

# Douglas College Alumni E-news



**Douglas College**

*Alumni Association*

## After forty years, Douglas College still cares about its students

As the 40<sup>th</sup> anniversary of Douglas College and the 30th anniversary of my graduation approaches next year, I think about how different the college experience is for today's students.

When I started attending the college in 1975, I felt fortunate that I only had to attend classes on one campus. Students attending the college in 1970 had twenty different locations spread across the Douglas and Kwantlen College regions. The Surrey campus was a group of portable classrooms packed onto a small site on 140<sup>th</sup> street. The floors bounced and the ceilings leaked. You got accustomed to navigating around wastepaper baskets put in the hallways to catch the drips. The cafeteria was a series of vending machines and some tables and chairs. It was also the place you would find the pay phone when you needed to phone someone.

In 1975 there were no personal computers. Oh, how much easier it would have been to do a term paper on a computer. Term papers were handwritten or typed. My first papers were typed on a manual typewriter with a bottle of Liquid Paper standing by. It was so frustrating to type a page then realize that you hadn't left enough room

for the footnotes. I think it took as long to type the paper as it did to write the paper. You were always jealous of classmates who had a friend or family member who was a fast typist.

There were also no computers at the college until the 1980's. That meant no online registration. On your registration day, you either took a half day off work or enlisted a friend or parent to register for you. We would fill out cards with the course information and go from classroom to classroom. Faculty members would take your course card if there was still space in the class. If there was no space, you would have to re-do your class schedule. That meant filling out more cards and more walking from classroom to classroom. By the time you finished registering for your courses you needed something a lot stronger than coffee from the vending machine.

Not everything was terrible "in the old days". We had some characters teaching at the college. My first year psychology instructor wore the same shirt, jeans and boots to class every day. He mentioned in class one day that he raised goats. We just hoped that he wore something different when he tended his

herd. A political science instructor had long hair, a longer beard and wore jeans to class every day. It was quite a surprise to attend a retirement party a couple of years ago and see this same fellow with short hair wearing a suit and be introduced as a Dean at Kwantlen College.

Probably the best thing about being a student in the 70's was the cost of our tuition and books. My tuition for my first semester was \$100 for five – three credit courses. I had to spend another \$50 for all my textbooks. Even though wages weren't as high as they are today, most of us were able to afford to go to school full-time by just working over the summer. Summer jobs were plentiful and well paid.

While my student experience may be different from yours, some things remain the same. Faculty members know your name. The staff are always available to help you. And the administrators work hard to provide you with the best education opportunities. After forty years, Douglas College still cares about its students.



**Heather Campbell is the Treasurer on the Douglas College Alumni Association board.**

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## Douglas instructor receives national coaching award

Tim Frick is going out at the top of his game. The Sport Science and Bachelor of Physical Education and Coaching (BPEC) instructor, who was recently named Coach of the Year by Coaches of Canada, is leaving his post as head coach of the National Women's Wheelchair Basketball team.

Frick was presented with the Jack Donohue Coach of the Year Award in Calgary in November 2008 during the Petro-Canada Sport Leadership Sportif, an annual conference organized by the Coaching Association of Canada.

Frick led the team to three Paralympic Games titles and four world championship gold medals. He was head coach for 19 years. Prior to that, he coached Rick Hansen and Terry Fox.

Receiving the award named for the late Jack Donohue, a former Canadian Men's National Basketball Coach who also coached icon Kareem Abdul-Jabbar in high school, was an honour, says Frick.

"Jack was the consummate coach. He was a great mentor to a lot of us. I was lucky enough to have started when he was at his peak and I was able to pick his brain," says Frick.

A consummate coach is how the players

who have worked with Frick, describe him.

"He is more than effective. He's a world leader," says Jennifer Krempien, who retired this Fall after having competed with the women's national team for 16 years.

In addition to his technical expertise, Frick supports his players in their personal development.

"He understands that in order to be a complete player, you have to be a complete person. We're women with families and lives. He knows we don't have the luxury to put our lives on hold for four years," Krempien says.

"Creating and building relationships is productive for everybody involved. It's a hallmark in the BPEC Program at Douglas too. We tell our students over and over again, 'You're coaching the person doing the activity.' A sign of a true coach is that he or she helps the individual so that they can increase their performance and take it to a higher level," says Frick.

He says the atmosphere at Douglas is "fun, 24-7," and that now he is retired, he misses the staff, students and faculty who are like family. He took early retirement effective March, 2009.

Frick and his wife Gerry relocated from Port Coquitlam to Pender Island in the Summer and he's looking forward to having the time to do things that were, until recently, "put on the backburner."

He plans on helping Gerry with her passion, volunteering with German Shepherd Rescue of BC, and putting the finishing touches on his rec room. Frick will keep active with disc golf and coaching the grade seven basketball program on Pender Island.

"When you're involved in elite sport, you miss celebrating a lot of milestones with your friends and family. I'm looking forward to doing that now."



National Women's Wheelchair Basketball player Jennifer Krempien, far left, says outgoing head coach, Tim Frick is a world leader in basketball.

## New long distance savings for Douglas College Alumni

It's challenging raising money during these uncertain economic times when we are all looking to save money wherever we can. At the DCAA, we've happened across something that accomplishes both.

We've partnered with a company called LoyaltyTel that utilizes the web to offer you lower long distance rates for both your home phone and your cell phone.

At the same time, \$2 or \$4 per month, depending on what program you sub-

scribe to, will be returned to the DCAA creating a much needed revenue stream that will help us continue to raise money for the Alumni Association's bursary.

These are long Distance programs only, your local telephone and cell phone service providers do not change, nor do your telephone and cell phone numbers.

You don't have to contact anyone or do anything other than take less than five minutes to register at:

<http://dcalumni.loyaltytel.com/landing.aspx>

and start enjoying lower costs for making calls while supporting bursaries at the same time.

## Project Ask - Alumni mentoring program

The purpose of Project Ask is to provide current and potential students the opportunity to further investigate a particular career.

Students gain valuable tips and insights by meeting with a graduate of the Douglas College program they are interested in taking, or are currently studying.

As a former student, you can give students the opportunity to see how their college training applies to actual job situations. As a volunteer mentor, you will talk to current students about your experience at Douglas College, as well as your current work. You are the link between Douglas College and the working world.

You can help students gain insight into how Douglas College graduates are applying their training in actual job situations.

For more information contact the Alumni Office at 604-777-6171 or email at [alumni@douglas.bc.ca](mailto:alumni@douglas.bc.ca)

## Alumni finally becomes somebody

Finding your place in this world is tough for some of us. At least it was for me. That's until I discovered Douglas College.

Somewhere after my thirty-eighth birthday, I declared, with my best Scarlett O'Hara accent, "By the time I'm forty I'm going to be somebody." I wasn't sure what I was going to be but there would be a label. I would be defined.

Back then I thought I was a failure. I had lost eight years of my life to addiction coupled with another twelve years trying to recover from the damage. Career-wise I had managed to get a dusty diploma in fine arts, had a string of entry-level job losses and an abandoned attempt at self-employment. In my books I was definitely a loser.

I did however try my hand at writing. I had five poems published by a little known publishing house and a semi-regular column in a women's newspaper. I had earned some money as a freelance proposal writer. Perhaps there was something there.

So I gathered my samples, talked some folks into giving me references, filled out my application and submitted it all to the Print Futures Professional Writing program. They interviewed me. They accepted me. I found my something.

For the next two years I explored my talents and skills. I loved the classroom experience although, secretly I worried my peers would see my inner confusion. I

confessed parts of my past to a few instructors who warmly assured me I would be okay. When I let down my guard I found my colleagues were there for me as well.

In my last semester I started working at Douglas. There was a temporary position in the marketing and communications office that allowed me to finish my final course and log some "real world" hours. Two of the women in the office were former Print Futures students. We chattered away about the program and they shared my joy at my final essay.

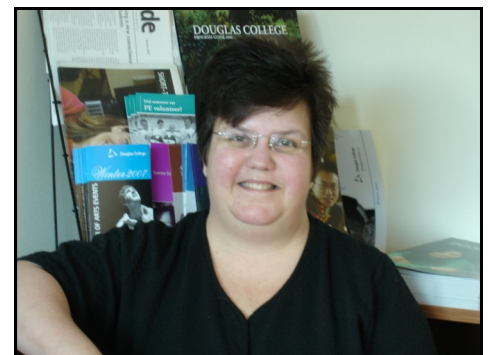
So there I was forty-one (okay a few months late) and now a writer. I left Douglas for six months, and then returned again in another well-worn stop on Print Futures career path as a documentation and publication specialist.

After about a year, I became a director on the Alumni Association board then returned to my old marketing and communication job. This year I resigned, oddly enough, on the same day as winter graduation. As I explained my departure to others, to go work with Crossroads Hospice Society, I felt I had finally come full circle. On my last day at work I finally picked up my alumni card because I felt, at last, I had truly graduated.

I'm grateful to have this chance to publicly thank the college for more than just the classrooms, assignments and paychecks. It's more for the kindness and consideration of the instructors and em-

ployees. Their support goes such a long way in motivating a lost soul like me.

So now that I've left, with my alumni card in my pocket, I'll keep coming back to visit with the hopes of helping others find their way to a new career. As for my label, well, I'm not sure I'll ever find just one. But for now I'll quote Ms. O'Hara again and say, "I'll think about that tomorrow."



**Kelly Lee Parry is a Director on the Douglas College Alumni Association and Chair of the Distinguished Alumni Sub-committee.**

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## New program encourages college-university transition

Under a pioneering pilot program, students will be able to earn college and university degrees concurrently. Inspired by similar models in Oregon, Douglas College and Simon Fraser University are designing an undergraduate program that co-admits applicants to both institutions.

This program will give students who plan to go to university, but want to start in a college environment, an opportunity to get prepared academically while transitioning gradually between the two environments. Though college students can currently transfer to university, the process requires going through the application steps a second time. Under the pilot program, they will only need to fill out a single on-line application.

The first of its kind in BC, this pilot program will offer an undergraduate degree in arts and social sciences. Douglas and SFU are aiming to have the program ready to accept an initial cohort of 75 students by late 2009. They hope to eventually offer a similar program in the sciences.

"This affiliation will assist us with recruiting Canadian and international students," says Jan Lindsay, Vice President, Education at Douglas College. "But the real winners are the students. This agreement will enable them to be much better prepared for a successful transition to a university environment."

"We expect that this arrangement will create more flexible options for students, and look forward to expanding the program if the pilot project is successful," adds Jon Driver, Vice President, Academic at SFU.

Students enrolled in this program will have to meet admission and continuance requirements set jointly by Douglas and SFU.

## Your Gift Matters

Imagine being the parents of three small children and struggling to hold down three minimum wage jobs between you – and then squeezing out the time to upgrade your education because you know it's the only way to provide a future for your family.

Alona G. has been doing this for 18 months. That she can still summon the energy to play with her children and hand her homework in on time is nothing short of a miracle. But miracles are what keep Alona going. One miracle in particular – the bursary she received from Douglas College Foundation last fall.

Much like the economy in general, our students are hurting this year – applications for bursaries are up 37% while our investments are down. Usually, we focus

on building our endowments, but this year, funds are needed to support students now.

And if you have not yet provided a donation to students, now would be the perfect time to start. It is a great feeling to know that you will be making a real difference to the lives of our students and their families.

As an alumnus myself, I started donating to the Douglas College Foundation after meeting some bursary recipients at an awards ceremony. I was impressed by their drive, their determination, and their absolute faith in the power of education. They were all ages, cultures and genders; some were near the end of their education, others were just starting out.



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All of them were overwhelmed by the support of donors, complete strangers who cared enough about them and their dreams to help them through the tough times. As they told their stories I realized that the only thing that would slow them down would be a lack of funds, and that this was a place where I could help. I've donated to the Foundation for over 10 years now and have never regretted it.

All donations to Douglas College Foundation qualify for a charitable tax receipt.

Yours Sincerely,  
Tracey D.

To donate, follow the link to the Donate Now button at [www.douglas.bc.ca/community/foundation.html](http://www.douglas.bc.ca/community/foundation.html)