

REFLECTIONS

ISSUE 97 | SPRING 2020



CONTENTS

3. DC Celebrates Second Annual Campus Pow Wow

4. Mixing Business & Pleasure

6. Sport Management Grad returns to DC

8. Passionate teacher acknowledged for putting students first

10. Success Without Borders

11. Coffee: More than just a hit of caffeine

12. The ASC... Your Biggest Support

14. The Beauty of Perseverance

16. From DCPR to NKPR

17. Public Relationship with Basketball

19. Creating a career out of passion

21. The Long and Winding Road to Becoming Champions

22. The Global Class: Explore Durham's Education Pangea

24. Red-dress installation: Call for awareness



About this issue:

Editor-In-Chief: Matisse Hamel-Nelis

Art Director: Maddison Lake

Copy Editor: Jaslin Grove

Managing Editor: Aaron Mitchell

Associate Art Director: Debora Kabwika

Photo Editor: McKenna Modler

DC Celebrates Second Annual Campus Pow Wow

By Debora Kabwika

Photo Credit: Durham College

Whether in college or in university, what better way to welcome students back to school than with a campus Pow Wow? On Sept. 6, 2019, Durham College (DC) alumni and students came together to celebrate Indigenous culture at DC's second annual campus Pow Wow. It was a celebration capped with music, food, arts, dances, regalia, and crafts.

It was held at the Polonsky Commons (Oshawa campus), where a large crowd of DC and Ontario Tech students, alumni and faculty members all gathered.

The pow wow was hosted by the members of the Indigenous Centre in collaboration with Ontario Tech University and Carea Community Health Centre.

Peggy Forbes, an indigenous coach at DC, was surprised at how many people came to the event. Apparently, 15 elementary school buses were expected to come yet, four more came. The event became packed.

This year's campus Pow

Wow theme was "Honoring Nibi"(Water) with purpose to raise awareness of water pollution that is affecting Indigenous communities in Canada.

“ In our First Nations community, there over 120 communities that can't drink the water because it's not safe. ”

At noon, during the Grand Entry, flag carriers, drummers and traditional dancers were jamming their way to the center of the circle (the arena), surrounded by the audience, to start the ceremony.

The Scugog Island flag, the Mississauga First Nation flag, the DC flag, the Ontario Tech flag, the Canadian flag and the Carea Community Health Centre flag were carried as the crowd welcomed them to the arena.

Traditional dancers, lead by one female and one male, performed with each of their



A First Nation man wearing traditional regalia, performing his dance at the Grand Entry.

own unique regalia made out feathers, porcupine hair and breastplates made out of bones. The performance was powerful.

The event was exceptional. This allowed Indigenous students, to acknowledge and gain pride in their culture. It also gave non-indigenous students an opportunity to learn and experience Indigenous culture.

The event overall was meant to bring a diversity of Indigenous nations together to

celebrate heritage with singing and dancing and honouring the ancestors.

“ It's a way to honour the ancestors that have fought for their land. ”

Durham College is proud to have celebrated the second annual campus Pow Wow in an effort to promote Indigenous education and reconcile with Indigenous organizations and communities. 🍀

Mixing Business & Pleasure

By Kelly Baldini

They say not to mix business with pleasure, but for Durham College (DC) graduate Branson Schell, a motion designer at Sportsnet and part-time artist it's hard not to mix the two.

"To get a job, you really need to make it your lifestyle and have a huge passion for it" says Schell.

"It was an amazing feeling. It was nice having the short-lived press and fame and knowing that all profits were for a great cause."

After all his drive and passion is what propelled him. Schell had a quick taste of success at the age of 21. From being a freelance motion designer, working at Global News to now working at Sportsnet in Toronto, Ont.

"It has all happened so fast looking back on it. I

have sacrificed so much to get where I am today. Every holiday, birthday and family gathering," says Schell.

Schell was enrolled in the Animation-Digital Production three-year diploma at Durham College and landed his first job in his desired field after graduation.

A day in the life is never shy of interesting for Schell. From working on the Sportsnet Central show to covering on-air graphics illustrating the top sports of the night, Schell is always developing creative content.

Before entering his second year at DC, Schell used his artistic talents to create a watercolour painting of the singer Gord Downie after the news broke about his terminal brain cancer. The Gord Downie tribute was recognized nationally raising funds for brain cancer research.

"It was an amazing feeling," says Schell. It was nice having the short-lived press and fame and knowing that all profits were for a great cause."



Durham College Graduate Branson Schell in front of his artwork. (Photographer: Gary Blake)

Creativity is second nature to the 23-year-old motion designer and part-time artist. Schell was always artistic, but his passion took off when he attended DC.

"I started painting after my first year at Durham College in 2016. I really loved the life drawing class and wanted to apply what I learned to a new medium," expresses Schell.

Schell's love for artwork influenced his current career. His creativity is what keeps him driven in his day to day life.

"My ability to paint helps me stay creative and also pushes my motion designs," says Schell.

Looking into the future, Schell keeps his eye on the prize when growing his career.

“My future goal is to develop my skills and experiences,” says Schell, “Rogers Sportsnet has been amazing to me, but I would like to settle down outside of the city and be my own boss.”

“I started painting after my first year at Durham College in 2016. I really loved the life drawing class and wanted to apply what I learned to a new medium.”

Mixing business and pleasure is a successful strategy for Branson Schell and will undoubtedly continue to be as his career unfolds.

To learn more and to see some of Schell's work visit his website bransonschell.com 📱



Water colour painting tribute of Gord Downie by Branson Schell. (Photographer: Branson Schell)

Sport Management Grad returns to DC

By: Maddison Lake

When we set life goals, we only ever dream of achieving them. But for Matt Manley, he keeps getting one step closer to his goal every day.

The Durham College sport management alumni is currently a supervisor at the Campus Ice Centre and Vaso's Field, both located a 10-minute walk from the Oshawa campus. As a supervisor, Manley is responsible for the maintenance of the ice rinks, fields, cleaning the facilities, Zamboni maintenance and managing setup and take down for special events.

After being out of school for a few years, Manley found the sport management program and saw it as the perfect fit. "I enjoy sports and everything about them. I was interested in the business side of sport," said Manley.

The program covered all the aspects of what goes into running a sport program, handling a team, learning about professional sports,

non-profits, and college and university athletics. As a grad, Manley says, "Going to a sporting event now, instead of just paying attention to the game, I'm looking at things such as sponsorships and team budgets. It really gave me a new perspective from a business aspect."

“I went in with a small idea of what it was, but the program really opened my eyes.”

The sport management program provides both volunteer and placement opportunities to its students and because of this, Manley was able to do his placement with the Durham College and Ontario Tech University (formerly University of Ontario Institute of Technology) athletics department. Through the program he had some cool experiences such as volunteering at the Hockey Hall of Fame (HHOF) induction ceremony. Manley shared that he enjoys learning about other alumni of the program, such



Photo Credit: Durham College

Manley drops the ceremonial puck at a Toronto Marlies game in 2014 with his sport management professor, Matt Akler and classmate Jake Krotowski. From L to R: Trevor Smith, Krotowski, Akler, Manley and an Carter Bancks.

as Phil Pritchard, a curator at the HHOF and the person in charge of keeping the Stanley Cup safe.

After graduation in 2015, Manley got a job with Frameworth Sports Marketing where he was responsible for dealing with autographs and memorabilia, working with professional athletes, and traveling across North America. "At Frameworths, we had exclusives with players like [Carey] Price, [Patrick] Kane, [Jonathan] Towses and [John] Tavares," said Manley, "I was fortunate enough to visit the personal homes of [Evgeni] Malkin and [Sidney] Crosby to get pieces signed"

During his time with Frameworth, he formed a

friendship with a major league all-star, "I actually became pretty good friends with Josh Donaldson." Manley met Donaldson at a black tie event where Donaldson was wearing Jordan brand sneakers with his suit, "I teased him over the shoes actually." After sitting with Donaldson in a boardroom at the event getting memorabilia signed and talking with him more, Donaldson surprised Manley with a pair of Jordan sneakers for his then newborn son, Colton, "He said every kid needs a pair of Jordans," and from there the friendship grew. Donaldson surprised Manley again for his sons first birthday, "For Coltons' birthday, he ended up sending him a card, a Canada Goose winter jacket, and more

sneakers." The two kept in touch until Donaldson was traded from the Toronto to Cleveland and left the city.

Manley left Frameworth due to the long commute

“Also keep your mind open to different opportunities even if they aren’t exactly what you want or you’ll miss out on a lot of opportunities.”

every day and the travel that kept him away from his family. When the job at the Campus

Ice Centre came up, he knew where he wanted to go next. “It’s a shorter commute and it’s closer to where I want to be.”

When asked if he had any advice for those considering the sport management program, he said, “Realize you won’t be a general manager of a major league team when you graduate. Also keep your mind open to different opportunities even if they aren’t exactly what you want or you’ll miss out on a lot of opportunities.” He admits he wasn’t fully aware of everything to do with college and university sports even though he’s always been interested in them, “I went in

with a small idea of what it was, but the program really opened my eyes.”

“It really gave me a new perspective from a business aspect.”

Manley still hopes to be more involved with the college and university athletics and get a job in the area, but he is also happy where he is and looks forward to what’s to come. 🏒

Information about the Campus Ice Centre can be found at:

campusrecreationcentre.com under ‘Facilities’

@CampusIceCentre on Twitter

@Campusicecentrearena on Facebook

The Campus Ice Centre is located at:

2200 Simcoe Street North,
Oshawa ON, L1H 7K4



The exterior of the Campus Ice Centre.

Photo Credit: Nustudia Recreation

Passionate teacher acknowledged for putting students first

Photos and Story by: Jaslin Grove

It is faculty members like Kris Felstead, who go above and beyond to ensure student success, that make Durham College such a great place to learn and grow.

Felstead didn't set out to be an award-winning teacher, but the co-ordinator of two programs has done just that. He had many interests but they

While pursuing these different interests, Felstead was also a part-time faculty member at the college. When Durham College offered Felstead an opportunity to teach full time, he faced a difficult decision — take the risk to become a professional racer or follow his new-found passion of teaching.

“

I get a great deal of satisfaction from seeing the growth in my students from Year 1 to when they graduate. ”

ultimately led him to his career at DC where, in October 2019, he was awarded Durham College's Faculty Award of Excellence.

His road to teaching success wasn't a typical one, as he was pursuing a diploma in Massage therapy, and living the dream as an Indy-car racer.

“My dad's a realist,” says Felstead.

“He sat me down and helped me put the situation into perspective. Do I reach for the brass ring now and take a shot with racing, or do I take the opportunity offered by the college?”

Felstead ultimately sacrificed his racing career so he could



Kris Felstead smiles proudly with his Faculty Award of Excellence. He is a program coordinator for two programs within the School of Media, Art and Design.

pursue teaching, and he has been an invaluable addition to the DC community ever since. Previously, he was the co-ordinator for both the Interactive Media Design and Contemporary Web Design programs. Nowadays, he oversees the Video Production

and Advanced Filmmaking programs.

His love of DC stems from the way the school encourages student-teacher interaction.

“Durham College has always asked their teachers and instructors to mentor and nurture student learning



Kris Felstead looks on at his award of excellence for 2019. Recipients of the award are nominated by their fellow colleagues, and then analyzed by a select committee.

as opposed to just delivering information,” says Felstead.

“I get a great deal of satisfaction from seeing the growth in my students from Year 1 to when they graduate.”

“

I was really honoured that my fellow faculty would take the time to nominate me, because that in itself means so much. ”

Felstead takes this learning growth seriously and has implemented a work-integrated learning strategy into his programs. His teaching strategy involves bringing in external clients, such as

non-profit organizations, and allowing the students to work on projects for them, just as if they were in the workplace.

“Some of the student projects have won awards for

creating exceptional content for non-profit organizations that normally wouldn’t be able to due to lack of funding,” says Felstead.

Felstead works with non-

profit organizations like Spinal Cord Injury Ontario to provide students an authentic workplace environment. Students have had the chance to work with real spinal cord injury survivors and take on the responsibility of telling their stories.

“It’s powerful for the students and the content they create,” Felstead says.


“It’s really eye-opening for them to realize how fortunate they are. It’s an empowering project not only for them but for me and the staff working on it too.”

It’s Felstead’s innovative teaching methods and his passion for students that earned him his award. Even though he had been nominated before, he’s humbled and honoured to finally be the recipient of such a prestigious award.

“It was overwhelming to win,” says Felstead.

“I was really honoured that my fellow faculty would take the time to nominate me, because that in itself means so much.”

Felstead is using the award as motivation to continue being innovative with his

teaching methods and help bring a lasting, positive impact at the School of Media, Art and Design. 

The Faculty Award of Education

This award is designed to honour and acknowledge a full-time faculty employee who, by demonstrating excellence in daily tasks, has contributed to ongoing student success, his/her own professional development, departmental goals, and to the mission of the college.

Nominees and recipients of the award demonstrate the following:

- Commitment to student success
- Leadership in teaching
- Significant impact on students
- Sustainable commitment
- Adaptability
- Dedication to improving their own education and knowledge

Success Without Borders

By: Catalina Salas

Photo Credits: Mauricio Cuellar

Getting out of our comfort zone is not easy. There are people who are afraid of change and taking risks, while there are others who are constantly trying to challenge themselves. Durham College (DC) public relations alumnus Mauricio Cuellar decided it was time to leave the daily grind and jumped right into the adventure of moving abroad to begin a new chapter in his life: living the international experience at DC.

With tickets and bags in hand, Cuellar said goodbye to Mexico to embark on a new adventure in Canada. Cuellar and his family moved to Canada two years ago, a few weeks before starting the public relations program. DC events such as international student orientation and start strong helped Cuellar to take the first step on his journey to success. "It helped me understand the culture, the expectations, and it also helped me to start creating my action plan for success," says Cuellar.

There are many reasons why people decide to move to another country. For Cuellar, it was to challenge himself. "I wanted to have an international experience, and in a multicultural country as diverse as Canada, it professionally puts you on another level," says Cuellar.

Out of all of the colleges in Canada, Cuellar chose DC "The college provides a lot of support and many

“ Life is like a roller coaster, but as long as you are clear about what you want... you will never lose sight of your objective. ”

opportunities for international students," says Cuellar. More so than other colleges he researched before making a decision to move.

One such opportunity is the ability to participate in the IWorks program. IWorks funds work-study positions for international students to work on campus during the academic year. Cuellar was able to work part-time in the college's communications and marketing department. "Working at Durham College

gave me the experience I needed to be successful even before graduation," says Cuellar.

Cuellar and his family faced many challenges on arriving in the Region of Durham. He had to find a place to live, understand transportation routes, adapt to a new culture. Yet, he always tried to think of the bigger picture. "It is important to realize that you are lucky, you are here for



Durham College public relations alumnus Mauricio Cuellar is currently working at the AI/HUB.

one, to have their objectives clear, to believe in themselves, but above all, to always have fun.

Moving to a different country can be challenging. However, taking risks, and seeking new challenges can have a huge impact on your success. For Cuellar, DC played a big role in his success as an international student, providing him with all the resources and tools to achieve success in his career. 🇨🇦

a reason and that is to look for more opportunities," says Cuellar. It's important to have the strength and to have a goal in mind to get back up each time you fall. "Life is like a roller coaster, but as long as you are clear about what you want, and as long as you establish your plan for the future, the road can be complicated, but you will never lose sight of your objective," says Cuellar.

Cuellar advises international students to network from day

Coffee: More than just a hit of caffeine

Story and photo by: Maddy Jeffrey

Your morning java now has the potential to bridge the gap between leaders of today and those of tomorrow.

Durham College (DC) students and alumni now have access to life- and career-changing advice based on their specific career interests all over a freshly-brewed or virtual cup of coffee. Coffee Conversations offers an exclusive networking and mentoring platform that allows members to message and chat.

"DC Coffee Conversations led me to connect with credible alumni and ask valuable questions about my interests and career path," says current Public Relations program student, Sarmad Shaikh. "I highly recommend this platform for students who are looking for advice and alumni who are willing to share their experiences with future employees of their industries."

Once individuals join DC Coffee Conversations, they will receive new connections with others based on career goals and interests on a monthly basis. All introductions arrive directly in email inboxes

along with LinkedIn profiles. Participants can then arrange a time to connect for endless learning and career growth, whether online or in-person.

"Having a diverse network can help accelerate careers, allows students and alumni to tap into the smart thinking of peers locally and globally and is a powerful contribution to the DC community."

"We wanted to provide students with the opportunity to network with alumni and for alumni to give back to students," says Lisa McNerney, manager, Alumni Engagement. "Essentially, we want to give both students and alumni new connections to learn, share and grow."

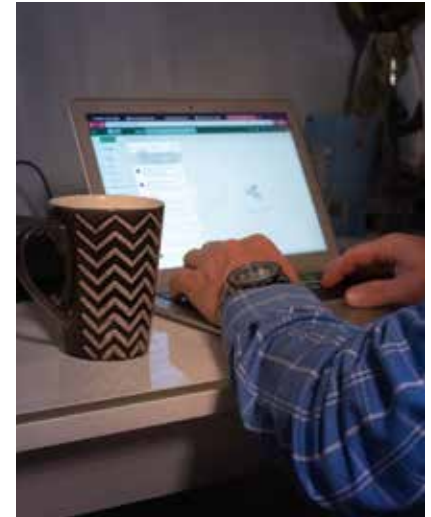
By joining this network, alumni will partake in shaping the careers of students and recent graduates with personal experiences and tips. DC Coffee Conversations helps to build professional networks

with other alumni in specific lines of work, and upgrade mentoring and networking skills through real-world practice.

"Having a diverse network can help accelerate careers, allows students and alumni to tap into the smart thinking of peers locally and globally and is a powerful contribution to the DC community," says McNerney.

Students who join DC Coffee Conversations will gain a better understanding of what careers are available to them. Networking with DC alumni who have similar interests within their industry, who can provide the best advice for each individual, will provide students with advantages when entering the workforce.

"I felt awkward trying to network with professionals and thought I was wasting people's time by reaching out," says Shaikh. "When I joined DC Coffee Conversations, it changed my thoughts on networking altogether. This tool makes it easy and efficient to connect with others and I'm always excited to see who I will



A freshly brewed coffee paired with a new DC Coffee Conversations connection. pair with next."

DC Coffee conversations is an exclusive networking and mentoring platform powered by Ten Thousand Coffees, the social learning and networking platform that partners with schools to build networks between students, recent graduates, and alumni.

To participate in DC Coffee Conversations, go to durhamcollege.tenthousandcoffees.com, sign up and mentor the leaders of tomorrow or connect with a leader of today, over a hot cup of joe. ☕

The ASC...Your Biggest Support

Story By: McKenna Modler
Photo Credit: McKenna Modler

Learning is a part of everyone's lives, but it's how a person learns that makes the individual unique.

"The ASC can do plenty of things for students. We are growing and changing in a sense to find out what each person needs," said Callum Mackintosh, Assistive Technologist with the ASC.

“The ASC works together to make sure students are getting all the support they need.”

That's where the Access and Support Centre (ASC) comes in! The ASC at Durham College (DC) provides resources for students who have trouble learning in the classroom.

"Just because I had a learning disability doesn't mean I can't accomplish whatever I want," says Victoria Kozlowski.

Victoria Kozlowski, an alumna of DC's Public Relations

program found her self-confidence improved after using the ASC's services. Kozlowski described the ASC as her biggest support when she attended Durham College.

An accommodation that the ASC provides, is in most cases access to the test centre.

Students can book online for their test and take their test in a private area with no distractions.

For Kozlowski, she found the Public Relations program to be heavy course load, so by taking a reduce course load through the ASC helped her. She used extra time for her tests and exams through the ASC.

She struggled with her writing, grammar in particular, but with the ASC, she was able to understand the concept of writing by using the support the ASC has to offer.

Students with the proper medical documentation to support the barriers that affect them can use the services provided by the ASC.

Counselling is available for individuals or groups. Other

services include peer notetaking, peer coaching and assistive technology. Students who are deaf or have a hard time hearing can get support with computerized note-taking or real-time captioning.

Students who may learn differently from their classmate may get alternate formats such as electronic copies or enlarged copies of their course materials.

"The ASC works together to make sure students are getting all the support they need," said Mackintosh

Callum Mackintosh is a part-time student at DC taking computer programming. Callum has always wanted to help students with specific needs, so when the opportunity came to work as an assistive technologist, he jumped at the opportunity.



Callum Mackintosh is a part-time student at Durham College and an Assistive Technologist with the Access and Support centre

In his role with the ASC, Callum helps students who have a barrier in their learning to provide them with technology to function better in school.

Callum and his colleagues provide students with assistive technology such as reading, writing and organization software. They offer students equipment such as recorders.

Software like Read and Write or Kurzweil and accessible format textbooks to provide students with other ways to learn. Kozlowski used a speech reader which allowed her to listen to documents instead of reading them.

“Just because I have a learning disability doesn't mean I can't accomplish whatever I want.”

Accommodation and collaboration are what the ASC can offer for students as they help to sort out any issues the students may have in school.

For Kozlowski, she was able to learn more about herself and find out how she learns through the ASC.



Callum Mackintosh working at his desk in the ASC with booking appointments for students who need help with assistive technology.

“The main thing is if somebody has something preventing them, they can come see us to try to get it solved as it depends on the student and what specifically affects their learning,” expressed Callum.

The centre has helped her to understand her learning and

to deal with it in a way that she understands. The ASC is all about helping diverse learners.

To find opportunities to help them succeed as a student and make their learning differences unique to that person. 🍀

Oshawa Campus
Monday to Thursday
8 a.m. to 7 p.m.
Friday 8 a.m. to 4:30 p.m.
Phone Number:
905-721-3123
Email:
asc@durhamcollege.ca

The Beauty of Perseverance

Story and Photos By: Jamie Crawford

Durham College (DC) alumna and Oshawa Durham College sports hall of famer, Leslie Seeley has proven what perseverance can do.

After graduating from DC's Sport Administration program, Seeley pursued a job in sales at an Oshawa sports store. She thought she was destined to be in sales forever, until she had the opportunity to work for General Motors (GM). She worked her way up the corporate ladder, all while achieving her Masters of Business Administration through Athabasca University.

“We can do a lot here to help people feel good about their skin.”

She achieved her main career goal when she received a promotion and gained a new leadership role in the company. Everything was going to plan, until GM announced it would

be downsizing, and Seeley had three weeks to decide her future.

After working at GM for 31 years, Seeley ultimately made the decision to retire, take her life in a different direction and considered opening her own Pure + Simple spa.

The Pure + Simple brand has been a favourite of Seeley's since her niece decided to open her own spa in Waterloo, Ont., five years ago. Through her nieces' recommendations, Seeley fell in love with the spa's natural skin care products and services. She imagined what it would be like to open her own spa, but it was not until she retired that she seriously considered the possibility of opening her own location in Oshawa, Ont. This was something the Oshawa community had been lacking: a holistic and all-natural approach to skincare leading to real results.

“I did some soul searching and investigated this option,” says Seeley. “I had a meeting with Jean Eng and proposed



Leslie Seeley proud owner of Pure + Simple Spa located at 1053 Simcoe St N, Oshawa, Ont.

my plan of opening a spa in Oshawa. Four months later we opened our doors.”

“Perseverance is a big word in my vocabulary.”

Seeley's Pure + Simple spa celebrated its grand opening in September 2019. The spa offers a variety of services, such as Microdermabrasion, Aquabrasion, Intense Pulse Light treatments, hair removal, skin rejuvenation, acne

treatment, and an array of mineral-based makeup products.

“We can do a lot to help people feel good about their skin,” says Seeley.

Seeley's determination and hard work has led to her success, but it didn't come easy.

“You have to reach out to organizations and join and find other organizations to network with and get yourself out there,” she says.

Seeley continues to set goals for herself and the spa. She hopes to expand and potentially open another location.

She remains optimistic about what the future can hold for her business and remarks, "Perseverance is a big word in my vocabulary."

A DC grad, a Durham College sports hall of famer, GM retiree and now a spa owner, Seeley's perseverance almost guarantees her success. 🧘

For more information on Pure + Simple visit them on social media:

Twitter: [@Pure+SimpleCA](#)

Instagram: [@pureandsimpleca](#)

Facebook: [@PureandSimpleSkincare](#)



Seeley stands in front of the all-natural skincare products offered at Pure + Simple Spa.

FROM DCPR TO NKPR

Story and photography by Olivia Oldfield

From Durham College Public Relations (DCPR) to NKPR, a public relations agency, Alex Wilcox, a public relations 2019 graduate, has already made a name for herself. The former public relations student became a success among her fellow graduates and classmates, through her impressive transition from public relations intern to account co-ordinator.

During her time in the Durham PR program, Wilcox completed her non-profit placement at Brimacombe ski resort in Orono, Ont., working under the direction of fellow Durham College (DC) public relations graduate, Courtney Pope. She then completed her corporate placement at NKPR, one of the most well-respected public relations agencies in the

country. Wilcox did not stop there, and went on to perform PR duties at the IT X Producers Ball, Toronto International Film Festival, which led to her being offered a contract position with NKPR immediately after finishing her placement.

This is not to say that it came easy. The world of public relations can only be described in the most layman of terms as fast-paced, and Wilcox was thrown into this world immediately during her placement. As she moved into the role of account co-ordinator, she took on more serious responsibilities. At NKPR, she works directly with clients to pitch ideas, planning client events as well as being a primary point of contact for interns.

She attributes her success

in the PR world to her experience as an intern. Wilcox says that "It [NKPR] really [does] give you all the skills you need so it's really easy to slip into account coordinator, because you are on so many accounts as an intern and it's so many different ones...it also makes you more appreciative of what the interns do because I was in their shoes."

It's no surprise that Wilcox has become an inspiration to all those graduating from Durham College's PR program. She has done what many thought would take years and countless more internships to accomplish. Her impressive communication skills and sense of humour help get her to get through the long days and is what has gotten Wilcox to the incredible career position she now holds.

Her advice for new arrivals



Wilcox standing outside the NKPR offices in Toronto

to the PR world: "You should really over-communicate with your senior people. If you're struggling let them know, or if your workload is too heavy, let them know. You aren't going to get in trouble."

As Wilcox continues her career in the public relations industry, whether she stays with agency life or moves into the corporate world, she will be someone DC students and graduates can always look up to.

Her extraordinary transition from intern to account co-ordinator shows that she will be a force to be reckoned with as she continues to move up through the world of PR. 🍀

“It [NKPR] really [does] give you all the skills you need so it's really easy to slip into account coordinator, because you are on so many accounts as an intern and it's so many different ones...it also makes you more appreciative of what the interns do because I was in their shoes.”

Public Relationship with Basketball

Story and photo by: Sarmad Shaikh

Finding the right balance between work and play turned into an impressive career for Durham College alumni Madeleine Dender.

Born and raised in Pickering, Ont., Dender split her time in high school between her classroom studies and playing basketball at a highly competitive level. "I've been playing basketball since I was 10 years old," she said. "I learned to multi-task my studies and sports while in high school and I've always used basketball as an outlet to help me get my mind off things."

"I felt like I still had a lot more to learn and wasn't ready to start working just yet."

At the same time, Dender knew she wanted a full-time career that would be a good fit for her outgoing personality. When the time came for her to choose a

college, she opted for the event-planning program at Durham College, where she could combine her studies with playing for the school's highly regarded women's basketball team.

"I didn't want to stop playing basketball after I finished high school, so I made sure that wherever I decided to go, I would still be able to play competitively," said Dender.

Two years and many basketball games later, Dender graduated from DC's event-planning program, but on her last day of classes she made the decision to continue her education.

"I felt like I still had a lot more to learn and wasn't ready to start working just yet," said Dender. "My program coordinator suggested Durham's public relations program because it correlated with event planning. I also knew I wanted to come back and continue playing basketball, so it



Dender holding a Canadian Press Style Guide in one hand while holding her laptop in the other and balancing her phone on her ear.

worked out both ways."

But taking her learning game to the next level didn't come easy for Dender. Once settled into the public-relations program, she admits it was sometimes difficult balancing her school workload with her responsibilities as a varsity athlete. On occasion, her basketball games and practices overlapped with the due dates for her assignments. By necessity, Dender learned to balance

her school workload and athletic career, which was made easier through the efforts of her PR professors.

"All my professors made sure I stayed up to par with my marks," she said. "Sometimes that would lead to me handing in assignments a few days before the deadline or doing tests at a different time. Yes, it was tiring, but it allowed me to continue doing what I love."

As an added bonus, Dender discovered that basketball was an excellent outlet that helped her immensely in stressful times. "Going to basketball practice at night would always help me clear my mind and focus on what's really important. It was a great coping mechanism for me," she said.

Dender admits that her biggest career motivator has always been her supportive parents, particularly her mother. "She always encouraged me to continue my work, no matter the circumstances," she said. "Both my parents are very respected in their careers, so I always wanted to have that same reputation for myself wherever I work."

After two years in Durham's PR program, all of Dender's hard work and dedication paid off. In her final semester, she took on the role of public relations intern for the Canadian National Institute for the Blind (CNIB), a respected charitable organization dedicated to helping Canadians who are

blind or living with vision loss.

"I absolutely love it," she said. "When I first went into PR, I didn't think I would ever work at a non-profit organization, but every day is different at the CNIB."

Looking to the future, Dender plans to stay in the public-relations field, though she wants to make use of her event-planning abilities. "Eventually I would like to incorporate my event planning background into my career, since I would like to utilize the information I got from that program," she said.

“You can't plan for what's to come.”

Should the opportunity arise for Dender to ever revisit her athletic career, she'd jump at the chance. "Of course I'd love to be doing something in sports outside of work, like playing in a league, or coaching or teaching basketball. If I can get the chance to travel more, that would be awesome too. Mostly, I just want to keep



Dender posing in her Durham Lord's basketball uniform. Photo taken by Mauricio Cuellar.

experience you get of being there." 🧘

“I just want to keep learning and keep doing a job I love.”

learning and keep doing a job I love."

Dender is living proof that students can successfully combine their academic studies with athletics and she has some words of wisdom for future student-athletes who are considering Durham College: "You can't plan for what's to come," she said. "Work hard and you will adjust to blending the worlds of education and sports faster. Enjoy yourself and the

Creating a career out of passion.

By Candy Thomas

Photo credit: Durham College, Kait Souch and Candy Thomas



Kait Souch, digital marketing strategist at Durham College (Durham College).

Who says you can't create a successful career out of your passion? There's a popular saying, "Do what you love, and you'll never have to work a day in your life." That's exactly what Kait Souch, a Durham College (DC) alumni and digital marketing strategist, is striving to do.

In 2008, Souch graduated from DC's Graphic Design program. She returned in 2014 to complete a diploma

in Advertising & Marketing Communications. Using the skills she gained from her studies at DC, she forged her path to a fulfilling and successful career.

Like all great success stories, her story originates from humble beginning. Hailing from a family with a strong creative and technological background — her father worked in IT, her mother with a career in marketing, and a grandfather



Kait Souch working on DC's social media platforms (Durham College).

that founded a then-prominent public relations firm — it appears Souch was destined for a career that allows her to merge these fields.

"I was always encouraged to try new things," she says. "I was that kid in Grade 4 that had a website. It's how I naturally got into web design."

This love of design brought Souch to DC. With a laser-like focus, she excelled in her program, building valuable and transferable skills that would set her apart from her peers.

One notable experience was the prestigious Grip Orange Juicer competition. In 2016, Souch was one of those lucky students hand-selected to



Kait Souch monitoring DC's social media activity (Thomas).

represent the College in this Ontario-wide competition.

Each year, a few select DC advertising & marketing students are given the opportunity to participate in the Orange Juicer competition where students tackle real advertising issues, deadlines and work with real clients. "I gained a lot from that experience," she says. "As a student, it allowed me to effectively place the skills I learned to real-life scenarios."

"I loved being a student at DC!" she says. "I felt supported, like I was a part of something bigger."

So when the opportunity presented itself, Souch returned to the place that emboldened and challenged her, to lay permanent-roots.

"I knew I wanted to come back," says Souch. "It's a great work environment here at DC. Everyone is so eager and willing to help."

As a digital marketing strategist, Souch works with the Communications and Marketing team to ensure DC continues to stand out and stay ahead-of-the-curve in this digital age. In 2015, Engagement Labs, a data and analytics firm, listed DC as one of the top Canadian universities and colleges on social media. She helps oversee all corporate social media accounts. Also acts as an agency for all other departments, providing assistance with running successful social media campaigns and training.

"We function like an internal agency," says Souch. "With all the other departments acting as our clients."

Off-the-clock, she runs a successful trendy lifestyle blog called, *Teacups & Things*. *Teacups & Things* covers a range of topics,



Kait Souch attending an on-campus event to gain content she will share on DC's social media accounts (Durham College).

“It’s a great workenvironment here at DC. Everyone is so eager and willing to help!”

including fashion, beauty, local community, food, DIYs and gluten-free living.

For approximately 10-years, she worked diligently to build this platform to where it has become a part of her personal creative brand.

"Through blogging, I found

my love for social media," she says.

As for what's next, Souch is excited to continue her work at DC.

"This is it for me!" she says. "I love that no day is the same. Each day the social media landscape changes. It presents

new and exciting challenges."

To the next wave of students pusuring their passion, whatever it may be, "Be confident in your work," she says. "Great work always speaks for itself."



The Long and Winding Road to Becoming Champions

By: Brayden Smith

Photo credit: Al Fournier

The Durham College Men's Soccer team has surpassed all expectations heading into the Canadian Collegiate Athletic Association (CCAA) as under dogs, and finishing the tournament as champions.

Pierre Sanz, a graduate from the Durham College (DC) Broadcast Journalism program has attended and reported on every Durham Lord's Men's Soccer game for the last three years of his life. Working so close to the team, he had the opportunity to watch them grow and surpass everyone's expectations particularly in 2019, when the team secured the CCAA Championship.

“To go from having 25 to 50 people at our regular games to over one thousand, it was unbelievable.”

The day was Nov. 9, 2019. Sanz woke up and proceeded to Vasco's Field like any other game day, but unlike the other days, this day was different. This would be the day the Durham Lord's Men's Soccer team would compete for gold

in the CCAA Finals. The team that captured provincial gold two years prior was finally getting their chance to capture gold on Canada's largest stage.

“I just had a feeling something special would happen that day,” says Sanz.

He wasn't wrong. He watched as the stands filled with hundreds of DC fans. Along with him, Nate Paine, one of the team's starting 11, began to notice as the crowd grew to unimaginable numbers.

“It was freezing cold that day,” says Paine. “And to go from having 25 to 50 people at our regular games to over one thousand, it was unbelievable.”

Paine made the easy decision to join the team back in 2017 when he graduated from Premier Elite Athlete Collegiate School for Elite Athletes. Since then, DC's passion to making the student experience come first has helped make player development for him and his teammates a priority, while encouraging them to reach their highest potential.

“You always picture reaching that goal of becoming a national champion. To actually achieve it is something you can truly never prepare for.”

“The addition of Joshua Lee up top was huge this season,” says Sanz. “I would say the defence definitely improved and having that winning experience from the provincial championship really helped the guys have that winning mentality.”

In 2018, it was announced that Durham College would be hosting the prestigious CCAA National Championship. Along with the honour of hosting the tournament, teams are automatically given a position to represent their school. When Dave Ashfield, the team's coach, informed the team they would be placed in the tournament, they immediately got to work.

They spent the whole season practicing five days a week and

playing in countless exhibition games as they worked to eliminate as many mistakes as possible. When the time came, all their hard work paid off as they earned the program its first ever CCAA gold medal.

“Working so hard over the last couple years, you always picture reaching that goal of becoming a national champion. To actually achieve it is something you can truly never prepare for. We get to say we're the champions. We've made Durham College a national champion!”



Nate Paine prepares to strike the ball on net just outside the 18 yard box.

The Global Class:

Explore Durham's Educational Pangea

By Nicole Lam
Photo Credit Durham College

Durham College (DC) has brought many innovative ideas to life over the past three years. One of these innovative ideas is the Global Class, a passport to the world through a new kind of learning.

“We all need to become planetary thinkers,”

says Lon Appleby, professor of the Global Class.

To that end, he's managed to network with like-minded professors and experts around the world to bring this idea of the planetary thinker to life and enhance the experience of DC's Global Class.

An alumnus of the Advanced Journalism program at Durham College, Appleby is now a professor in the college's School of Interdisciplinary Studies.

Additionally, he's also an award-winning journalist and documentary producer. He's been around the world for his work for networks like Discovery Channel, Canadian Broadcasting Corporation, and Citytv. It's these experiences that ignited his passion for making education a more innovative and interactive experience.

In simple terms, the Global Class is a guided conversation with other classrooms while being live-streamed around the world. Since its creation, it has brought together professionals and teachers from more than 85 countries, creating an educational Pangea.

The guest list of the Global Class has grown over the years. Speakers who've joined the class include: Dr. Rona Hart, psychology professor at the University of East London, British biologist and geoscientist, Hazel Barton, and Brazilian entrepreneur, Marcelo Da Luz. Lon Appleby



Global class creator Lon Appleby teaching students.

hosts students in the global classroom located in the new Centre for Collaborative Education at Durham College.

The Global Class gives students in countries all over the world the opportunity to explore complex subjects without conventional classroom boundaries.

Topics students have recently explored in the class include: racism and shootings, toxicity in gaming, and the power of social justice.

"You never know what to expect when you enter one of Appleby's classes," says Aaron Mitchell, a former Global Class student.

"You might find yourself discussing religion with students in Bangladesh, dissecting the educational system with professors in Zambia or analyzing racism with speakers in California."

In the fall of 2019, the Global Class examined many subjects including the road to entrepreneurship; ethical artificial intelligence; and relations between nations. The class takes place every Wednesday in the Centre for Collaborative Education. All live-streams are uploaded to the website, theglobalclass.org, where anyone can view them. "If students weren't interested,



Lon Appleby.



Lon Appleby showcasing the power of the global class during a lecture.

then this wouldn't exist," says Appleby, "Not only do students like connecting, but we're in a time right now where the education system is changing, and we need to change with it."

Appleby's hope is that the Global Classroom will help students feel as if they're together in the same room examining the issues that unify them –despite geographical, political, or cultural barriers.

"We want students to exchange and create," says Appleby. "That's what this is about. In every discussion we are exchanging knowledge and ideas, gaining insight, then creating something brilliant together."

This concept makes the Global Class a truly unique learning experience at DC, combining technology and globalization in an engaging, dynamic, learning environment. With Appleby, students take a journey around the world, and education is their passport. 🌐

Red-dress installation: Call for awareness

Byline-Nihali Shah

Anishnaabemowin, the Durham College First Peoples Indigenous Centre (FPIC) is called "Suswaaning Endaajig." It means "nest away from home". "That is exactly what staff hope the centre feels like for Indigenous students; whether they're away from home for the day attending class. FPIC utilizes a holistic approach to serving students, focusing on their physical, mental and spiritual well-being. The centre has been providing services for more than 15 years such as the Indigenous Advisory Circle". It was formed to provide Indigenous Peoples with the opportunity to advise and make recommendations to the college.

These recommendations will focus on creating a welcoming and respectful environment that values Indigenous history, culture, world view, and ways of knowing. The FPIC focuses on one major campaign which is organized in February every year. 'The Red Dress Installation' campaign is in

recognition of the murdered and missing indigenous women. It is a one-week campaign. The FPIC had the red dresses hanged in the center of this building and also everywhere else on campus. "Our motive behind the campaign is to gain support and spread awareness within and outside the college campus. Girls are missing every second day."

"Our motive behind the campaign is to gain support and spread awareness within and outside the college campus. Girls are missing every second day."

In the second week of February the campaign starts on-campus of Durham College, Oshawa. The volunteers and students, specifically females, to dress in red and discuss the campaign with fellow students. So that is in recognition of the murdered and missing Indigenous



A red dress sketch by artist Mukti Darji.

women so that week the week of February 10 to 14. "Like we always had the red dresses stuck in the center, actually looks like we're going to have them hanged all months, but that's incredible that we want to push out to and encourage other areas of the college to hang a red dress like this is something that lots of places do and it's pretty astonishing when you see it", says Peggy Forbes, the Indigenous Coach of Durham College FPIC.

"To be an Indigenous and to be female moving throughout the world, there is a risk of violence that is different than other groups experience", added Forbes.

The motive of the campaign is to spread cultural and communal awareness. Let's end discrimination to keep our women safe. 🏡

Photo credit: Mukti Darji

