well as more than 100 conference and national honours.

Jan. 31 and Feb. 2

## Make Some Noise for Mental Health

The Kodiaks will once again take part in this annual ACAC initiative, which is designed to break stigmas around mental health.

Learn more at [gokodiaks.ca](http://gokodiaks.ca).

# BECOME A STUDENT FOR A DAY

Explore Lethbridge College and choose a program that best suits your interests. Can't decide? You can participate more than once! If you are in Grade 11 or higher, you'll be paired up with a current student and attend classes for the day. We'll even buy you lunch!



For more details or to register, go to [lethbridgecollege.ca/student-for-a-day](http://lethbridgecollege.ca/student-for-a-day).



## Carey earns double coach of the year honours

Kodiaks soccer head coach Sean Carey has earned a historic honour, being named both women's and men's coach of the year in the Alberta Colleges Athletic Conference (ACAC) south division. Carey is the first coach to ever earn both the men's and women's awards in the same season. In his second season at the helm of both teams, Carey coached the men's team to second place in the ACAC south division with a 7-3-2 record, while guiding the women's squad to third place in the division with a 6-4-2 record, and a return to the playoffs for the first time in three years. Carey went forward as the ACAC nominee for men's coach of the year at the Canadian Colleges Athletic Association (CCAA) awards in November. Carey is just the third coach in ACAC history to win both men's and women's coach of the year honours in their careers, joining legendary Kodiaks coach and ACAC Hall of Famer Alvin Tietz, and Jim Loughlin of Medicine Hat College.

## Hats off to last year's CCAA Academic All-Canadians

Nine Lethbridge College student-athletes were among the 181 announced as the 2017-18 CCAA Academic All-Canadian award recipients last spring, just after *Wider Horizons* went to press. The award is the CCAA's most prestigious student-athlete honour, epitomizing a commitment to academic success and athletic achievement. Among those honoured were basketball players Amy Arbon, Keanu Funa and Michael Clemons; cross country runners Sophia Nowicki and Emily Spencer; soccer players Braydon Jetten and Kohl Wandyka; and volleyball players Kristine Ward and Matthew Primrose.

## Kodiaks 'played for Payden'

The Kodiaks women's soccer team received motivational support from the start to the end of the season from a teammate who returned to the sidelines after a serious injury over the summer. Payden Olsen led the cheering at the opening game of the season, just over a month after losing her right foot in an accident at her home in Cardston. Olsen was named the Kodiaks newcomer of the year last season and was expected to be a key defender this season. Her team looked to her as a motivational leader as they dedicated their home opener against SAIT to her. She returned to Calgary to cheer the team on again in their ACAC championship games.



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# SPOTLIGHT ON: Cathy Takeda

Associate dean of the Centre for Applied Arts and Sciences and knitter

Cathy Takeda, who has been working at Lethbridge College nearly 20 years, was named an associate dean this summer. During the fall semester, she invited the entire college community to contribute to a campaign called Scarves for Students by knitting or crocheting a scarf. Students could help themselves to a bit of handmade warmth by picking up a scarf on display in Centre Core starting in November.

#### How are you enjoying your associate dean role?

I love my current role. I'm really fortunate to be able to work with and be mentored by Dr. Tim Heath. He's got a wealth of knowledge. Coming out of the role of faculty and moving into more of an administrative role, yes, some of the responsibilities are a bit different, but there's a shift in the mindset.

#### Where did the idea for Scarves for Students come from?

I have relatives in Ireland and one of my sisters-in-law sent me a photograph of an area in and around Dublin where they had scarves that were knit by community members and they just hung them on all the trees, on fences, for people in the area to just come and help themselves and pick up a scarf. Not only was it an excellent thing for the people, but it was absolutely beautiful to see that.

#### What makes something handmade so special?

I think handmade things symbolize a real personal connection. It symbolizes warmth and caring. This campaign is an opportunity for our LC community to make that personal connection with a student. It doesn't matter what it ends up looking like. It's the thought behind it. If your scarf is a little bit lopsided, that's just perfectly fine. It's like a hug around your neck.

#### What is your goal?

With the number of people on campus here who are very creative and with our increased enrolments, I would love to hit 600 scarves.

#### What is your most special handmade thing?

My grandmother had knit an afghan many, many, many years ago and it is still in the family. It's in my daughter's house, fourth generation. Every time I go over there, it's there and it brings back all those memories.

WH Story by Dawn Sugimoto | Photo by Gregory Thiessen

## NEWS AND EVENTS



### Enrolment jumps 6 per cent

If the Lethbridge College campus felt busier than usual this past September, that's because it was. The college's student population surged for the 2018 fall semester with more than 5,100 students enrolled in college programming, a six per cent increase from fall 2017. As of Sept. 19, a total of 5,154 students are enrolled in certificate, diploma, degree, apprenticeship and upgrading programs. The increase is led by a dramatic rise in the number of international students attending the college. A total of 471 international students are taking degree, diploma or certificate programs this fall, compared to 231 last year. The largest increase is students from India, jumping from just 14 in 2017 to 176 this year. Kenyan students also saw a large jump, from 36 to 95. The college also has more than 1,100 students registered in non-credit continuing and corporate education programs.

### Government initiative adds 19 new tech seats

Lethbridge College added 19 additional seats in its Computer Information Technology (CIT) program this fall as part of a Government of Alberta initiative to grow technology programming across the province. The college's CIT program traditionally fills to capacity, with lengthy waitlists for admission. These seats will help to service that demand, while adding to the college's reputation as a leader in the technology field in a wide variety of program areas. The additional seats are part of the government's five-year, \$50-million investment in growing Alberta's tech sector. By 2023, at least 3,000 new tech-related seats will be added to post-secondary institutions across the province. The recently established Talent Advisory Council on Technology will work with the tech industry, students, labour and post-secondary institutions to advise government on the best training opportunities to prepare Albertans for a more diversified and tech-savvy economy.

### Federal grant boosts research funding at college

Lethbridge College received its first institutional grant funding from the federal government's Social Sciences and Humanities Research Council (SSHRC), a relative rarity for colleges. Over the past three years, only 10 Colleges and Institutes Canada members have received SSHRC institutional grant funding. Lethbridge College's SSHRC grant will provide \$45,000 over three years to support small-scale research and related activities. Faculty will be invited to submit applications that will be evaluated through a peer review process. These small grants – five, \$3,000 awards per year – will create more opportunities for students by providing for pilot projects or work that will be foundational to larger research efforts.

### College ranked as one of Canada's top 50 research colleges



Lethbridge College has once again been recognized as one of Canada's top 50 research colleges. The college placed 50th in the 2018 rankings, released in November by Research Infosource. It is the second-straight year – and the fifth time in the last six years – that Lethbridge College has been included in the rankings. With a focus on applied research that meets needs identified by industry, the college's Centre for Applied Research and Innovation is a catalyst for economic growth, sustainability and social development in southern Alberta. Lethbridge College has an annual research budget of \$1.6 million and has provided valuable support this year to 64 industry partners.

## COLLEGE OPENS A DEDICATED PRIDE LOUNGE



Lethbridge College now has a dedicated space for members of the LGBTQ+ community and allies to meet and socialize. The Pride Lounge was officially opened by members of the college community, the Lethbridge College Students' Association's (LCSA) LGBTQ+ club and Alberta's Minister of Advanced Education Marlin Schmidt in September. The Pride Lounge is located on the main floor of the Andrews Building in the heart of the campus. The creation of a dedicated space was the top priority of the student association's LGBTQ+ club, which was re-formed in 2016 after a brief hiatus. The college's Executive Leadership Team unanimously approved the creation of the lounge earlier in 2018.

"We have countless examples of LGBTQ+ individuals who feel isolated, don't know where to go for support and don't feel like they belong anywhere," says Zachary Wigand, vice president of the LCSA LGBTQ+ club. "This lounge will give them that space, and it comes with a message that we are inclusive and we are really going to try to help anyone who needs support." The college has made on-going efforts to show its inclusivity for the LGBTQ+ community, including raising the Pride flag in conjunction with the city's Pride week each of the past three years, officially marching in the Pride parade for the first time earlier this year and creating gender non-specific washrooms on campus. The LCSA LGBTQ+ club also hosted an on-campus Pride day on Sept. 19.



## LC students win bronze at Cor Van Raay CASE Competition

Three Lethbridge College School of Business students teamed up with two University of Lethbridge students to win third place in the Cor Van Raay Agribusiness Case Competition Oct. 26 and 27. Alois Kerckhof (Business Administration – Marketing) and Mark Grisnich and Bryan Ross (Business Administration – Accounting) were teamed with U of L students Taylor Jacque and Katie Dudek and shared the \$250 prize. A team of Lakeland College students took the first place prize of \$1,000, while a University of Saskatchewan team won \$500 for second place.

This year’s challenge was based on a dairy company, and students had four hours to analyze and recommend ways to improve the company’s structure, product line and marketing. Teams then delivered 15-minute presentations to a panel of judges. Fifty students participated, including 11 from Lethbridge College. Students had an opportunity to network with industry leaders and attend a keynote address by Lethbridge College alumna Dianne Finstad (Radio Arts 1981). Finstad, a Lethbridge College distinguished alumni award winner, has more than 30 years of experience in television, radio and print media.

From left, Lethbridge College student Bryan Ross, University of Lethbridge student Katie Dudek, agricultural industry leader Cor Van Raay and Lethbridge College students Alois Kerckhof and Mark Grisnich. Missing was Taylor Jacques, also a U of L student.

## AgENT program off to successful start

Lethbridge College’s Agriculture Entrepreneur in Residence (AgENT) program launched successfully in September by pairing more than 40 students with local industry partners to solve real-world problems that affect the agriculture industry. All Lethbridge College students are eligible to join the extracurricular AgENT program. Forty per cent of AgENT participants are registered in one of our agriculture diplomas. AgENT also has students from the Business, Engineering Technology, Computer Information Technology and Environmental Sciences programs. It is a very engaged and energetic group that benefits from cross-disciplinary collaboration.

At the beginning of the academic year, students were presented with challenges and then received industry mentorship throughout the fall as they brainstormed, designed and tested solutions. Students also took part in a speaker series, workshops, field trips and more and these activities will continue throughout the winter. In April, they will pitch their solutions to industry with the chance to win awards and see their ideas put into action.

The students’ mission will provide them with practical experience while expanding their network by connecting them with key industry partners. The experience they gain by working through an issue that currently faces the agriculture industry will help set them apart from other job seekers once they graduate and begin their chosen careers. The AgENT program is made possible thanks to a \$5-million gift in 2014 to Lethbridge College and the University of Lethbridge from Cor Van Raay, a leading Canadian cattle producer. The program meets his mandate to spur innovation in the local agriculture industry.

## Rising to the top

The entire campus is benefitting from the launch of the second year of the Baker Apprenticeship program this fall. The apprentices are learning to blend their passion for baked goods into a sweet career – while students, staff and visitors to campus get to experience their learning successes throughout the semester in the Food Court and Culinary Market.



September 28 : @lethcollege

Today we wear orange to acknowledge the legacy of residential schools, and not only show our support to those affected, but hope for a better tomorrow.



{ Lethbridge College }



### Staying paw-sitive

The college welcomed six furry new friends to campus in October for the first Cat Café, a feline version of Doggy De-Stress. Kittens Holt, Jake Peralta and Scully from the Brooklyn Nine-Nine litter and adult cats Moby and Angel provided cuddly de-stress to students and staff.

### Staff represent at police run

Nearly 700 runners came together in September to run in the annual Lethbridge Police Service (LPS) Run in support of the Special Olympics – including at least 10 from Lethbridge College. LPS is an important partner to the college, and staff from the Criminal Justice and Corrections programs are involved in administering the competency-based training for LPS cadets. In addition, many of our grads go on to work for and with LPS. From Lethbridge College, Cate Rigaux and Barb Mantello finished in the top three in their age categories for the 10-km race and Ibrahim Touray finished with a personal best in the 5-km race. Other LC team members and family members who also ran include Aaron Eyjolfson, Sheila French, Dean Kolebaba, Jim Laing, Roberta Smallbones, Jeanine Webber and Wendy Weninger.

### Teaching and Learning staff leading the way

Lethbridge College staff members focused on the scholarship of teaching and learning (SoTL) have been leading the way in their industry. Andy Benoit and Melanie Hamilton, Scholarship of Teaching and Learning research leads, travelled to Bergen, Norway, in October to present their research, "Waving a Magic Wand: An Innovative Journey for Early Career Researchers and SoTL Engagement," at an international conference. In addition, the two presented their work at the Mount Royal SoTL symposium in Banff in November. At the same conference, Hamilton also teamed with Nursing instructor Robyn Brownlee and with Allied Health chair Karla Wolsky to present their research on teaching and learning in the Nursing classroom.

## EVENT SCHEDULE



# COMING UP ON CAMPUS

**Saturday, Feb. 9**

## Winter Open House

Experience the hands-on environment that gives students the leading edge and join us for a day of exploration and discovery, including campus tours, faculty representatives, interactive program areas and more. For more information, visit [lethbridgecollege.ca/openhouse](http://lethbridgecollege.ca/openhouse).

**Friday, Feb. 15**

## Kodiaks Junior/Senior High Night

Free admission to Kodiaks men's and women's basketball games for all junior and senior high school students and their chaperones. Includes a free BBQ and draws for great prizes. For more information, go to [gokodiaks.ca](http://gokodiaks.ca).

**March 15 to 17**

## ACAC Futsal Championships

Lethbridge College is proud to host the best men's and women's futsal players in the conference at the championship tournament in March. Futsal, which is FIFA's official indoor soccer game, is scaled down in terms of plays (five a side) and field size (basketball court). For more information, visit [gokodiaks.ca](http://gokodiaks.ca).

**March 21**

## Bridging Cultures

Experience culture and cuisine from around the world at Lethbridge College's Bridging Cultures celebration. The international festival includes cultural entertainment, exhibits and a food fair. For more information, go to [lethbridgecollege.ca/bridgingcultures](http://lethbridgecollege.ca/bridgingcultures).



CAMPUS KUDOS

Congratulations to these Lethbridge College community members making a difference:



**Andy Benoit**, a Scholarship of Teaching and Learning research lead, had his article published recently in the *Canadian Journal for the Scholarship of Teaching and Learning*, a peer-reviewed publication. The article, "Textbook Affordability and Student Acceptance of eTextbooks: An Institutional Case-study," shares research conducted at Lethbridge College. He has also recently had another article published in the *Journal of Learning Spaces*.



**Brenda Brandley**, Fashion Design and Sustainable Production instructor, presented her paper, "Sustainability through Collaboration," in September at an international conference, Critical Costume 2018, in Surrey, United Kingdom. The paper is part of her ongoing research into sustainable practices in the creative industries. As well, she was invited to present her sculpture, *Costume as an Ethical Act: Morality and Costume*, in the adjoining art exhibition.



**Kris Hodgson**, chair of the School of Media and Design, spoke about virtual reality and the future of learning at Economic Development Lethbridge's IgniteYQL event in October.



**Dave McMurray**, research facilitator, and Dr. Robert Kossuth at the University of Lethbridge, just published a chapter in the book *Sport in the Americas*. Their chapter is titled "Reclaiming Canada through Its 'Ancient' Sport: Lacrosse and the Native Sons of Canada in Late 1920s Alberta." McMurray also contributed to three recently published outdoor guidebooks authored by Andrew Nugara.



**Megan Puchbauer**, a third-year Nursing student, presented her research results at the Colleges and Institutes Canada Symposium in November in Ottawa. The symposium is on "Accelerating Innovation through Applied Research", and Puchbauer presented the results of her work with microbiologist Dr. Sophie Kernéis and microbiology lab technician Leanne DuMontier on the Antibiotics Alberta Plant Project, which is testing plants native to the province for antimicrobial properties.



**Shanda Webber**, manager of Recruitment and Indigenous Services, was inducted into the University of Lethbridge Alumni Honour Society in October. Webber was recognized for being a champion of the indigenization of Lethbridge College and an advocate for Indigenous learners.



October 24 : @SandraDufresne

Inspiring to hear @hodgsonkr talk about the future of learning at #igniteyql. @LethCollege @chooseleth



{ Sandra Dufresne }

# COULEE FEST BY THE NUMBERS



**+3,500 GUESTS**

**\$705**

raised for the LCSA textbook initiative and student awards from the 50/50

**\$620**

for the LCSA Food Bank from the dunk tank

**OVER 60 VOLUNTEERS**

**265**

guests who played the Coulee Fest Crawl

**5 BANDS**

**35 | 12**

vintage vendors

food truck vendors





## SPOTLIGHT ON:

# Allen Ledyit

Instructor, mental health grant lead, and meatatarian

Allen Ledyit, a social worker by training, joined Lethbridge College 11 years ago to teach in the Child and Youth Care program. He also serves as the research and development lead for the college's mental health grant project, which is focused on providing non-clinical mental health supports and services to students. "People from all over campus are taking the lead," he says. "We're recognizing, as Lethbridge College, all of us, how important mental health is."

### What's one thing you wish everyone on campus knew about mental health and wellness?:

It applies to everyone. We're very aware of how important our physical health is. Everybody joins a gym or they go on diets... but we're just starting to recognize how important our mental health is and that it needs at least as much attention. Like physical health, we usually only pay attention when it breaks down on us.

### Favourite space on campus:

My office. My students always comment about how Zen-like it feels.

### Favourite space off campus:

Home.

### The best way for you to relax and de-stress:

One of my favourite ways is going to the movies.

### The one movie you could watch again and again:

Forrest Gump.

### Favourite comfort food:

Steak. I'm a meatatarian. It's a life choice.

**WH** Story and photo by Dawn Sugimoto



# UNRAVELLING DRUG ADDICTION

Opioid use is changing our communities.

These highly addictive drugs claim the lives of two Albertans a day and disrupt community life at all levels. This special feature looks at how southern Alberta is responding.

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Our coverage of opioid drug use in Alberta is a partnership with Alberta Health Services and its *Apple* magazine. The following stories and photos give our readers a glimpse into the lives of people whose lives are affected by the crisis, including the people who are living with addiction and the people who are helping them and their communities.



“WHEN THEY SAY WE HAVE A CRISIS, PEOPLE UNDERESTIMATE HOW IT’S GROWN. IT’S GROWN LIKE TECHNOLOGY HAS GROWN. EXPONENTIALLY. I’VE NEVER SEEN ANYTHING GROW THIS FAST IN MY 15 YEARS OF POLICING.”

{ Sgt. Christy Woods }

Sgt. Christy Woods is a 1999 graduate of Lethbridge College’s Conservation Enforcement program.

# WE'VE NEVER SEEN ANYTHING LIKE IT

WH Story by Lisa Kozleski | Photos by Rob Olson

Five years ago, city editor Nick Kuhl says, the *Lethbridge Herald* only occasionally ran stories about opioids and addiction. Today, they appear weekly.

Ten years ago, Wood's Homes supervisor Shauna Cohen says, it was rare to learn of the death of one of the young people who she and her colleagues knew or who accessed Wood's Homes' services. Over the past several years, that's something they've had to face – more than once.

Fifteen years ago, Lethbridge Correctional Facility deputy director Shane Hoiland says, inmates told him they would have done just about anything to get cocaine. Today, they tell him they WILL do anything to get opioid-based drugs.

For those living with addiction, the opioid and meth crisis that has engulfed this province has changed everything. For their family and friends, it has created deep wounds and heartbreak. But beyond that, the crisis has also changed the very nature of how people – including Kuhl, Cohen, Hoiland and scores of others – do their work. Lethbridge College graduates working in the fields of policing, corrections, child and youth care, nursing, journalism, emergency response and beyond have had to quickly acquire new skills, expand and adapt procedures, and seek solutions to problems that didn't even exist when they started in their careers.

They've seen the change come quickly and broadly across their community. It's affecting how they're protecting their community's safety and ensuring the wellness of others. And it's changing how they care for people in their professions.

"When they say we have a crisis," says Lethbridge Police Service's Sgt. Christy Woods, "people underestimate how it's grown. It's grown like technology has grown. Exponentially. I've never seen anything grow this fast in my 15 years of policing. We've never seen anything like it."

## PART ONE: LOOKING BACK

Woods (Conservation Enforcement 1999) spent four years at the beginning of her career with the Lethbridge Police Service in the downtown beat unit. There, she saw the first growth and transition from alcohol to cocaine addictions on the street. In 2017, after working for several years as a detective, she returned to the patrol division. The streets had changed. Now, she says, "fentanyl use is commonplace, and many of the clients I knew as alcohol addicts years ago had now become fentanyl users. From overdoses to sudden deaths, the effects of this drug were readily apparent."

In the last year, Woods explains, the crisis was made worse by the increase across the city in the use of methamphetamine, or meth. "It's mixed in everything now," Woods says, creating a more devastating outcome as meth, a stimulant, is incredibly addictive and causes paranoia and violent, unpredictable behaviours, while fentanyl, a depressant, can cause overdoses and death.

Jennifer Ross (Nursing Education in Southwestern Alberta 2005), an emergency mental health nurse at Chinook Regional Hospital in Lethbridge, and others working in health services share similar memories of the arrival of opioids and meth in southern Alberta. They say the introduction of the drugs was quick and deadly.

"I first started to notice the crisis a couple of years ago, when the drugs began to change in Lethbridge and the surrounding areas. Typically we would see individuals using cocaine, crack, marijuana and alcohol," says Ross. "I remember seeing my first [fentanyl] 'bean.' I had no idea what it was and no idea how deadly it was. I felt like one day it wasn't there and the next it was all you heard about. Since then, it's a repeated and daily issue that I see in my job and in my community."

Meth's arrival also seemed to happen overnight. Ross explains it was like "BAM, meth was here and here hard. The meth use was becoming more of an issue for us as it was hard to determine when someone was psychotic because of drugs or a [mental] illness. Either way, we still needed to treat the symptoms and keep people safe."

For Chelsey De Groot (Child and Youth Care 2010; General Studies 2012; Bachelor of Applied Arts – Justice Studies 2015), the arrival of the crisis was marked by an increase in the number of people dealing with addiction as well as a decrease – in attendance at programming, that is. De Groot is the cultural program coordinator with ARCHES, a not-for-profit, community outreach group in Lethbridge, and in the past year she has noticed a sharp drop in the number of participants in the cultural programming she organizes for at-risk people called *I'taamohkanoohsin* (Everyone Comes Together).

"We had started setting up a tipi in Galt Gardens every other Friday and the program grew from there," De Groot says. "I have always worked with vulnerable populations experiencing homelessness, mental health and addiction issues. Last year at our tipi events, we had between 50 and 100 people attend. During our tipi events in 2018, we see between just 10 and 20 people – which is a significant decrease."

The entire city is aware of these changes, in part thanks to coverage by local media, including the *Lethbridge Herald*. From stories about abuse, addiction and prevention, to coverage of the opening of a Supervised Consumption Site and concerns about needle debris in the downtown core, Kuhl (Communication Arts – Print Journalism 2008) as editor knew the issue was essential to cover.

“As a newspaper, we have a responsibility to our community as a news source, especially one that has been around as long as we have, to report accurately and balanced and in detail,” he says. “We do our best to try to keep people informed, to try to speak with different people and offer first-hand experiences, and hopefully tell more stories of success – people who lived through it and suffered and came out on the other side.”

Kuhl, who lives downtown and walks to work, stopping at neighbourhood coffee shops and saying hello to familiar faces on the way, says the story was important enough to devote an eight-page special section to in July. The special section appeared the day city council voted to continue to support needle distribution efforts offered by ARCHES and other health-care providers. Kuhl concludes: “I don’t think we’ve covered anything quite like this.”

## DRUG GLOSSARY

**Opioids**—Drugs used to relieve pain. Forms include carfentanil, codeine, fentanyl, heroin, hydromorphone, methadone, morphine and oxycodone.

**Fentanyl**—A strong, odourless and tasteless synthetic opioid about 100 times stronger than morphine. Pharmaceutical fentanyl is typically prescribed to control severe pain. Illegal fentanyl is sold as pills, patches or powder, or mixed into other drugs such as cocaine and crystal meth. Most accidental opioid overdose deaths are caused by fentanyl.

**Crystal methamphetamine**—Also known as meth, crystal meth, ice, speed and crank, methamphetamine can be smoked, injected or inhaled. Negative effects include decreased appetite, uncontrolled body movements, itching, delusional thoughts, psychosis, impulsive decision-making, and the risk of seizure, heart attack and stroke.

That sense of never having seen anything like this rings true for those working in the corrections field as well.

“Corrections is always changing,” says Hoiland (Criminal Justice 1993). “But in my 25 years, I’ve never seen a change this drastic in this short of a time that demanded our staff to adapt. But our staff has risen to the occasion and is probably working harder when it comes to security-related issues than ever before,” whether by keeping “the movement of contraband out of our centres” or “communicating with each other and supervisors and outside agencies” including police departments, ARCHES and health services.

And those in the health-care industry are experiencing some of the biggest challenges.


“I don’t think one day goes by that we don’t have multiple clients accessing our services for drug-related concerns,” says emergency mental health nurse Ross.

“And it can get frustrating when the same people come in with the same issues,” says Madisyn Chambers (General Studies 2014, Practical Nursing 2017), who now works both at Chinook Regional Hospital and at the college’s nursing simulation laboratory. “But you have to remember that everyone’s story is different. You can’t go into it expecting every case to be the same. One person might be using because a tragic thing happened in their past. You can’t judge anyone at all.”

At the Supervised Consumption Site, nurses like Michelle McKenzie (NESA 2012) provide many ongoing services such as assessing and treating wounds, infection prevention and education, vital sign monitoring and ongoing support.

“This population has often been mistreated and therefore they often don’t seek out medical help,” says McKenzie, who also works on a casual basis as a lab tech in the college’s simulation lab for nursing students, for the Supervised Consumption Site and in Health Services at the college. “I believe the site provides a safe place for clients to come and build rapport with the staff, making it easier for them to seek the medical attention they need.”


McKenzie adds that for her, it makes sense to stay casual in her role at the Supervised Consumption Site. “I am one who would take it home with me,” she says. “So to do a couple of shifts there, and then come and do a couple of shifts at the college – it allows you to hold on to the positives that you do see.”



“WE DO OUR BEST TO TRY TO KEEP PEOPLE INFORMED, TO TRY TO SPEAK WITH DIFFERENT PEOPLE AND OFFER FIRST-HAND EXPERIENCES, AND HOPEFULLY TELL MORE STORIES OF SUCCESS – PEOPLE WHO LIVED THROUGH IT AND SUFFERED AND CAME OUT ON THE OTHER SIDE.”

**Nick Kuhl**

Nick Kuhl, a 2008 grad of the Communication Arts program, lives and works in downtown Lethbridge.



“I WISH PEOPLE UNDERSTOOD THE POWER OF ADDICTION. I THINK MANY PEOPLE DON’T UNDERSTAND THE POWERFUL HOLD IT HAS ON AN INDIVIDUAL AND THAT IT IS NOT AS EASY AS DECIDING ONE DAY TO QUIT.”

{ Michelle McKenzie }

Michelle McKenzie, a 2012 grad of the college and university’s joint Nursing Education in Southwestern Alberta (NESA) program, works on a casual basis at the Supervised Consumption Site.



One thread uniting these professionals from such varied backgrounds is that their experiences have provided them with a deeper insight into the crisis in general and addiction in particular. And they agree on a number of topics – including the simple fact that addiction is not a choice.

“I wish people knew and understood that addiction is a disease, and that those who are using opiates are still people,” says Cortni Herman (Healthcare Aide 2014), who worked as a medical office assistant at an opioid dependence therapy clinic and now is in the process of launching a non-profit youth association. “Addiction and substance abuse don’t define who a person is. People from all kinds of backgrounds and upbringings battle with addiction... the statement that addiction doesn’t discriminate is true, 1,000 times over.”

Ross, the emergency mental health care nurse, adds: “I wish people would stop to consider that any addiction, even one to opioids, is an illness. It’s just as bad as other diseases, and it is essentially a terminal illness. It breaks my heart when I hear people say ‘why can’t they just quit,’ ‘just let them all die’ or ‘all they need is some tough love.’ It’s not that easy. It is an illness deserving of care, just as much as any other. They are all people too – someone’s mother, sister, daughter, aunt and friend.”

Hoiland, the deputy director of the Lethbridge Corrections Centre, echoes Ross’s sentiments.

“Addiction is an illness,” he says. “When I’m talking to offenders, talking to people who have been battling addiction for 20 or more years, they say they’ve never come across

anything like this. ...You don’t know what led a person to the addiction. No one puts their hand up when they are a kid and says I want to be addicted. You have to respect that this is a powerful, powerful disease and the less judgment we pass, everyone wins.”

McKenzie, a nurse, agrees. “I wish people understood the power of addiction. I think many people don’t understand the powerful hold it has on an individual and that it is not as easy as deciding one day to quit. I have also learned that the vast majority of users are victims of trauma in one way or another.”

As a police officer, Woods says she wishes people knew that fentanyl and meth use affect more people in the community than the average person is aware of. And meth is more of a concern to frontline policing as users “exhibit violent behaviours and turn to theft to support their habit – which has led to a 300 per cent increase in property crime reports this past year.” Finally, she says policing alone will not solve this crisis. Without health services and addiction support, the cycle will continue.

Marie Laenen (NESA 2007), a registered nurse who teaches at the college in the Centre for Health and Wellness, sees change coming through trauma-informed care, a neuroscience approach to how the brain works differently, and the need to treat patients differently to get different responses. “And we recognize that addiction can really happen to anyone – it’s not just people who come from low-income homes – it’s across the spectrum,” she says. “And the one common thing is an unmet need for meaningful connection. Because the opposite of addiction is connection.”

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## REDUCING THE RISK OF SECOND-HAND EXPOSURE

- You are unlikely to be immediately harmed if you touch fentanyl because fentanyl crystals are not easily absorbed through dry skin. If you think you have touched fentanyl, wash the affected area with soap and water as soon as possible to remove any residue.
- Do not use alcohol-based hand sanitizers or wipes after exposure to fentanyl. They may increase your body’s absorption of the drug.

Source: Health Canada

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## SIGNS AND SYMPTOMS OF AN OVERDOSE

- The person’s breathing is slow or they aren’t breathing at all.
- You can’t wake them up.
- Their skin, nails and/or lips are blue.
- They are choking or throwing up.
- They are making snoring or gurgling sounds.
- Their skin is cold and clammy.
- They are rigid or making seizure-like movements.

Just as these professionals have learned similar lessons throughout their experience of working with people affected by addiction, so too are some of their possible solutions remarkably similar.

They value education.

“There is a big need to reform education,” says SPHERE instructor Laenen. “A lot of children aren’t having their basic needs met – like food and love. Not everyone is coming to school starting in the same place but they are expected to finish in the same place. If we invest in help now, it pays off in the future. It may take more money now, but it will pay off down the road and make a difference.”

Hoiland at the correctional centre adds: “In a perfect world, one of the things we could look at is starting education about the power of addictions at a younger age – and better communication among everyone.”

“I am hopeful that – just like with drinking and driving – we will learn,” says Woods. “Society is learning, Lethbridge is learning, so are we as police officers. I am hoping the preventative and educational pieces will catch up. I hope that, like with seat belts, the younger generation will be better educated and have more knowledge to stop it from happening.”

They see the need for more understanding.

“My number one wish is that people would hold a little bit of empathy for other people and what they may be going through,” says Harmoni Jones (NESA 2013), the college’s health promotion coordinator. “I also would like to see people recognize our own privilege in that we don’t need a substance to cope or to continue living. I would like people to see that providing the smallest ounce of support can make a world of difference for our community.”

Cohen (Child and Youth Care 2003), the supervisor at Wood’s Homes, agrees. “I would encourage people to show compassion and understanding. Learn about trauma-informed care to determine the best ways to help people who are struggling with addiction and trauma.”

They see the need for more resources.

“If money weren’t a concern, I would love to see a youth detox centre and maybe some different forms of youth treatment,” Cohen adds. “And more affordable housing and subsidies for young people so they can go to school and work part-time and help them get a leg up. Everyone has strengths. I think we’d make a lot more progress if we worked with the good everyone has in them, with the strengths we can pull from anyone.”

“Our systems create so many barriers for clients,” says De Groot, who works at ARCHES. “There are long wait lists to get into treatment, and currently there are no detox centres in the city of Lethbridge. If we had unlimited funding, I believe our city needs more permanent supportive housing, affordable housing, detox centres and a smoother transition between shelter use and housing-first programs. We also need more

money for transportation so that there is a means to get to detox or treatment on a regular basis. It would be amazing to have a place where all of the social services were offered under one roof, to eliminate the need for people to go to numerous agencies, trying to navigate the system.”

McKenzie, the nurse who works at the college and at the Supervised Consumption Site, points to both education and resources.

“I believe ongoing education and public awareness is one of the biggest ways to help communities understand and respond to the crisis,” she says. “It’d be great to see more detox beds here in the community as well as treatment facilities. I also believe we need more support to help victims of trauma and abuse – and that would hopefully play a role in prevention.”

And they agree there are no simple solutions.

“When all is said and done, I don’t think there is one solution to this problem we are facing,” says Ross, the emergency mental health nurse. “We are headed in the right direction but there is still a lot to learn. This crisis is affecting everyone from all walks of life.”

Woods, with years of experience as a police officer, adds that “it’s a multi-tiered issue. There are socioeconomic imbalances. It absolutely consumes people.” They also fall between the cracks for help, as “they don’t belong in a mental institution and they don’t belong in a jail. Mental health struggles and addiction can go hand in hand. Someone might be depressed and so they self-medicate. It’s a big cycle – you can’t really just treat one thing.”

But working together is the only way to start working toward these solutions.

“No matter how many barriers, I think it is important to remember that together, we will overcome this,” says De Groot. “With passionate, like-minded, empathetic people working together, we can break down these barriers and make the system easily accessible. If we focus on spending our energy and time on solutions to the crisis rather than complaining about it, we can help those struggling on their healing journey, whatever that means to them, and make this one heck of a community to call home.”

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## FINDING HELP

If you or someone you know needs help dealing with substance dependence of any kind, call Health Link at 811, the toll-free confidential Addiction Helpline at **1-866-332-2322** or go to [drugsafe.ca](https://drugsafe.ca).

Do you live in a rural area and you have an opioid addiction? Alberta Health Services’ Rural Opioid Dependency Program may be able to help. **Call 1-844-383-7688.**

“WHEN ALL IS SAID AND DONE, I DON'T THINK THERE IS ONE SOLUTION TO THIS PROBLEM WE ARE FACING. WE ARE HEADED IN THE RIGHT DIRECTION BUT THERE IS STILL A LOT TO LEARN. THIS CRISIS IS AFFECTING EVERYONE FROM ALL WALKS OF LIFE.”

{ Jennifer Ross }

Jennifer Ross, a 2005 grad of the NESAs program, works as an emergency mental health nurse at Chinook Regional Hospital.





“I’M JUST TRYING TO  
GET BACK ON MY FEET.  
EVERY DAY I TRY.”

["Bruce"]

A client walks out of the ARCHES supervised consumption site.

# ADDICTION KNOWS NO BOUNDARIES

WH Story by Curtis Gillespie | Photos by David Guenther

## SHARING OUR STORIES

Bruce came into the healing circle, a quiet room across the hall from a supervised consumption site in Lethbridge. He sat down, twisting one leg over the other, chewing on a fingernail, looking hesitant. Bruce (not his real name) moved to Lethbridge to be closer to his son, who came to the city with his mother.

Things haven't worked out quite the way Bruce had hoped. He is homeless and living in a nearby shelter. "I try to stay away from there, though," he says softly. "Everybody's just miserable there. It's a bad vibe. I'm just trying to get back on my feet. Every day I try."

Bruce is using drugs, mostly crystal methamphetamine, and has experimented with others, including fentanyl. He started doing drugs when he moved to Lethbridge. That's how he found himself in the supervised consumption services area of ARCHES, a non-profit organization in Lethbridge that offers support to people with HIV, AIDS and hepatitis C, as well as drug users.

"I'm kind of new to the whole situation. I never really did drugs before I came here," he says. "It's hard. The racism really gets to me here. When I look for work, nobody will even look at me when they see I'm First Nations."

He isn't giving up. He is trying to get into a treatment program, and is working on his own to reduce his intake. "For me, the path is to cut down. I haven't done drugs in four days now. I haven't used and haven't been here." He stopped and looked around, out the windows, into the crowded reception area and over to the door. "I actually try to stay away from here, but only because I associate it with using."

Bruce knows he has to stop using. A month earlier, he overdosed. He was revived with naloxone, but the experience scared him. "After that happened, I realized how much I still want to do in my life."

Bruce is one of 950 or so people who have used ARCHES' supervised, secure consumption site in Lethbridge. You have to be buzzed in to the area, which has about 17 booths, each the size of a toilet cubicle, and two inhalation rooms. Each inhalation room has a door with a window, so that everything happening inside is visible. A nurse's station is in the middle of the room. There are at least two staff on hand. One is always a nurse.

The site opened in February 2018 as a way to reduce overdose deaths, disease transmission, public drug use and inappropriately discarded drug gear, as well as to increase the uptake into treatment. It is for people using drugs, including depressants (the opioid family, which includes fentanyl, carfentanil, heroin and methadone) and stimulants (such as cocaine and meth). People take the drugs four ways: injecting, snorting, inhaling or smoking.

On that fall afternoon, most booths were occupied. Once a person has finished using, they exit their cubicle and are encouraged to hang out in the observation room for about half an hour. Most overdoses take place within 10 minutes of using, so this allows medical staff time to intervene. The overall environment is clean and sanitary, almost like a hospital emergency department.

"The supervised consumption services are one part of harm reduction. We're recognizing that people are already engaging in high-risk behaviours. It aims to reduce their potential for harm," ARCHES health coordinator Graham Black says. "We meet people where they are at in their current usage and, then, when they are ready, we connect them to other services like detox or finding housing."

Sometimes interventions (such as immediate medical procedures like administering oxygen or naloxone) are even more direct. "Since the supervised consumption site opened," Black says, "we've had around 900 people who have had medical emergencies including overdoses, and we have successfully managed all of them."

In other words, no one has died.

Elsewhere in the province, however, that hasn't always been the case. In 2011, six people died from overdoses. Now, it's more than two people a day. Last year, 733 people died from unintended opioid overdoses in Alberta. But the statistics are not just about the deaths. In the first eight months it was open, the supervised consumption site in downtown Lethbridge was used more than 90,000 times.

Numbers this high can only lead one to wonder about the actual scope of the drug crisis, in Lethbridge and across the province. How many people are affected? Who are they? And why are they using drugs?

Lethbridge has individual characteristics that make the city, and its current addiction scenarios, unique, such as its close ties to rural communities and the bordering Kainai Nation (Blood Tribe). But the reality, says Trevor Inaba, the executive director of Addiction and Mental Health for Alberta Health Services' South Zone, is that the drug issue affects everyone.

Whether due to adverse experiences, or an injury we are having trouble recovering from, or chronic pain or poverty, the truth is that anyone is vulnerable. The strength and lethality of opioids is new, but the underlying reality of addiction—to drugs, alcohol, you name it—is not. “Addiction knows no boundaries,” says Inaba. “I don’t think there’s a typical profile of a user. I think we’re all susceptible at one point in time or another.”

The current opioid issue crosses the demographic spectrum: seniors, teenagers, middle-class working people, athletes who’ve suffered a sports injury, crash victims. It’s not caused by just one thing, either. It is the intersection of multiple issues—drugs, mental health, poverty, injury, homelessness.

“Chronic substance use is all-consuming. It replaces relationships with friends and family. It becomes a full-time job, it floods our environment and it changes our neurological pathways,” says Stacey Bourque, the executive director of ARCHES.

“We give people medication or detox or residential treatment and expect them to be well. However, if nothing else changes in their lives, recovery is nearly unattainable. Their environment hasn’t changed. Relationships are still fractured. They may still be experiencing homelessness or an absence of employment or income or all of those things and more.”

And while many look at addiction as something that happens to weak people, this crisis is showing that addiction can happen to anyone. “Opioids are pain killers, and often the reason people get addicted is because they are in significant physical and/or emotional pain. Our options for pain management are limited and rooted in social privilege,” says Black. “For people who are already marginalized and face discrimination, opioids are a cheap, readily available means of coping with that pain. We need other methods of pain management.”

The drug crisis is changing the way many people in Lethbridge and the rest of the province—healthcare workers, journalists, police, nurses, doctors and other healthcare specialists—work, too.

Dr. Josh Fanaeian, an emergency department physician in Edmonton, says that in the past, if an ED doctor discovered someone was on opioids, they’d either prescribe more—or not—and then send them on their way with no follow-up (after treating the issue that brought them to emergency, of course). “Even when I was a medical trainee, I encountered instances of stigma against addiction in the ED,” Fanaeian says. “For some, there was a kind of pride for ‘busting’ people illicitly using prescription opioids and then sending them on their way.”

That is no longer the case. “We’re starting to realize how powerful and unfortunate this epidemic is,” Fanaeian says. Much of the new approach is about education, Fanaeian says. The Emergency Strategic Clinical Network (ESCN) is an AHS provincewide network that connects Alberta’s 103 emergency departments and six urgent care centres. The ESCN recently started a pilot program to screen emergency department patients for opioid addiction, and, if necessary, to prescribe Suboxone (which curbs cravings and is related to naloxone) and to provide follow-up options for community treatment.

Over a three-month period this past summer, the program referred 28 patients to community clinic appointments and 11 of them followed through. A 40 per cent follow-up is considered very successful, since about 20 per cent of all people who die from an overdose have visited an ER within 30 days of their death.

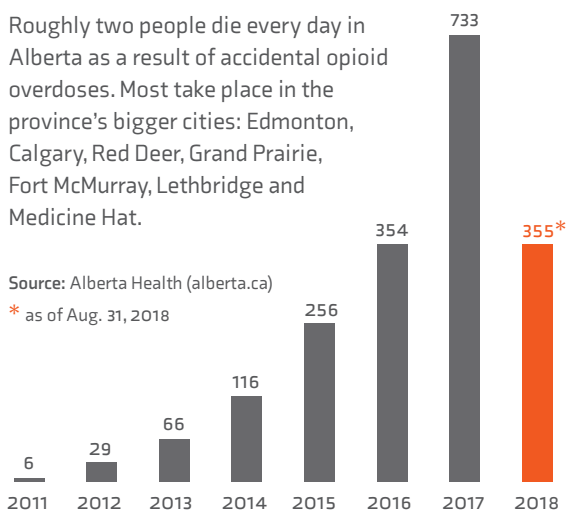
The program was offered at two hospitals in Edmonton and one in Calgary. It’s now rolling out to all major hospitals in Calgary and Edmonton. The goal is to expand to all regional and rural centres, including Lethbridge.

## OPIOID DEATHS, INCLUDING FENTANYL, BY THE NUMBERS IN ALBERTA

Roughly two people die every day in Alberta as a result of accidental opioid overdoses. Most take place in the province’s bigger cities: Edmonton, Calgary, Red Deer, Grand Prairie, Fort McMurray, Lethbridge and Medicine Hat.

Source: Alberta Health (alberta.ca)

\* as of Aug. 31, 2018





“ADDICTION KNOWS NO BOUNDARIES. I DON’T THINK THERE’S A TYPICAL PROFILE OF A USER. I THINK WE’RE ALL SUSCEPTIBLE AT ONE POINT IN TIME OR ANOTHER.”

{ Trevor Inaba }

Lindsay Stella (left), the ARCHES supervised consumption services program manager, speaks with a client.

## HOW TO GET A NALOXONE KIT

People at risk of a drug overdose, or who are likely to witness a drug overdose, are eligible for a free overdose response kit (injectable naloxone) and opioid overdose response training. To get a kit, visit a pharmacy, walk-in clinic, or any emergency department or urgent care centre. A full list of sites is available at [drugsafe.ca](http://drugsafe.ca).



3,600

Emergency response calls made in Standoff last year.

20%

20 per cent of people who die from an overdose have visited an ER within 30 days.

10

Most overdoses take place within 10 minutes of using.

100,050

More than 100,050 naloxone kits have been distributed in Alberta since Jan. 1, 2016.

Emergency medical responders are among the Lethbridge College grads whose working worlds have changed in response to the opioid crisis.



Health professionals use effective medical and therapeutic methods—such as harm reduction, prevention, education and residential treatment centres—to address the destruction that addiction causes. Increasingly, addiction treatment also includes examining the experiences that lead to addiction.

Many people who contributed to this article noted there's a shift in the approach in Alberta—namely that successful addiction prevention and treatment means creating better relationships and stronger communities.

Cheryl Andres, the director for Public and Primary Health Care in AHS South Zone, says that primary care, whether it's a family doctor or a clinic, is often the first place people go for healthcare. (Found across the province, primary care networks are joint ventures between AHS and physicians and are designed to simplify healthcare.)

"We need to do treatment, and we need to offer support, and supervised consumption sites, and evidence-based practices, all those things," Andres says. "But as humans, we also need human interaction. There are things transpiring in our communities that are a result of loneliness and disconnection. And we have a population turning to other things to fulfil themselves."

Chris Windle, a health promotion facilitator for AHS Addiction and Mental Health in Lethbridge, shared a similar perspective. "People just do better when they have community connections, positive relationships and a purpose, and a meaningful way to go about their day," Windle says. "Of course, you can medically treat someone, but there are other issues and concerns that need to be addressed and supported."

Each person with an addiction has their own story and healthcare workers can't treat them properly without knowing that story. In other words, yes, you might get a person off fentanyl for a month if they stay at a treatment facility. But if you don't understand and deal with what caused the addiction in the first place (whether that be poverty, childhood trauma, a mental health issue, or a combination of these and other factors), it's like putting new tires on a car without tightening the bolts.

Only 60 km away from Lethbridge, Standoff is the administrative centre of the (Kainai) Blood reserve. About 14,000 people identify as members of the reserve; roughly half call Lethbridge home, while most of the others live on the reserve.

Jacen Abrey, the tribe's director of Emergency Medical Services, says they receive funding for about 1,800 emergency response calls a year, but typically make double

that—around 3,600 calls for a place where only about 7,000 people live. In the past few years, the reserve averaged close to 30 overdoses a month and two or three people a month were dying from those overdoses. Naloxone has changed things for the better; they have had just four deaths by overdose in 2018.

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“BECAUSE WHAT’S  
HAPPENING HERE  
IS REAL. IT’S NOT A  
STATISTIC IN A BOOK.”

{ Terri-Lynn Fox }

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Terri-Lynn Fox is the director of the Kainai Wellness Centre. Located on the Blood reserve, it offers mental health and addictions programs and referral, a clinical therapist and other intervention programs that integrate the community's traditions. "Our spirit is lost, it's gone, it's not connected," she says. "We have to find ceremony and connection to the old ways that are our protective factors. And if we don't go back to that, we may not change it. Because what's happening here is real. It's not a statistic in a book."

Her brother, Derrick Fox, the Blood finance director, echoed her words. "Part of the problem is that we have started to normalize the dysfunction," he says. "That's really our challenge—how to unlayer the dysfunction. We need to know the past and see what's going on today to understand what we need to do, like detox, treatment, the aftercare, prevention and harm reduction. But we can't do any of that without addressing community, and the treatment in relation to the culture."

Everyone has a space inside us somewhere that needs filling, and most of us fill it with things that give us meaning and purpose—family, friends, work, faith. We might also use or abuse alcohol, sex, drugs, gambling, or any number of things, but if we have protective factors in our lives, we can keep the scales balanced.

For others, however, the scale tips the wrong way. "Elders talk about dark times when people actually see their spirits leave themselves, whether because of abuse or addiction or whatever. Our spirits get lost," Derrick Fox says. "We need to heal and reconcile to bring our spirits back home to fully live again."

Back at ARCHES in Lethbridge, Jack (not his real name) is another person in the grip of addiction. He went to good schools in Lethbridge, had a solid middle-class upbringing. At 33, Jack now lives on the street, and came in carrying half a dozen grocery bags full of his earthly belongings. A tall and handsome man underneath his four grimy coats, Jack detailed his downfall.

"I was using marijuana until I was about 18," he says, "but then I got my girlfriend pregnant." The pregnancy was terminated against Jack's wishes, and he acted out. He began experimenting with harder drugs. His parents moved away from Lethbridge. He was diagnosed with borderline personality disorder. His life spiralled downward. "The time that it got really problematic was when I started using cocaine heavily," he says. "It was probably a reaction to trying to come to terms with everything I'd been through, but also to losing my family."

He lost his job, lost his home. He says he'd been using methamphetamine heavily for the last six months or so, and although he'd been in addiction counselling previously, he wasn't currently seeking medical help or in any programs, other than using the supervised consumption site. Through the trauma and pain, Jack says being homeless and on drugs has increased his understanding of what the people around him are going through.

"You have such a low quality of life. It can be pretty dehumanizing," he says. "It's made me stop and look around and take a look at what people are experiencing out here."

Including himself. "I've experienced discrimination from places I normally thought I'd be welcome—places from my past," he says. "I opened up about some of the addiction issues I was facing and unfortunately some of those people latched on to that and shunned me."

When the healthcare, counselling and healing professions look at addiction, they consider the combination of factors that create risk and foster protection. Jack's current state is all risk and no protection. "Addiction is not just about a substance," Inaba says. "It's about understanding what role that substance plays in a person's life. Some would say addiction is related to overcoming some type of pain or void or disconnect. That's where a lot of our focus has been right now—how do we prevent death while we continue to tackle addiction in a broader sense?"

Part of that healing process involves "helping that person find something of meaning to attach to," Inaba says. Except that the word meaning is hard to quantify and the absence of it is hard to treat. The desire to treat individuals as unique entities with souls and histories is vital, but how do you fold meaning into a system?

"EVERY DAY, I'M JUST TRYING TO GET BACK ON MY FEET, GET IN SHAPE, GET INTO DETOX, THEN TREATMENT. I HAVE TO DO IT FOR MY SON. I WANT TO BE IN HIS LIFE."

{ "Bruce" }

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Carol Griffiths-Manns, AHS Addiction and Mental Health manager, believes the opioid situation—in Lethbridge and elsewhere in the province—is simply too complex to summarize. "We have to look at this with compassion and understanding," she says. "Everybody has a story."

And it's often the stories of those suffering with addiction that are the most powerful: stories of the past, as well as the stories they still want to create. "The truth is that if you stay addicted, you're going to keep getting worse until you're lost," Bruce says.

But he was quick to add: "I want to go to school. I want to go back home. I want to do addiction counselling. I've actually helped a few people here and there. They need someone to trust and talk to. I have hobbies. I write. I want to write about my experiences."

He knows that to do that, he has to get clean. "Every day, I'm just trying to get back on my feet, get in shape, get into detox, then treatment. I have to do it for my son. I want to be in his life."

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This special feature on opioid drug use in Alberta has been created thanks to a partnership between Lethbridge College and its *Wider Horizons* magazine and Alberta Health Services and its *Apple* magazine. If you have feedback on this special feature, please email [WHMagazine@lethbridgecollege.ca](mailto:WHMagazine@lethbridgecollege.ca).



## ARCHES

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ARCHES was created in Lethbridge in 1986 to reduce transmission of HIV and hepatitis C, and to provide support to those affected. Today, some of the ARCHES team's biggest challenges come from a lack of community support for opioid users. "There are many misconceptions about what we do. People read 'consumption site' and 'needles,' and they assume we are enabling," Black says. "And some have been highly opposed, showing violence and aggression against our clients and, despite being few in numbers, have had some of the loudest voices."

Others are more understanding of the issues at hand. "Many from our community have been supportive," Black says. "They drop off food and clothing for our clients and are vocal with their appreciation of our services."

To Black, those evidence-based strategies already in use—harm reduction, education, prevention—have to be maintained. And new strategies—such as supervised consumption sites and the ARCHES Indigenous recovery coach program—are helping people break patterns and create fresh starts. "I have a lot of hope," Black says. "But a lot of the time we don't actually treat the real issue of why people are so addicted. We have to start talking about that."



{ Chef Doug Overes }

# EASY APPLE CRISP

It's easy for chefs and home cooks to be inspired by new and challenging recipes – that's some of what keeps cooking so interesting. But all chefs should have a few classic recipes in their repertoire, and an apple crisp is one of them. Often one of the first desserts a novice cook makes, this recipe can be made year round with whatever fruit is available, is easy to adapt for preferences and allergies, and provides a kind of comfort that can be missing from complex recipes.

**WH** Recipe by Chef Doug Overes | Photo by Rob Olson

## Ingredients

- 4 large ..... Granny Smith apples, peeled, cored and sliced
- 2 tbsp..... sugar
- ¼ tsp..... cinnamon
- 1 tbsp..... lemon juice
- 1 tbsp..... vanilla
- ½ cup ..... unsalted butter
- 1 cup.....packed brown sugar
- ¼ tsp..... cinnamon
- ¼ tsp.....nutmeg
- ¾ cup ..... pastry flour
- 1 cup.....rolled oats



## Method

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1. Preheat your oven to 375° F/190 ° C.
2. Toss the sliced apples with the first portion of sugar, cinnamon, lemon juice and vanilla.
3. In a separate bowl, rub together the butter, brown sugar, cinnamon, nutmeg, flour and oats until it resembles a crumble.
4. Lightly grease your 8 ½" x 4 ¼" loaf pan.
5. Pour the apples – juice and all – into the loaf pan.
6. Sprinkle the crumble over top of the apples and bake until the juice is bubbling and the top has formed a firm crust – usually about 20 minutes.
7. Remove from the oven and cool until desired. Can be served with vanilla ice cream or whipped cream. Enjoy!

## Substitutions/additions

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### Feel free to:

- Use a different type of apple.
- Add rhubarb, raisins, or berries to your apples.
- Add nuts to your crumble.
- Make celiac-friendly by omitting the flour and doubling the oats.
- Make lactose-intolerant-friendly by replacing the butter with lactose-free margarine.
- Make vegan by replacing the butter with vegan-friendly margarine.

If you'd like to sample some of the delicious creations the student chefs at Lethbridge College are making – including an apple crisp when the season is right – book a table in the Garden Court Dining Room by calling 403-320-3230. To see a video of this recipe being prepared by Chef Doug Overes, go to [widerhorizons.ca](http://widerhorizons.ca).



Cortnie Duda, a food services worker, stocks the teas.

Soups and smoothies are available every day.

The space was designed to echo the look and feel of the new Founders' Square across the hall.

Gift cards are available – and provide a discount on purchases.

Chef Mark Dieser, who has worked at the college since August 2000, prefers the “Bad Coffee” blend – taken black.

# { Office Intrigue }

# THE CULINARY MARKET

Students, staff and visitors to Lethbridge College have a new option for snacking between classes, grabbing a quick lunch or savouring a late afternoon coffee – they can simply stop by the new Culinary Market that opened in the fall, just across from Founders' Square in the Andrews Building.

Chef Mark Dieser, the college's food and beverage manager, led the three-year collaborative effort to create and open the market, working with the entire Culinary team, Interior Design Technology instructor Cherie Reitzel and other college departments to make the dream of it a reality.



Coffee – provided by Cuppers Coffee in Lethbridge – is a hot commodity in the new market.

Melvin Ariza, a first year student in the Culinary Careers program, grabs a freshly baked pastry.

Coffee lovers can choose from three brews – “Bad Coffee” (which is oh-so-good), a seasonal brew, and a special brew created just for the college.

Visitors can also buy fresh fruit and veggies or select prepared salads and sandwiches.

The nearby Food Court still offers hot meals and more.

The Culinary Market is an ideal place to experience the classroom creations of all Culinary students, including those in the college’s new Baking Apprenticeship program. The students will also continue to showcase their cooking and baking in the Food Court and the Garden Court Restaurant.

To learn more about the new Baking program, email [culinary@lethbridgecollege.ca](mailto:culinary@lethbridgecollege.ca) or call 403-320-3245. And be sure to check out the new Culinary Market in person during your next campus visit.

**WH** Story by Lisa Kozleski | Photo by Rob Olson

# RESEARCH ROOTED IN THE LOCAL LANDSCAPE

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COLLEGE RESEARCHERS  
INVESTIGATE 'ONE OF  
THE BIGGEST THREATS  
TO GLOBAL HEALTH,  
FOOD SECURITY AND  
DEVELOPMENT'





Dr. Sophie Kernéis (below left) and Leanne DuMontier have been collecting and testing local plants for antimicrobial properties.

When the blanket of snow recedes from southern Alberta and the first of the region's hardy prairie plants begin to dot the naturalscape, Lethbridge College microbiology senior research scientist Dr. Sophie Kernéis and lab technician Leanne DuMontier will be ready to work with some macroscopic views.

The sweeping springtime vista of the prairie is quite a different sight than they're accustomed to from their regular work space – a fourth floor research lab in the Cousins Building where, for much of the year, they are focused on the micro level – studying organisms so small they fit in a petri dish or in the even tinier wells of a microplate.

But that focus on the molecular level has its roots, literally and figuratively, in the panorama of Alberta's uniquely diverse environment. These mountains, river valleys and plains produce a diversity of plant life Kernéis and DuMontier have been studying since 2016, one plant at a time, in hopes of identifying sources for new antibiotics.

With the support of about \$56,000 in grants from Lethbridge College's Centre for Applied Research and Innovation Fund, their Alberta Antibiotic Plant Project has been testing flora for antimicrobial properties. Their research could have wide-ranging application – from providing a potential cure to antibiotic-resistant infections to finding new ways to treat textiles to reduce body odour. The possibilities are as limitless as the seemingly endless supply of plants in Alberta that are still to be collected and tested, waiting in the gently rolling coulees in the college's backyard.



When Kernéis starts talking about the project, she says we can learn much from Sir Alexander Fleming – and not just about penicillin. “He was not terribly organized, which sometimes is good,” says Kernéis, breaking into a smile. “Holidays are good as well.”

Fleming returned from a holiday in September 1928, and he began sorting through a mess of petri dishes containing *Staphylococcus* bacteria. He found one that was contaminated with a fungus. The resulting mould had killed the Staph bacteria around it, leaving a clear patch in the dish. That mould, in essence, acted as an antibiotic, and this discovery would earn Fleming a share of the Nobel Prize for physiology or medicine 20 years later.

At the time of his discovery, the world's leading causes of death were pneumonia, tuberculosis and intestinal infections. Antibiotics quickly became effective treatment against these diseases and infections for many people, but even then, Fleming knew penicillin was not a magic bullet. Others took longer to come to that realization. “People thought infectious diseases were no longer a potentially deadly issue,” Kernéis says. “That was faulty thinking. Bacteria are quite smart.”

DuMontier (left) and Karli Tremel, a 2018 Practical Nursing grad, worked together on the project.



Today the World Health Organization describes antibiotic resistance as “one of the biggest threats to global health, food security and development.”

The rise of resistant bacteria is a demonstration of the biological principle of selective advantage, explains DuMontier. Some organisms survive and thrive better than other organisms in the given environment.

They’re called ESKAPE pathogens – *Enterococcus faecium*, *Staphylococcus aureus*, *Klebsiella pneumoniae*, *Acinetobacter baumannii*, *Pseudomonas aeruginosa*, and *Enterobacter* species – the six bacteria that are the leading causes of nosocomial infections acquired by patients while in hospital. “Those are the ones you hear about when things go wrong at the hospital,” DuMontier says.

Kernéis and DuMontier are testing local plant extracts on bacteria, with an eye to one day testing them on antibiotic-resistant strains. “The goal of the project is basically taking the plant to try to look for antibacterial molecules in these plants,” Kernéis says. It’s fundamentally the same work as Fleming did nearly a century ago – he used fungi; college researchers use plants.

Inspiration isn’t just found in historic discoveries like Fleming’s. In 2015, the Nobel Prize in physiology or medicine went to Youyou Tu, who researched a traditional herbal medicine to treat malaria. She extracted the active component from the plant *Artemisia annua*. The result was artemisinin, a new class of antimalarial agent, credited for saving millions of lives.

The Antibiotic Alberta Plant Project was inspired in part on a family outing to Head-Smashed-In Buffalo Jump, a UNESCO World Heritage Site located about 72 kilometres west of Lethbridge. Kernéis’ daughter engaged in conversation with a First Nations elder at the interpretive centre. He spoke about the prairie plants Indigenous people had traditionally used to treat wounds, stomach upset or fever.

Kernéis’ husband, Dr. Roy Golsteyn, is also a scientist with years of research experience in cancer cell biology. With Golsteyn’s interest in cancer treatment and Kernéis’ expertise in microbes, it’s easy to imagine the conversation that happened in the car ride home. Scientists are inspired to ask why. Why did certain plants work as traditional treatments?

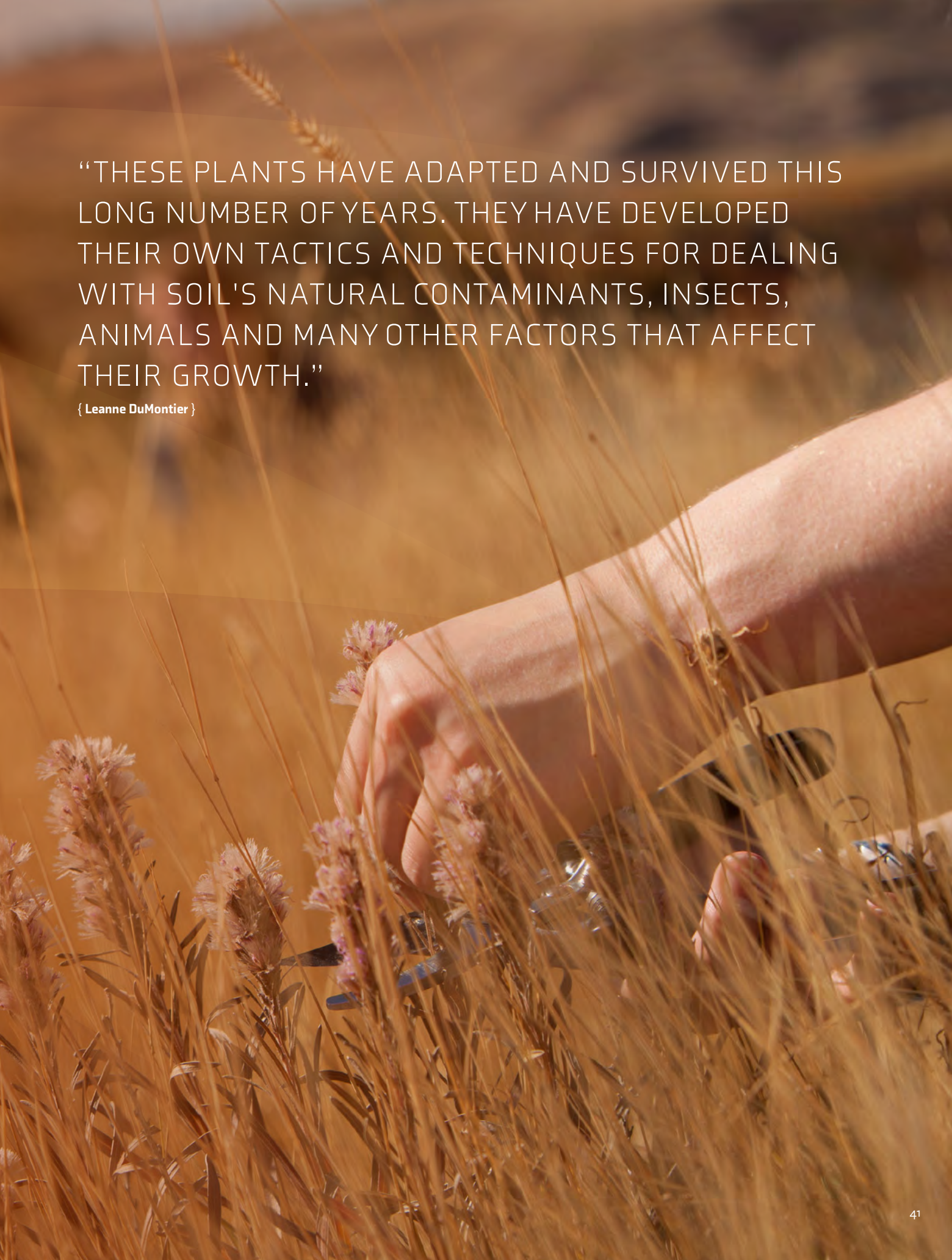
“Nature is the best engineer,” she says.

A review of existing research into antimicrobial plants found volumes of research into flora native to India, Asia and Australia. However, there was little information about plants native or introduced to Alberta. “If we can focus on the plants that are specific to here,” she says, “then maybe we have more chance to find unique molecules.”

But where to begin? They first started in the coulees and have expanded to other ecological zones. Some plants in the collection come from the Crowsnest Pass, where the scientists have permits for collection. They also welcome invitations from landowners to collect plants from unfarmed land in a relatively natural state. Waterton Lakes National Park, a gem of an ecological area, is off limits for plant collection, but there’s no shortage of sources or locations. The shortage they face is of time. The season for collection of plants is short. So far, they’ve collected samples from about 30 different plants.

“These plants have adapted and survived this long number of years,” DuMontier says. “They have developed their own tactics and techniques for dealing with soil’s natural contaminants, insects, animals and many other factors that affect their growth.”

So far, the collection includes a variety of plants that southern Albertans would recognize from a stroll through the coulee, but few people would appreciate the potent secret these plants might hold. “Every plant has potential,” Kernéis says.

A close-up photograph of a person's hands using blue-handled shears to harvest purple flowers in a field of tall, golden-brown grasses. The scene is bathed in warm, golden light, suggesting a late afternoon or early morning setting. The background is softly blurred, focusing attention on the hands and the plants.

“THESE PLANTS HAVE ADAPTED AND SURVIVED THIS LONG NUMBER OF YEARS. THEY HAVE DEVELOPED THEIR OWN TACTICS AND TECHNIQUES FOR DEALING WITH SOIL'S NATURAL CONTAMINANTS, INSECTS, ANIMALS AND MANY OTHER FACTORS THAT AFFECT THEIR GROWTH.”

{ Leanne DuMontier }

## “MAKING DISCOVERIES, EVEN SMALL ONES, IS ALWAYS VERY EXCITING.”

{ Dr. Sophie Kernéis }

Kernéis' interest in biology took flight in childhood. She was eight years old when her older sister got a microscope as a gift. A year later, the older sibling received a chemistry set. "I was a bit jealous as I was dreaming about them, but at the end, I was the one using them," she says. "At this time, we were living in the south of France. I remember going outside and looking at everything – insects, plants, dirt – and being so amazed by the beauty of life."

DuMontier's fascination with microbiology took hold in less idyllic conditions. "As an undergrad student at the University of Lethbridge, I accepted a summer student position at the Lethbridge Research Centre working with ruminant nutritionists on cattle and sheep digestibility trials," she says. "Very soon I found myself arm-length deep, sampling the inside of a cow's stomach. . . This work inspired my love of gut microbes."

Kernéis and DuMontier's partnership on the Alberta Antibiotic Plant Project is just one collaboration that makes the research possible.

After earning her doctorate in microbiology in Paris, Kernéis headed to Switzerland for postdoctoral studies. There she met her husband Golsteyn, a fellow scientist born in Lethbridge. He now serves as the director of the Natural Product and Cancer Cell Laboratories at the University of Lethbridge, where his research seeks out plants that could prove toxic to cancer cells. They often exchange plant samples.

Collaboration is key to this project. Internally, Kernéis and DuMontier work with college and university students as well as with botanist Steve MacRae, an instructor in Lethbridge College's Environmental Sciences program who has a high expertise of identifying native plants and completes the critical task of identifying the collected plants. Externally, Dr. Raymond Andersen, a chemistry professor at the University of British Columbia and one of Canada's leading natural product chemists, is bringing his expertise to the identification of antibiotic molecules from the plant extracts. Finding antibiotic molecules is the goal of the Antibiotic Alberta Plant Project.

Once the protocol for their research was established, Kernéis taught students the process for creating extracts from the plants, plating the samples and analyzing results for antibiotic activity. Kernéis says nine students have been involved over time, from Lethbridge College, University of Lethbridge and one from the University of Alberta. "Students love this work and we love them for it," DuMontier says.

Megan Puchbauer, one of the student research assistants and a student in Kernéis' Biology class, came to Lethbridge College's nursing program from Airdrie, attracted in part by the program's emphasis on hands-on practical work in health facilities, starting in the first year. Once here, she discovered opportunities for research work. Puchbauer joined the microbial research group in October 2017. Now in her third year of her nursing degree, she was invited to present her research findings at a Colleges and Institutes Canada (CICAN) Symposium in Ottawa Nov. 5 and 6.

"I like to see how it works, what works and what doesn't," she says. Puchbauer hopes the plant project continues and that one day she'll read about a breakthrough antibiotic. "I'll be like, 'Oh my gosh. I did part of that. I know those people!' That'd be cool."

The college's applied research opportunities help students put theory into practice, deepening their understanding. "And it looks very good on a resume," DuMontier says. The excitement isn't just the results, she says. It's the process.

For Kernéis the process is now in place to discover the antibiotics of tomorrow. It's just a question of funding and time.

Their passion for their work is, pardon the pun, infectious. "Research is at the frontier with art," says Kernéis. "Making discoveries, even small ones, is always very exciting. You never know at the beginning of the day what you will discover."

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Landowners who are interested in inviting Kernéis to collect plant samples can contact her at 403-320-3202 ext. 5655.



Third-year Nursing student Megan Puchbauer (left) says she came to the college in part because of applied research opportunities with research scientists like Kernéis (right).

# Where are they

CHRONICLE OF A COLLEGE GRAD: **Kristie Kruger** (Rehabilitation Services 1995)



**W**hen your love of home and work collide, you find ways to give back so your community flourishes and grows. At least that's Kristie Kruger's philosophy, and why she invests her time giving back to the Lethbridge business community.

Kristie, who grew up in Vauxhall and graduated from Lethbridge College's Rehabilitation Services program in 1995, is the new president of the Lethbridge Chamber of Commerce – an entity that promotes and protects businesses in Lethbridge.

Kristie says she truly loves Lethbridge, and she uses her leadership skills to spread that love. "I think Lethbridge is amazing," she says. "It's such a great place to live, and there's a lot of opportunity for growth. The ability to yell that loudly is kind of awesome! I have a philosophy where change is not created by sitting back and watching other people do it. If there's something

I can do to help, I dig in, and roll up my sleeves."

Kristie put her philosophy to work right after graduating from the college, when she started working for the Southern Alberta Community Living Association, helping adults with disabilities.

After working in rehabilitation services for 11 years, Kristie was ready for a new challenge and decided to pursue a field she had always been curious about. So in 2007, Kristie became a real estate agent. "Homeownership is a dream for many people, and in this way, I could empower them to create their dreams," says Kristie. She launched her real estate career with Century 21, then worked for My Life Realty, and now works for Royal LePage South Country.

Kristie's time at Lethbridge College helped her see sides of business and professional relationships she had no idea existed. Assisting others through

rehabilitation services allowed her to provide residential and vocation supports through inclusion in the community. Most significant to Kristie was the opportunity to serve on the board of the Campus Connections Project at Lethbridge College in 1996 and 1997. This first board experience set Kristie up with a lifelong passion of giving back to the community.

In addition to working as a realtor, Kristie currently serves as vice president on the board of directors for the Alberta Real Estate Association. She has chaired and served on the school council for École Agnes Davidson School, and she also helped create the Lethbridge Rotary Club – Urban Spirits, where she served as its third president.

Kristie says she is energized by her new role as president of the chamber. "By giving back, I learn and grow as a person, and that's really exciting for me," she says. "I'm always up for new challenges."

**WH** Story by Mel Lefebvre

# now?

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

We love hearing from Lethbridge College alumni, and our readers do too! 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 [WHMMagazine@lethbridgecollege.ca](mailto:WHMMagazine@lethbridgecollege.ca).



### 2016

Nevin Sereda

#### Digital Communications and Media

Nevin works as the afternoon announcer for Today's Country 95.5 and sent the Alumni office this update: "It's been a busy time for me since I finished my schooling at the college! Bouncing around to different stations until I found the right fit is what took up most of the time including stops in Cranbrook, Medicine Hat and now Lethbridge."

Ammar Shahid

#### Business Administration

Ammar is one of the three founders

of Jeeran 55, a social enterprise which aims to bring authentic Syrian cuisine to Lethbridge by providing an opportunity for Syrian newcomer women to express their passion for cooking and allowing them to share their food and culture with the region. Jeeran is the Arabic word for "neighbours." With roughly 55 new families residing in this city, the founders wanted to provide their services to link up new neighbours with established ones. For more information, check out their Facebook page at [facebook.com/Jeeran55](https://facebook.com/Jeeran55) or visit [www.jeeran55.com](http://www.jeeran55.com)

### 2018

Stephanie Savage

#### Digital Communications and Media

Stephanie sent the Alumni office this update: "It feels as though I never left... because I didn't. I did my practicum with the Communications department at Lethbridge College and was then offered employment at the college. I started with the Communications department, but moved a month later to the Marketing department where I worked as a social media coordinator, connecting with student and industry partners. In November, I started a new position as a recruiter at the college (with an international focus). I have never felt more at home somewhere than I do at the college. I love being here."

### 2017

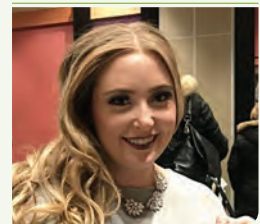
Cody Meise

#### Conservation Enforcement

Cody, who was featured in a September article in the *Smoky Lake Signal*, was recently hired as an Alberta fish and wildlife officer in Smoky Lake County.

### Jessika Guse (Communication Arts – Broadcast Journalism 2015)

In July, Jessika joined the RealAgriculture team where she has been covering news, issues and events across Western Canada on RealAgriculture.com and RealAg Radio on Sirius XM Rural Radio channel 147. Before starting the Regina-based position, she had worked as a radio host, reporter, news anchor and sports announcer across the Prairies. "Jessika brings valuable media experience both in front of the camera and on air, something that's so key for the website and radio show," says Shaun Haney, founder of RealAgriculture. "We're excited to have Jessika join the team." In her time away from the microphone, Jessika is the proud owner of a rescue dog named Ryder, loves baking, is a self-proclaimed pierogi queen and is a dedicated semi-semi-pro-part-time softball player.



In September, Jessika won a gold award at the 2018 Canadian Farm Writers' Federation Awards Banquet. She received the Tom Leach Award in the category of electronic media – audio – for her story created for CJME.com about a calf simulator. Winners were chosen by 28 judges from across Canada, the United States and Australia. These judges included journalists, photographers, professors, farmers and communicators from different media and publications, and a mix of agricultural and non-agricultural backgrounds.



## 2015

Mia Cartwright

### **Business Administration – Marketing**

Mia is working as a social media manager at a digital marketing and advertising agency in Red Deer, where she has a large array of clients from different industries, and where she says she is learning so much every day.



Rachel Crow Spreading Wings

### **Communication Arts – Broadcast Journalism**

Rachel started working as a video journalist at *CityNews* in Winnipeg in October. Some of the first stories she covered in her new city included a feature on a Silver Cross Mother, a story about new distracted driving laws, a report on a First Nations youth summit in Winnipeg and more. She moved back to Canada after spending more than two years as a reporter for *ABC News* in Great Falls, Mont.

Karen Kultgen

### **Correctional Studies 2015; Justice Studies Bachelor of Applied Arts 2013**

Karen sent this update to the Alumni office: “I am now working as a probation officer for the Government of Saskatchewan. Lethbridge College gave me hands-on experience and knowledge to help me succeed in my career.”

## 2014

Lukas Madsen

### **Bachelor of Applied Science – Conservation Enforcement 2014; Renewable Resource Management 2012**

Lukas has started working as a fish and wildlife officer serving the Peace River region of Alberta. He was profiled in an August issue of the *South Peace News*, where he said, “This is the best job in the world. Half the time it doesn’t even feel like work. I’m very much an avid outdoorsman and I want to help protect the natural resource.” The Peace River district encompasses an area in excess of 10,000 square miles and extends east of Red Earth Creek.

“This is the best job in the world. Half the time it doesn’t even feel like work. I’m very much an avid outdoorsman and I want to help protect the natural resource.”

## 2012

Ryan Uytdevilligen

### **Communication Arts – Broadcast Journalism**

Ryan recently published a book titled *The Cattle Driver*, the story of how a Model T introduced a whole new world to a crusty cowboy still trailing through dirt on his horse. He was also expecting to release a non-fiction book this past fall titled *The History of Lethbridge*. Ryan is a writer and film buff whose adolescence on the family farm inspired his writing. In 2016, he published his first non-fiction work, a film history examination called *101 Most Influential Coming of Age Movies*. That same year he released his first fiction book, *Tractor*, a young adult novel. His next fiction work, *Akela*, will be widely released this spring by BHC Press. Ryan currently lives in Langley, B.C., and maintains hints of the country lifestyle through his writing and volunteering with 4-H.

Veronica Weir

### **Business Administration – Accounting 2012; Interior Design and Marketing 2007**



Veronica is a senior accountant with KPMG LLP. She sent the alumni office this update: “After graduating from the Lethbridge College, I attended the University of Lethbridge through the 2 + 2 program. After graduating from the U of L in 2014, I worked for an accounting firm in Saskatchewan and started the CPA program. I wrote the CFE in September 2017 and moved back to Lethbridge for a senior accountant position with KPMG LLP. I work with various clients and types of engagements. I am loving my career and I spend my free time with my husband and our two dogs. In October 2018, I formally received my designation, making all those years of work, worth so much.”

## 2011

Brent Fikowski

### **Business Administration – Accounting**

Brent, who was a key player on the Kodiaks men’s volleyball team, finished in fourth place, just missing a spot on the podium, at the Reebok CrossFit Games in August.

Neil McGonagle

### **Business and Professional Golf Management**

Neil recently started working at Golf Trends, a Canadian distributor of golf bags, travel covers, carts, accessories and more, and will be serving the southern Alberta golf community. Neil is originally from London, Ont., and has lived in Alberta since 1994. After graduating from the college, he attained his Class A status with the PGA of Canada in 2010. He spent the last 14 years at Carnmoney Golf Club in Calgary as an associate golf professional, where he also implemented a successful junior program.



## 2010

Oren Kobsar

### Engineering Design and Drafting Technology

Oren was recruited by a western Canadian oil and gas company after graduation thanks to his GPA and his pre-college work experience background, and he has been working at a Husky-owned heavy oil upgrading facility for more than eight years. He worked for more than seven years as a senior piping designer, was a project construction supervisor for a year, and recently took on the role of maintenance planner for all of the company's pipefitting and welding trades on site. He told the Alumni office: "Completing the EDDT program at Lethbridge College rewarded me with a lifelong career working for an industry leader."

## 2008

Jennifer Hines

### Child and Youth Care

Jennifer writes: "I've been working for Catholic Social Services since I graduated and I have worked my way up through the agency from a front line level to where I currently am, which is as a program supervisor. In this role, I supervise all of our child and youth residential homes in central Alberta for the largest multifunctional social services agency in Canada. I just want current students to realize the value of their education and now, as an employer, I seek out child and youth workers specifically."



Caitlin Power

### Fashion Design and Merchandising

In October, Caitlin was a guest judge on fashion's new competition series titled

## College grads recognized as some of chamber's Top 40 under 40

College graduates continue to populate the Lethbridge Chamber of Commerce and BDO's list of the Top 40 under 40. Receiving recognition the last four months were:



### Shawn Hammond, Automotives 2003

Shawn is the owner/operator of Big Al's Auto Repair, an independent automotive repair shop in Lethbridge. He was recognized for his dedication to helping the community, and for his outstanding work in the automotive field.



### Chelsa Larson, Business Administration - Marketing 2010

Chelsa is the owner and senior floral designer at Funky Petals Floral Studio, a flower shop which opened in Lethbridge in 2015. She was recognized for her entrepreneurial spirit and hard work to reimagine the floral industry in Lethbridge.

October 18 : @karlylechlert.fit



Can you say throwback Thursday? SEVEN years ago! I remember taking these pictures like they were yesterday! I wanted to be a nurse as long as I can remember! It's crazy how many things have changed in my life between then and now. #lpn #lethbridgecollege

Karly ( Nursing 2011 )



*Stitched.* The show is hosted by Canadian fashion model Kim Cloutier, and Caitlin joined a panel of resident style experts including celebrity stylist Joe Zee and ELLE Canada's Editor-in-Chief, Vanessa Craft.

## 2005

Joe McFarland

### Communication Arts - Broadcast Journalism

Global News Radio 770 CHQR announced that Joe would start as the new host of afternoon news-talk program, Calgary Today, on Sept. 4. Joe has spent 13 years in the radio news industry, eight of which have been with 770 CHQR as a reporter, a news anchor and most recently as news

manager. "Joe brings a great mixture of skills ideally suited for this day part," said John Vos, Director of Talk and Talent at Corus Radio Calgary. "He's a Calgary personality, has great community connections and the solid news chops needed for our afternoon show." Joe succeeded the host chair at Calgary Today following the departure of veteran host Angela Kokott.



FAMILIES IN FOCUS

# The Woroniuk Family

When Randy Woroniuk set out to become a conservation officer, it was with the philosophy to protect the environment for future generations. And his passion for nature and protecting what he loved did end up influencing future generations – including his children, as two out of three of them followed in his footsteps to Lethbridge College and to careers in the environment and justice.

Randy graduated from the Renewable Resource Management program in 1982. He is now retired and takes tremendous joy from outdoor activities, like hunting and hiking, and he also served as mayor of Gimli, Man., from 2014 to 2018. His eldest son, Nicholas, graduated from the Natural Resource Compliance program in 2015, and he now works as a conservation officer in The Pas, Man. Randy’s youngest son, Tyler, took a similar route in enforcement and graduated from the Criminal Justice-Policing program in 2014; he currently works as a Canadian Border Services officer in Emerson, Man. And while Randy’s daughter didn’t attend Lethbridge College, she maintained the family philosophy of being of service to society and works as an advanced paramedic in Morinville, Alta. In addition to all of these family ties, Randy also has a cousin, Bryana Nicholas, who graduated from the college with a diploma in Renewable Resource Management in 2011.

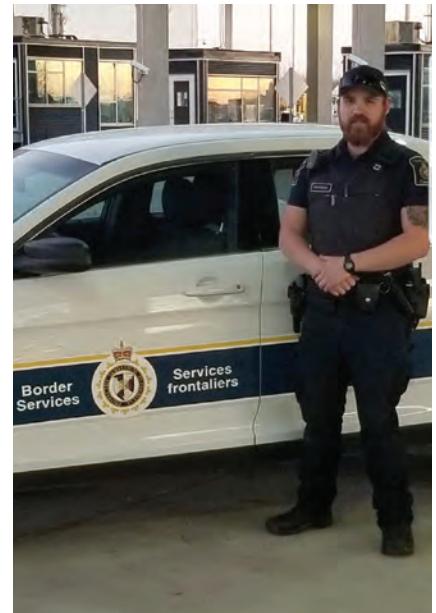
“The college experience gave me footing, and I had a fantastic career as a natural resource officer for 32 years. Our environment is very important, and throughout my career, I always felt I was protecting our natural resources for future generations.”

“The reason I went to Lethbridge College was because it had the best program” for what he wanted to study, Randy explains. “The college experience gave me footing, and I had a fantastic career as a natural resource officer for 32 years. Our environment is very important, and throughout my career, I always felt I was protecting our natural resources for future generations. We need people to look after it, and I was one of those people fortunate enough to have a career doing that.”

The culture at Lethbridge College had a big impact on Randy. He remembers it fondly as a place of diversity with an inviting environment, which was encouraging for a student living two provinces from home.

“I talked with my sons a lot about what I learned at the college and my boys said, ‘this is the place to go!’” Randy recalls. “I encouraged them to leave home and experience the world on their own, and Lethbridge College was the perfect venue to do it, because of the welcoming nature of the school and the people. I’m very proud of them.”

WH Story by Mel Lefebvre | Photos submitted



**Tyler Woroniuk**  
(Criminal Justice-Policing 2013)  
Officer with the Canada Border Service Agency in Emerson, Man.

**Nicholas Woroniuk**  
(Natural Resource Compliance 2015)  
Conservation officer in The Pas, Man.

**Randy Woroniuk**  
(Renewable Resource Management 1982)  
Retired natural resource officer

## 2004

Rob Anderson

### Hotel and Restaurant Management

Rob works as the director of outlet sales at the Fairmont Scottsdale Princess. He sent this update to the Alumni office: "It has been quite a journey! After graduation I was able to run a local restaurant in Lethbridge before heading out to Royal Roads University in Victoria to complete my bachelor's degree in International Hotel Management. I then moved to Thailand to complete an internship and loved it there. I was there just over one year before returning to Canada to begin my career with Fairmont Hotels and Resorts. [I spent] two years at the Fairmont Empress in Victoria, three years at the Fairmont Newport Beach in California, and almost five years at the Fairmont Scottsdale Princess in Arizona."



Kale Haupt

### Environmental Science

Kale works as an operations manager for Proactive Environmental Rentals Inc. He told the Alumni office: "I spent my first six years in industry as a consultant in spill response, drilling waste and remediation. After that I moved into my current roll of more than eight years as operations manager and shareholder. I specialize in environmental response and remediation equipment, training and services for the oil and gas, energy, government and mining sectors. I have worked from the Northwest Territories to the Gulf of Mexico and been involved in the response on some of the biggest oil spills in North America."

## From the vintage vault

Things got a little hairy around the Lethbridge Junior College campus during the 1969-70 academic year, as the annual Beard Growing Contest saw students sprouting stubble for a chance to win prizes. Bruce Rogers (middle) was the champion, earning a customized beer stein. Jack Kubic (left) and Lorne Begin (right) had to settle for runner-up status, and much smaller trophies, despite their impressive beard-growing efforts. Today's college students and staff take part in "Mo-vement" each November, growing mustaches and raising funds to support education and research about prostate cancer, testicular cancer, and men's physical and mental health.

Do you have a photo from your days at the college that you'd like to share? Just email your photo and the story that goes with it to [WHMagazine@lethbridgecollege.ca](mailto:WHMagazine@lethbridgecollege.ca).



## 2002

David Fehr

### Business

### Administration - Marketing

Dave works as the senior manager of shared services at Sun Life Financial, where he has been working since 2005 in a variety of positions. He went on to earn his Bachelor of Management degree from Athabasca University in 2010, and married fellow LC alum Alison Hawkins in 2012. They are the parents of two daughters, Hannah, 4, and Payton, 2.



Michel Wiggers

### Computer Information Technology

Michael is working as the head of

quality assurance at Tabella s.r.o., an online gaming business located in Prague, Czech Republic. He sent the alumni office this update: "I moved to Montréal in 2009 where I got my start in the iGaming industry. When that office was consolidated with the umbrella company's offices in Malta, I moved there in 2011. I have lived in the U.K., the Netherlands and Cyprus (with another stint in Malta in between) since then, and I have lived in Prague for the last two years. I'm loving Europe, and although I miss my family back in Lethbridge and Calgary, I have no plans in place to move back to Canada anytime soon. There is so much history here!"

**Boyd Leader (Communication Arts – Print Journalism 1981)**

Boyd was profiled in an in-depth story on the Puget Sound Radio website in August. In the article, Boyd “gives a shout out to the late Ian Mandin, who was the head instructor for the Radio Arts program in Lethbridge and was a tremendous influence on him: ‘I miss him. The radio lights went a little dimmer in Canada when he passed away. College was a special time. I’m glad I went against [mentor Jerry] Agar’s advice that one time [and came to college before starting full-time work in radio]. There I met Clay St. Thomas, Carol Thomson and Larry Barris who are all life-long friends and colleagues.” Boyd has had a successful 38-year career in radio, the last five of which he has spent as the program director of the CFWE Radio Network out of Edmonton, covering Alberta from Ponoka north and servicing 85 communities, including 89.3 in Pincher Creek and Lethbridge. His stations play a variety of country music and also feature specialty Indigenous music programming.



In the article, Boyd concludes: “I have never considered myself very talented, which will come as no surprise to a lot of people who would agree with me. I have, however, always tried hard and worked hard at what I do. Next Valentine’s Day will mark my 39th anniversary being full time in radio – I haven’t spent a day working in radio because it’s never been a job to me. I continue to learn and challenge myself. I’m also reminded everyday by Andrea and my boys as to what is important.”

## ALUMNI IN THIS ISSUE

- 20 Madisyn Chambers (General Studies 2014; Practical Nursing 2017)
- 24 Shauna Cohen (Child and Youth Care 2003)
- 19 Chelsey De Groot (Child and Youth Care 2010; General Studies 2012; Bachelor of Applied Arts – Justice Studies 2015; Distinguished Alumni – Community Leader 2018 )
- 23 Cortni Herman (Healthcare Aide 2014)
- 20 Shane Hoiland (Criminal Justice 1993)
- 24 Harmoni Jones (NESA 2013)
- 20 Nick Kuhl (Communication Arts – Print Journalism 2008)
- 23 Marie Laenen (NESA 2005)
- 20 Michelle McKenzie (NESA 2012)
- 34 Doug Overes (Professional Cooking 1987; Distinguished Alumnus 1992)
- 19 Jennifer Ross (NESA 2005)
- 19 Christy Woods (Conservation Enforcement 1999)

## 2001

Bryan Adcock

**Fish and Wildlife Technology; Renewable Resource Management**  
 Bryan sent the Alumni office this update: “It took a while to start doing anything after graduation because the industry shifted from wanting technicians to wanting people with university degrees. In 2009, I got a break and entered the field of water treatment for the City of Dauphin. Since then, I have moved to the private sector doing water and wastewater treatment for a camp in Northern Manitoba. Most recently I was sent into a First Nations community in northwestern Ontario. Their utility was in a state of emergency and we were approached to help repair their failing wastewater system. Long story short, we managed to get them into full compliance and train a few members in operations and maintenance.”

“Most recently I was sent into a First Nations community in northwestern Ontario. Their utility was in a state of emergency and we were approached to help repair their failing wastewater system.”

## 1996

Bruce Hagel

**Fish and Wildlife Technology and Renewable Resource Management**  
 Sergeant Bruce Hagel, along with Staff Sergeant Pete Christos and Staff Sergeant Rusty Lawrence, received commendations in October for their work with Lethbridge Police Service.

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

# The Scotney Family

The Scotney family's presence at Lethbridge College cannot be underestimated. "It's always been a practical environment as far as the education, hands-on learning, and equipping people with real-world skills for real-world problems," said Shawn Scotney – one of 11 in his family to have either worked at or attended the college.

The Scotney list includes Shawn (Carpentry 1995 and currently an instructor in the Carpentry apprenticeship program); his wife, Isabel (Fashion Design and Merchandising 1988 and a past member of the program advisory committee); his daughter, Victoria (Psychology student 2015); his son, Matthew (Civil Engineering Technology 2014); his brother, Steven (Business Administration 1991); his mother, Sharon (a sessional nursing instructor); his step-mother, Shirley, (an employee in the Continuing Education program); and his father, Doug, who acted as VPA and in various director and advisory roles over three decades at the college, beginning in 1975. Shawn Scotney also has a cousin, Troy (Business Administration 2007 and a past staff representative to the Board of Governors) who currently works in Accounting Services, and two nieces – Amanda Lenz-Zmurchyk (Nursing 2016) and Sarah Lenz-Koch (Business Administration – Accounting 2012) – who graduated from the college.

Shawn attributes part of his family's sizeable presence at the college to convenience, but also explains that the college is a community that provides a solid foundation for career goals and professional aspirations. "My kids could stay at home and go to school," Shawn says. "I have always known the college. We moved to Lethbridge when I was four because my dad got a job in the Continuing Education department."

Shawn says he chose the college because he knew he wanted to be a carpenter, and it was an easy choice to make. "First and foremost, I think the atmosphere here makes us different. It's a community, and the instructors make the student experience a priority. You get a more grounded education," he says. "It's as close to a real-world experience as you're going to get. You walk around the college and there are students in and out of the offices all the time. With our students, they're all part of a family."



### Shawn Scotney

(Carpentry 1995)

Instructor in Lethbridge College's Carpentry apprenticeship program

### Isabel Scotney

(Fashion Design student and Alumni Advisory Committee 1988)

Owner of Isabel's Designs, custom sewing and alterations

### Matthew Scotney

(Civil Engineering Technology 2014)

Assistant project manager with Alberta Infrastructure

### Victoria Scotney

(General Studies – Psychology and Sociology student 2015)

Currently completing a psychology degree at University of British Columbia – Okanagan

WH Story by Mel Lefebvre | Photos Meagan Rachelle Photography

# THE LAST WORD

Illustrated  
by Eric Dyck

We asked our alumni to tell us their best Barn stories – from beers to boots in the rafters. Boy did they have a lot to say (not all of which can be printed in a family magazine!).

**Here's a sampling of the best of the Barn:**



I got to DJ the last event ever put on by the LCSA there – the Winter Formal of January 2015. Nothing prepared me for the night I was about to face. For some reason, all the usual hangouts were closed that night, so once the doors opened... mayhem ensued. To top it all off, we had a group of people in dinosaur onesies raid the place. That made my night!

**Brandon McGraw**  
Digital Communications and Media 2018



The Barn was a big part of student life for me. It's where we unwound and met people in other programs. I remember my first cabaret - Halloween - dressed as a bumblebee, and how fun it was. After classes some days I'd get my boys from the college daycare and over we'd go to The Barn, dodging grasshoppers along the way through a field that's no longer there. Cabarets, air bands, movie nights and barbecues were the bow atop the gift of my formal education. Good memories!

**Sherri Gallant**  
Communication Arts 1986



The Barn was THE place to be every weekend. Cabarets at The Barn were always a hot ticket, not just for students but for other members of the community. Drinks flowed freely and the dance floor was always packed. The bands that the LCSA brought in were always top notch entertainment. One of the most memorable bands that I recall seeing was a group out of Saskatoon by the name of "Nick Danger" - which featured a very young guitar whiz by the name of Colin James.

**Byron Lee**  
Business Administration – Marketing 1976





NEXT ISSUE: **The last word** is yours...

### There's no "I" in team

Did you bring home an ACAC banner? Create an intramural team? Make the game-winning score or cheer for your friends from the bleachers? Send us the story (100 words max) of your most memorable Kodiaks moments – whether as an athlete or fan – and any photos that might be floating around. We'll share a sampling with readers in our Spring issue.

Just email [WHMagazine@lethbridgecollege.ca](mailto:WHMagazine@lethbridgecollege.ca). You can also share your stories socially by tagging [@LethCollege](https://twitter.com/LethCollege) and [#LastWordLC](https://twitter.com/LastWordLC). We can't wait to read your submissions!

# WHAT HAPPENS NEXT MATTERS MOST.

AT LETHBRIDGE COLLEGE,  
EVERYBODY'S GOT A JOB TO DO.

Some of us are thinkers. Some of us are makers. But engrained in all of us is a desire to do the work. Because the best way to learn is to do. We should know — we've been doing just that for more than 60 years. And through it all, we've been ready. We know that our job is to make sure you're equipped for yours.

We're more than bricks and mortar. We're a place of people coming together. We're the mentors ready to combine your talent with our training. And we know that when we add your drive and determination to all of this, anything is possible. We know success is not by chance, but that it takes perseverance, determination and grit. Because here, everybody's got a job to do. We are a community committed to one another. We know that what happens next matters most.

**BE READY.**



  
**Lethbridge**  
College