

## Meet A Member - 15 Questions

### What is your favourite spot at your college/institute/university?

The pathway that circles the entire campus. A perfect place to bump into all sorts of people and the occasional deer, cougar and bear – yikes!

### Have you taken a course/program at your institution?

Yes – First Aid courses.

### What are your interests outside of work?

Yoga, cycling, skiing and anything outdoors. I have also been a volunteer with the Comox Valley Ground Search and Rescue team since 2007.

### What is something most people don't know about you?

I worked as a bicycle tour guide in Nova Scotia, PEI, western Massachusetts, New Zealand and Ireland. Pedaling a bike was a great way to make a living, be physically fit, meet incredible people and travel the world!

### How long have you been a GPOP member?

Over 10 years.

### What was your very first job ever?

With Dept. of National Defence in Ottawa. I was excited to hear that I was hired as a stenographer at the Pool on our military base. Little did I know that the “Pool” was a typing pool – there would be no swimming on my breaks.

### What stresses you out?

COVID-19 and the major effect it has on all of our lives – no surprise there.

### If you could live anywhere in the world, where would it be?

I would have to say where I am living now – there is no better place than the Comox Valley on Vancouver Island, in my opinion.

### Who is your role model?

My mom was my single biggest role model – she was the love of my life.

### What is your favourite meal?

Freshly caught poached salmon with lots of lemon, fresh dill, and asparagus on the side with a glass of chardonnay or pinot noir.

### Where was your last vacation?

Last summer I went on a yoga retreat on Saltspring Island. Due to COVID, we practiced outside under a canopy. It was amazing!

### Who is your favourite band/group/musician?

As the owner of approx. 400 CDs, I am very much into all sorts of music. My choice depends on my mood. What song brings out the clean freak in you?

### What is the best advice you ever received?

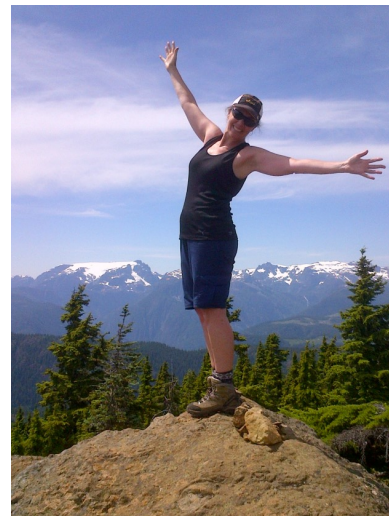
Just breathe. Listen to your gut. Be comfortable with being uncomfortable.

### What advice do you have for students?

Study abroad or as you approach your graduation, consider travelling – it may help you get a job, gain perspective, you'll trade plans for adventures, you'll get to know yourself better and make memories to last a lifetime.

### What is your favourite thing about working in education?

People, people, people – the supportive and caring college community that I feel so fortunate to be part of. It is truly a privilege to work at NIC.



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## NORTH ISLAND COLLEGE

NIC is honoured to acknowledge the traditional territories of the combined 35 First Nations of the Nuu-chah-nulth, Kwakwaka'wakw and Coast Salish traditions, on whose traditional and unceded territories we are situated.

NIC is a publicly-funded community college dedicated to serving 157,000 people on northern Vancouver Island and the central BC mainland coast. Our central focus is to support student experiences and success. Programming is delivered onsite at four campuses and one learning centre, through technology-enabled distance learning, and many in-community programs developed in partnership with remote communities across our 80,000 sq. km. service region.

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