Community Education
non-credit class schedule
Pages 9 –71

Enroll now!
Classes starting
March – June

Take your business
and career to
the next level!
PCC opens the CLIMB
Center for Advancement
Special Issue!
President's Column 4
Dr. Preston Pulliam explains how PCC’s new CLIMB Center for Advancement will help local businesses, workers and entrepreneurs recover from the recession and build strong workforce development programs.

Nurse Lissa 5
She started and stopped school many times before but Lissa Mannila tells why the support and training she received from PCC kept her on a successful career pathway.

CLIMB Up 6
So what exactly is CLIMB? It’s Continuous Learning for Individuals, Management and Business and it offers quality, affordable training and development to support individuals and businesses. The center already is helping local workers and companies take their next steps.

Bond Money Brings More Classes 8
Thanks to the bond measure in 2008, a new Cisco certification class now is offered, training information technology students for higher-paying jobs. Money from the bond measure was used to purchase about $60,000 of networking equipment.

Lifesaver 73
When she took the Advanced Cardiac Life Support Provider training through CLIMB, Melissa Hopkins didn’t expect to put into action what she learned. But she saved a man who went into cardiac arrest and says the class she took made it all possible.

Top Shelf Winners 74
What starts out as a morsel of a tasty idea can turn into true commercial success for foodies. CLIMB joins Oregon State University’s Food Innovation Center and New Seasons Market to help local start-ups get their products on grocery store shelves.

Kaiser Comes Aboard 76
Kaiser Permanente turns to the CLIMB Center to help their employees gain new skills and advance in the health care field.

Miller Match Is Back 77
For the second straight year, the James F. and Marion L. Miller Foundation challenge grant encourages the college to raise money for student scholarships. In these tough economic times there is no better investment in the future of the region than support of education and training at PCC.

Green With Envy 78
The Willow Creek Center on the MAX light rail line in Hillsboro just may be the most environmentally friendly educational structure in the state of Oregon. With roof-mounted solar panels and a plan to harvest rainwater, Willow Creek underscores the college’s commitment to sustainability.

Traveling with a Purpose 79
With the soaring popularity of travel volunteerism, PCC’s Community Education Program hopes local residents will lend a hand in a faraway country in need.
President's Column 4
Dr. Preston Pulliams explains how PCC’s new CLIMB Center for Advancement will help local businesses, workers and entrepreneurs recover from the recession and build strong workforce development programs.

Nurse Lissa 5
She started and stopped school many times before but Lissa Mannila tells why the support and training she received from PCC kept her on a successful career pathway.

CLIMB Up 6
So what exactly is CLIMB? It’s Continuous Learning for Individuals, Management and Business and it offers quality affordable training and development to support individuals and businesses. The center already is helping local workers and companies take their next steps.

Bond Money Brings More Classes 8
Thanks to the bond measure in 2008, a new Cisco certification class is offered, training information technology students for higher-paying jobs. Money from the bond measure was used to purchase about $60,000 of networking equipment.

Lifesaver 73
When she took the Advanced Cardiac Life Support Provider training through CLIMB, Melissa Hopkins didn’t expect to put into action what she learned. But she saved a man who went into cardiac arrest and says the class she took made it all possible.

Top Shelf Winners 74
What starts out as a morsel of a tasty idea can turn into true commercial success for foodies. CLIMB joins Oregon State University’s Food Innovation Center and New Seasons Market to help local start-ups get their products on grocery store shelves.

Kaiser Comes Aboard 76
Kaiser Permanente turns to the CLIMB Center to help their employees gain new skills and advance in the health care field.

Miller Match Is Back 77
For the second straight year, the James F. and Marion L. Miller Foundation challenge grant encourages the college to raise money for student scholarships. In these tough economic times there is no better investment in the future of the region than support of education and training at PCC.

Green With Envy 78
The Willow Creek Center on the MAX light rail line in Hillsboro just may be the most environmentally friendly educational structure in the state of Oregon. With roof-mounted solar panels and a plan to harvest rainwater, Willow Creek underscores the college’s commitment to sustainability.

Traveling with a Purpose 79
With the soaring popularity of travel volunteered, PCC’s Community Education Program hopes local residents will lend a hand in a faraway country in need.
Welcome to the spring issue of PCC Communities.

As you glance through this issue, you might notice a theme or two. There’s a focus on business-related stories. Entrepreneurship gets mentioned a lot. There are a ton of mountaineering metaphors.

That’s because we dedicated this issue to introducing Portland Community College’s CLIMB Center for Advancement.

The CLIMB Center for Advancement was known formerly as the Center for Business and Industry. Its headquarters is the former Central Portland Workforce Training Center—now the CLIMB center—across from OMSI in central eastside Portland.

Its acronym stands for Continuous Learning for Individuals, Management and Business. The program offers professional education to everyone from front-line workers to senior managers.

CLIMB is the college’s newest initiative to aid the region’s business community, and to kick-start our already strong workforce development programs. And Executive Director John Moscicki is just the man to help lead this effort.

John has a bachelor’s degree from Florida State University and a doctorate in education technology and communications from Columbia University. He comes to us after a long career in the corporate sector, including leadership stints at Xerox Corp., ADP (Automatic Data Processing Inc.) and several consulting firms.

As Oregon and the nation begin recovering from the worst recession in decades, now is the right time for employees and employers alike to take that next step. The post-recession economy promises to be vastly different from anything we’ve seen. When I asked John about that challenge, he said, “Here’s the thing: People are looking for different answers than before. People are looking for results – which is what we offer.”

I couldn’t agree more.

The CLIMB Center for Advancement provides quality, affordable training and development to support the journey to professional and business success. As part of Portland Community College, CLIMB provides access to a broad range of training areas, facilities that meet the latest in industry standards and the technical capabilities anyone expects from the largest college in Oregon.

I had gone back to school so many times in the past and this last time something just clicked for me. I do believe it was because everything I needed to do to complete my goal was offered at PCC,” said Mannila, who grew up in Springfield.

Mannila started in PCC’s Dislocated Worker Program, part of the college’s Workforce Training Department. She then transitioned into the Certified Nursing Assistant Program, now part of the CLIMB Center for Advancement, PCC’s training arm for working professionals and businesses.

After earning her nursing assistant license, she landed a job with Kaiser Permanente.

“Those two programs and the support I received from PCC changed my life, said Mannila, who then enrolled in credit classes to become a registered nurse.

Mannila is a good example of how PCC helps students move through a career pathway, giving them training for entry level jobs in a new industry and then supporting them along the journey while they work toward bigger dreams.

I liked the programs were pretty straightforward. “You do this, you get this. The college also offered a variety of class times and locations. In one semester, I was able to take a class online, one at the Cascade Campus and one at the Sylvanian Campus,” said Mannila. “I liked the flexibility as well as the college’s reputation. I was always proud to be attending PCC.”

Today Mannila, 39, and her husband, Norberto, and their boys, Diego, 4, and Emiliano, 3, live in Northeast Portland.

“I’m happy that I can help our family financially,” she said. “And I love knowing that nursing is something I can do my whole life.”

Q) What’s your favorite part of the job?

A) I like that my job is always different. Just about when you think you may have seen everything, something new comes along. My job requires me to expect the unexpected daily and question almost everything.

Q) Why did you attend Portland Community College?

A) I knew I could go to nursing school, graduate with a nursing degree and start working right away. I started at PCC in summer 2002 and graduated in June 2007.

Q) Are there instructors you fondly remember?

A) I had Zahra Mehdizadehkashi for anatomy and pathophysiology. She was one of the smartest women I’ve ever been around. She made me want to be a better student and she made me realize that I could make it through school.

Q) Do you fondly remember?

A) I had a work at a float nurse at Kaiser Sunnyside Medical Center. I work on different units depending on the need for that day. I work a 12-hour shift two days a week from 7 a.m. to 7 p.m. and I get to make my own schedule.

I was a rainy night in 2002 and Lissa Mannila was walking alone through a grocery store parking lot as she thought about what she wanted out of life. She had just been laid off from an Internet marketing job and, while she made good money, she wasn’t personally satisfied.

Even since she could remember, she wanted to be a nurse and, although she enrolled in different colleges in Oregon and California, she said all too often dropped out. During her 20s she found high tech jobs in the health care sector that kept alive her passion for helping people.

Then came that epiphany in the parking lot. The next day she was at the Sylvanian Campus gathering information.

“I had gone back to school so many times in the past and this last time something just clicked for me. I do believe it was because everything I needed to do to complete my goal was offered at PCC,” said Mannila.

I also have to mention the nursing instructors. That is one group of smart women! They were all very resourceful and helpful. I always felt like I could go to any of them for advice. All of their backgrounds are different, which I think makes the program stronger.

Q) Tell us about your job as a nurse.

A) I work as a float nurse at Kaiser Sunnyside Medical Center. I work on different units depending on the need for that day. I work a 12-hour shift two days a week from 7 a.m. to 7 p.m. and I get to make my own schedule.

Are you a PCC alum? We’d love to hear from you! Contact us at (503) 977-4607 and find us on Facebook and Twitter.

I'm happy that I can help our family financially, she said. "And I love knowing that nursing is something I can do my whole life."
Welcome to the spring issue of PCC Communities.

As you glance through this issue, you might notice a theme or two. There’s a focus on business-related stories. Entrepreneurship gets mentioned a lot. There are a ton of mountaineering metaphors.

That’s because we dedicated this issue to introducing Portland Community College’s CLIMB Center for Advancement.

The CLIMB Center for Advancement is known formerly as the Center for Business and Industry. Its headquarters is the former Central Portland Workforce Training Center—now the CLIMB center—across from OMSI in central eastside Portland.

The acronym stands for Continuous Learning for Individuals, Management and Business. The program offers professional education to everyone from front-line workers to senior managers.

CLIMB is the college’s newest initiative to aid the region’s business community, and to kick-start our already strong workforce development programs. And Executive Director John Moscicki is just the man to help lead this effort.

John has a bachelor’s degree from Florida State University and a doctorate in education technology and communications from Columbia University. He comes to us after a long career in the corporate sector, including leadership stints at Xerox Corp., ADP (Automatic Data Processing Inc.) and several consulting firms.

As Oregon and the nation begin recovering from the worst recession in decades, now is the right time for employees and employers alike to take that next step. The post-recession economy promises to be vastly different from anything we’ve seen. When I asked John about that challenge, he said, “Here’s the thing: People are looking for the future. They are looking for purpose. They are looking for something to do. They are looking for opportunities. They are looking for answers.”

I couldn’t agree more.

The CLIMB Center for Advancement provides quality, affordable training and development to support the journey to professional and business success. As part of Portland Community College, CLIMB provides access to a broad range of training programs, facilities that meet the latest in industry standards and the technical capabilities one expects from the largest college in Oregon.

You can learn more in this issue’s articles, or by going online to www.pcc.edu/climb or by calling (503) 533-2798.

Let the metaphor’s begin.

Sincerely,

Preston Pulliams
District President

Are you a PCC alum? We’d love to hear from you! Contact us at (503) 977-4607 and find us on Facebook and Twitter.
CLIMBING to the top

From a Hollywood success story to a husband-and-wife team of entrepreneurs, PCC is helping local professionals and businesses reach new heights.

What do an international solar energy company, a casting director for the hit film “Twilight” and the owners of a beverage catering company have in common?

They all turned to the new CLIMB Center for Advancement to help get to the next level professionally.

CLIMB stands for Continuous Learning for Individuals, Management and Business. Before CLIMB, the college offered products under four separate departments — Computer Education, Customized and Workplace Training, the Institute for Health Professionals, and the Small Business Development Center.

In November 2009, CLIMB absorbed these departments, giving PCC business and professional students the same high quality training and education in a convenient “one-stop shop.”

“I had some pretty good ideas about how to move my particular product,” said Bill Kendrix, “but I didn’t really have the business knowledge I thought would be necessary in order for me to improve and to really make a valuable business out of what I was doing.”

But CLIMB isn’t just for individuals. SolarWorld Training Manager Jennifer Ryan discovered this during a ramp-up phase of the company’s 480,000-square-foot production facility in Hillsboro. They were behind schedule with their technical documentation training and ended up needing to get a little boost from the folks at CLIMB.

“It’s one thing that we had slippd a little bit behind on, so (CLIMB) helped us get back up to speed to ensure our new employees were able to learn how to use our equipment effectively,” said Ryan.

Bill and his wife Kathy own Kendrix Enterprises, which includes Empowerment Group, a speaker’s bureau; Nia Water Sales, a beverage catering company; and WEK Associates, a coaching business that helps students prepare for the firefighter readiness exam.

The CLIMB small business development class changed the way they approached their work.

“My thinking improved,” said Bill Kendrix. “I went from thinking like a small business to thinking from the standpoint of a large operation.”

Similarly, CLIMB helped casting director Lana Veenker gain stability for her business, Lana Veenker Casting.

“(The class) forces you to think about your business and where you are going,” said Veenker, who has gone on to help cast hundreds of film, video, print and voice-over projects, including local casting of the film adaptation of the best-selling book, “Twilight.”

As for “CLIMB,” the acronym captures the spirit of the Northwest’s topography while embodying the determination of the region’s workers and businesses. The idea is that CLIMB can help people reach their goals — whatever their “summit” may be.

This is the kind of inspirational, personalized goal setting that drew Kathy and Bill Kendrix to seek guidance from CLIMB’s small business development program in the first place.

“The best lesson I’ve learned is that you have to keep learning,” said Kathy Kendrix. “It was a good investment for us.”

Jennifer Ryan from SolarWorld agrees. Ryan discovered this during a ramp-up phase of the company’s 480,000-square-foot production facility in Hillsboro. They were behind schedule with their technical documentation training and ended up needing to get a little boost from the folks at CLIMB.

“It’s one thing that we had slippd a little bit behind on, so (CLIMB) helped us get back up to speed to ensure our new employees were able to learn how to use our equipment effectively,” said Ryan.

In addition to small business development and technical skills training, CLIMB offers training for health professionals, computer education and organizational development. In a nutshell, the new department takes the best of what PCC has to offer and repackages it for the specific needs of working professionals and businesses.

“CLIMB is the place within PCC where people can develop skills and get highly targeted credentials in business, computers and health care in short time frames,” said CLIMB executive director John Moscicki.

As for “CLIMB,” the acronym captures the spirit of the Northwest’s topography while embodying the determination of the region’s workers and businesses. The idea is that CLIMB can help people reach their goals — whatever their “summit” may be.

This is the kind of inspirational, personalized goal setting that drew Kathy and Bill Kendrix to seek guidance from CLIMB’s small business development program in the first place.

“The best lesson I’ve learned is that you have to keep learning,” said Kathy Kendrix. “It was a good investment for us.”

Jennifer Ryan from SolarWorld agrees. Ryan discovered this during a ramp-up phase of the company’s 480,000-square-foot production facility in Hillsboro. They were behind schedule with their technical documentation training and ended up needing to get a little boost from the folks at CLIMB.

“It’s one thing that we had slippd a little bit behind on, so (CLIMB) helped us get back up to speed to ensure our new employees were able to learn how to use our equipment effectively,” said Ryan.

In addition to small business development and technical skills training, CLIMB offers training for health professionals, computer education and organizational development. In a nutshell, the new department takes the best of what PCC has to offer and repackages it for the specific needs of working professionals and businesses.

As professionals with busy schedules and specialized education needs, CLIMB students expect quality products and a good value for their time and money. With access to the resources of PCC, the largest college in Oregon, CLIMB is perfectly positioned to offer exactly that.

“We have access to many more resources than most private organizations, and we also have pricing advantages. CLIMB offers a high quality alternative to private enterprises offering similar programs and services,” said Moscicki.

He added, “The CLIMB Center’s two most important goals are quality and results.”

Reach your summit. CLIMB offers quality, affordable training and professional development for working individuals, small business owners, managers and work teams. Some popular products include:

• Training for entry-level health care careers
• Certification/renewal for CPR and advanced life support techniques
• Computer skills training and IT certification
• Leadership and management development
• Technical and skills training for businesses and teams of employees
• Advising for starting and growing small businesses
• Planning, marketing and financial training for small business owners

Get climbing today. Call (503) 533-2788 and talk to one of our representatives or visit www.pcc.edu/climb to learn more about what CLIMB can do for you.

Watch for information about the Grand Opening of the new CLIMB Center, located at 1636 S.E. Water Ave, in Portland (the building currently known as the Central Portland Workforce Training Center).
What do an international solar energy company, a casting director for the hit film “Twilight” and the owners of a beverage catering company have in common?

They all turned to the new CLIMB Center for Advancement to help get to the next level professionally.

CLIMB stands for Continuous Learning for Individuals, Management and Business. Before CLIMB, the college offered products under four separate departments — Computer Education, Customized and Workplace Training, the Institute for Health Professionals, and the Small Business Development Center.

In November 2009, CLIMB absorbed these departments, giving PCC business and professional students the same high quality training and education in a convenient “one-stop shop.”

“I had some pretty good ideas about how to move my particular product,” said Bill Kendrix, “but I didn’t really have the business knowledge I thought would be necessary in order for me to improve and to really make a valuable business out of what I was doing.”

Bill and his wife Kathy own Kendrix Enterprises, which includes Empowerment Group, a speaker’s bureau; Nia Water Sales, a beverage catering company; and WEK Associates, a coaching business that helps students prepare for the firefighter readiness exam.

The CLIMB small business development class changed the way they approached their work.

“My thinking improved,” said Bill Kendrix. “I went from thinking like a small business to thinking from the standpoint of a large operation.”

Similarly, CLIMB helped casting director Lana Veenker gain stability for her business, Lana Veenker Casting.

“(The class) forces you to think about your business and where you are going,” said Veenker, who has gone on to help cast hundreds of film, video, print and voice-over projects, including local casting of the film adaptation of the best-selling book, “Twilight.”

But CLIMB isn’t just for individuals. SolarWorld Training Manager Jennifer Ryan discovered this during a ramp-up phase of the company’s 480,000-square-foot production facility in Hillsboro. They were behind schedule with their technical documentation training and ended up getting a little boost from the folks at CLIMB.

“It’s one thing that we had slipped a little bit behind on, so (CLIMB) helped us get back up to speed to ensure our new employees were able to learn how to use our equipment effectively,” said Ryan.

In addition to small business development and technical skills training, CLIMB offers training for health professionals, computer education and organizational development.

As professionals with busy schedules and specialized education needs, CLIMB students expect quality products and a good value for their time and money. With access to the resources of PCC, the largest college in Oregon, CLIMB is perfectly positioned to offer exactly that.

“We have access to many more resources than most private organizations, and we also have pricing advantages. CLIMB offers a high quality alternative to private enterprises offering similar programs and services,” said Moscicki.

He added, “The CLIMB Center’s two most important goals are quality and results.”

Reach your summit. CLIMB offers quality, affordable training and professional development for working individuals, small business owners, managers and work teams. Some popular products include:

- Training for entry-level health care careers
- Certification/renewal for CPR and advanced life support techniques
- Computer skills training and IT certification
- Leadership and management development
- Technical and skills training for businesses and teams of employees
- Advising for starting and growing small businesses
- Planning, marketing and financial training for small business owners

Get climbing today. Call (503) 533-2798 and talk to one of our representatives or visit www.pcc.edu/climb to learn more about what CLIMB can do for you.

Watch for information about the Grand Opening of the new CLIMB Center, located at 1636 S.E. Water Ave. in Portland (the building currently known as the Central Portland Workforce Training Center).
Certifications are a credential for people who may or may not have a degree and need to prove they have industry standard skills needed to land high-paying jobs. "There is a lot of the same material from the CCNA classes but it's much more in-depth and there is a higher level of discipline," said Elson, who's been teaching CCNA classes at the college for eight years.

"In our job market employers want a repertoire of certifications and they ask for a lot of experience and requirements," said Gary Schleinkofer, PCC’s Cisco Academy coordinator.

The CCNP class is offered at the new Willow Creek Center in Washington County. The class meets twice weekly for four hours each time. It’s a mixture of lecture and lab. The curriculum in the CCNP classes is more complex and hands-on for the highly skilled technicians and network engineers likely to enroll.

When a life was on the line, Melissa Hopkins knew how to save the day — thanks to the training she received at CLIMB.

She referred to the life-saving training as "memorable and usable" in the most critical of times.

"During the event I was constantly drawn back to everything you said in those classes, and I knew what to do," she told Harwood. "I have no doubt that I would feel the same way if I were ever called upon again.

"I felt you and your instructors were with me every step of the way, and I thank you."

In May 2008, and Melissa Hopkins was working as an outpatient nurse at Legacy Salmon Creek Medical Center. Less than a year earlier, she had taken the Advanced Cardiac Life Support Provider training course — which now is housed within the PCC CLIMB Center for Advancement. It’s kind of course one takes and assumes one will never need.

"The ultrasound technician came to get me, as the imaging registered nurse," Hopkins said. "When I got to the patient one minute later, he was not breathing and did not have a pulse. His color was not great, either!"

"The technician on the floor as Hopkins called for the ‘code cart’ — the rolling container of the equipment necessary to resuscitate a person. She also called for an emergency response team. As the staff ran to get the cart and AED — or automatic external defibrillator — Hopkins began performing CPR, beginning with compressions to the patient’s chest.

"By the end of the first two sets of compressions, the cart was ready and we prepared the patient for respirations," she said. "I did another set of compressions and directed the staff to put the AED pads in place. The reading on the AED indicated that it was necessary to shock the patient, so I called for everyone to clear and administered the shock."

She detected some light breathing, but the patient still did not have a pulse and was not conscious. She resumed compressions for two counts of 30 and, when the AED was fully recharged, told everyone to ‘clear!‘ and shocked him again.

"This time the heart started back into a normal sinus rhythm and he began gasping for air," she said. "Less than one minute later, the EMTs arrived and took over care. The patient was resting comfortably and ready to transfer to a cardiac unit."

Hopkins recently recounted the harrowing story to her PCC instructor, Wes Howard, telling him that the training made the procedure “nearly instinctual for me.”

"While this is everyday stuff for many emergency medical folks, it is not common for nurses like me in outpatient settings," she said, praising the Advanced Cardiac Life Support Program. "I was completely amazed that the procedures were nearly instinctual for me. As I did the compressions, I quietly sang ‘She’ll be Coming Round the Mountain. When She Comes’ to maintain the proper rhythm, which was incredibly effective in keeping people calm and apparently somewhat amused... it works!"

She told Harwood, "I have you and your program to thank for this. Everything you taught came flooding back to me, even though it has been nearly a year since I attended your ACLS class. I assumed I would never actually need the training since the hospital has a rapid response team, but there are always exceptions. When we ‘call the code’ and when the team arrives. The patient survived this ordeal because of the incredible training I received from you and your instructors."
A
fter a decade of offering Cisco certification classes to hundreds of local information technology, or IT, students, the PCC CLIMB Center for Advancement has rolled out a more challenging course that gives professionals the hands-on networking skills needed to land high-paying jobs.

The new CCNP classes — Cisco Certified Network Professional — complement the CCNA, Cisco Certified Network Associate courses, taught at PCC by industry leaders.

Many IT professionals have cycled through the CCNA courses, which should be completed before taking the Cisco certification exam. After taking the courses professionals have the skills to troubleshoot networking problems effectively.

“Certifications are a credential for people who may or may not have a degree and need to prove they have industry standard skills,” said Carol Squire, PCC’s interim director of CLIMB operations and former director of computer education. “And those jobs that require certification often come with higher salaries.”

The CCNP class is being offered now thanks to the bond measure supported by voters in 2008. Within the bond measure was about $60,000 dedicated for cutting-edge networking equipment needed to teach the class.

Professionals have the opportunity to complete the class and attempt the certification exam. The class focuses on advanced skills required for network infrastructures, as well as applications such as wireless, security and voice.

CLIMB offers certification classes for Cisco, CompTIA, Oracle, Java programming and Microsoft.

“In our job market employers want a repertoire of certifications and they ask for a lot of experience and requirements,” said Gary Schleinikof, PCC’s Cisco Academy coordinator.

The CCNP class is offered at the new Willow Creek Center in Washington County. The class meets twice weekly for four hours each time, it’s a mixture of lecture and lab.

The curriculum in the CCNP classes is more complex and hands-on for the highly skilled technicians and network engineers likely to enroll.

“You will want someone who has experience with Cisco networking gear because this class is about data switching,” said instructor Nick Ellson.

Ellson, an infrastructure specialist for Portland General Electric and, before that, the Bureau of Land Management, explains that students collaborate with each other and work in small groups as they learn about Cisco switches. The student-to-network gear ratio is 3 to 1.

“There is a lot of the same material from the CCNA classes but it’s much more in-depth and there is a higher level of discipline,” said Ellson, who’s been teaching CCNA classes at the college for eight years.

Squire credits the part-time instructors who are full-time IT professionals for helping to guide PCC on what certification classes should be offered.

“Our instructors drive us as to where we should go,” she said. “They want to share their knowledge and they are so good at it and that is why they teach for us.”

For more information about CCNA and CCNP classes visit www.pcc.edu/climb

How to save a life

By Jessica Dornfeld & Dana Haynes

I

I was May 2008, and Melissa Hopkins was working as an outpatient nurse at Legacy Salmon Creek Medical Center. Less than a year earlier, she had taken the Advanced Cardiac Life Support Provider training course — which now is housed within the PCC CLIMB Center for Advancement. It’s kind of course one takes and assumes one will never need.

Turns out, Hopkins needed it.

As she tells the story, a man came into her office one day, complaining of pain in his abdomen. After an ultrasound scan, he was preparing to leave and became faint.

“The ultrasound technician came to get me, as the imaging registered nurse,” Hopkins said. “When I got to the patient one minute later, he was not breathing and did not have a pulse. His color was not great, either!”

They got the patient on the floor as Hopkins called for the “code cart” — the rolling container of the equipment necessary to resuscitate a person. She also called for an emergency response team.

As the staff ran to get the cart and AED — or automatic external defibrillator — Hopkins began preparing CPR, beginning with compressions to the patient’s chest.

“As I did the compressions, I quietly sang ‘She’ll be coming round the mountain. When She Comes to’ – the opening of the song, which was incredibly effective in keeping people calm and apparently somewhat amused… it works!”

She referred to the life-saving training as “memorable and usable” in the most critical of times.

“When the heart started back into a normal sinus rhythm and he began gasping for air,” she said. “Less than one minute later, the EMS arrived and took over care. The patient was resting comfortably and ready to transfer to a cardiac unit.”

Hopkins recently recounted the harrowing story to her PCC instructor, Wes Harwood, telling him that the training procedure “nearly instinctual for me.”

“While this is everyday stuff for many emergency medical folks, it is not common for nurses like me in outpatient settings,” she said, praising the Advanced Cardiac Life Support Program. “I was completely amazed that the procedures were nearly instinctual for me. As I did the procedure, I calmly sang ‘Shall I come to the aid of the patient?’”

When a life was on the line, Melissa Hopkins knew how to save the day — thanks to the training she received at CLIMB.

She referred to the life-saving training as “memorable and usable” in the most critical of times.

“During the event I was completely drawn back to everything you said in those classes, and I knew what to do,” she told Harwood. “I have no doubt that I would feel the same way if I were ever called upon again.

I felt you and your instructors were with me every step of the way, and I thank you.”

When a life was on the line, Melissa Hopkins knew how to save the day — thanks to the training she received at CLIMB.
Recipe for Success

CLIMB is giving food entrepreneurs the ingredients to succeed

By Eloise Holland

With two start-up businesses under his belt in the last 20 years, Keith Kullberg is no amateur entrepreneur.

Even so, when he had the idea to start his own company featuring freshly prepared beans, he knew he’d have to do his homework.

“I have been working on the Better Bean Co. for a year now, and I’m still learning the ropes in the food business,” Kullberg said.

A self-educated “foodie,” Kullberg noticed that it was impossible to buy refried beans or prepared beans that lived up to his standards. He began looking into it and discovered that there were no other companies offering the kind of gourmet beans he had in mind.

“One once decided to develop the product, more than one person recommended the PCC Recipe to Market Program,” Kullberg said.

Described as an “extreme sport kind of a program” by co-creator Tammy Marquez-Oldham, the Getting Your Recipe to Market Program is one of the many offerings for small business entrepreneurs now offered by the PCC CLIMB Center for Advancement. It was founded as a collaboration between Portland Community College, Oregon State University’s Food Innovation Center and New Seasons Market.

“The program covers all essential elements for a food entrepreneur to bring their product from idea to commercial ready,” said Marquez-Oldham, the CLIMB Center’s director of small business development. These elements include food safety and science, recipe formulation, product development, brand development and marketing, basic financial management, distribution and much more.

Claudia Knotek of New Seasons Market agrees that the program is comprehensive.

“The curriculum they’ve put together is excellent,” Knotek said. “When (graduates of the program) come to us, they’ve done lots of research. They’ve done their homework. Most of them are pretty close to market.”

New Seasons first sees the program participants at “Time to Market,” the big finale at the end of each 12-week Getting Your Recipe to Market session.

“CLIMB specializes in entrepreneur and business development, and the Food Innovation Center specializes in food science, product development and food safety,” said Marquez-Oldham.

Despite these successes, Kullberg recommends that people do market research before committing their resources.

“Add New Seasons’ dedication to innovative food products for its consumers, and you have a winning recipe for success,” he said. According to the CLIMB Center, more than 65 food entrepreneurs have been through the program, creating such notable products as Laurel’s Sweet Treats gluten-free baking mixes and Florio Bakery’s frozen scones.

In the three and a half years since the Getting Your Recipe to Market Program launched, more than 65 food entrepreneurs have been through the program, creating such notable products as Laurel’s Sweet Treats gluten-free baking mixes and Florio Bakery’s frozen scones.

Despite these successes, Kullberg agrees that the program is comprehensive.

“CLIMB specializes in entrepreneur and business development, and the Food Innovation Center specializes in food science, product development and food safety,” said Marquez-Oldham.

“Once we decided to develop the product, more than one person recommended the PCC Recipe to Market Program.”

This trade-show-like event allows the food entrepreneurs to present their product to the community at large while competing to win a food competition hosted by New Seasons. The winner is granted a $2,000 cash prize and shelf space at New Seasons stores.

“CLIMB is giving food entrepreneurs the ingredients to succeed”

This year the winner was the Better Bean Co.’s Skillet Refried Beans, which Kullberg describes as having a rich caramalized flavor from being sautéed in safflower oil.

“The difference in flavor between our refried beans and the canned products is the same difference as between a barbecued steak and broiled hamburger,” said Kullberg, whose product debuted at New Seasons in November 2009.

“It’s a clean, very high quality, very authentic refried bean product,” said Angela Bozo, who has worked as the demo merchandiser at New Seasons for the past four years. Bozo helps the “Time to Market” winners get their products shelf-ready and says the program is important because it provides food entrepreneurs a direct relationship with the market. “You can so easily get lost in the shuffle,” she said.

Marquez-Oldham couldn’t agree more.

She knows that PCC’s CLIMB Center has exactly what these budding food entrepreneurs need.

Thanks to CLIMB’s Getting Your Recipe to Market program, these delicious businesses have found success locally and beyond:

• Laurel’s Sweet Treats, gluten-free baking mixes
  www.glutenfremixes.com
• Sol Pops, gourmet popsicles
  www.solpops.com
• Wild Alice, energy bars
  www.wildalicebar.com
• Wilderness Poets, hemp nut butter
  www.wildernesspoets.com
• Florio Bakery, frozen scones
  www.floriobakery.com
• Ruby Jewel Treats, ice cream sandwiches
  www.rubijewel.net
• Middleton Organics, organic fruit products
  www.middletonorganics.com
Recipe for Success

CLIMB is giving food entrepreneurs the ingredients to succeed

By Eloise Holland

With two start-up businesses under his belt in the last 20 years, Keith Kullberg is no amateur entrepreneur.

Even so, when he had the idea to start his own company featuring freshly prepared beans, he knew he’d have to do his homework.

“I have been working on the Better Bean Co. for a year now, and I’m still learning the ropes in the food business,” Kullberg said.

A self-professed “foodie,” Kullberg noticed that it was impossible to buy refried beans or prepared beans that lived up to his standards. He began looking into it and discovered that there were no other companies offering the kind of gourmet beans he had in mind.

“One day I was walking into New Seasons Market and I asked the demo person what it was about,” Kullberg said.

“带着自豪, Kullberg said.

Described as an “extreme sport kind of a program” by co-creator Tammy Marquez-Oldham, the Getting Your Recipe to Market Program is one of the many offerings for small business entrepreneurs now offered by the PCC CLIMB Center for Advancement.

It was founded as a collaboration between Portland Community College, Oregon State University’s Food Innovation Center and New Seasons Market.

“The program covers all essential elements for a food entrepreneur to bring their product from idea to commercial ready,” said Marquez-Oldham, the CLIMB Center’s director of small business development.

“These elements include food safety and science, recipe formulation, product development, brand development and marketing, basic financial management, distribution and much more.

Claudia Knotek of New Seasons Market agrees that the program is comprehensive.

“The curriculum they’ve put together is excellent,” Knotek said. “When (graduates of the program) come to us, they’ve done lots of research. They’ve done their homework. Most of them are pretty close to market.”

New Seasons first sees the program participants at “Time to Market,” the big finale at the end of each 12-week Getting Your Recipe to Market session.

“Once we decided to develop the product, more than one person recommended the PCC Recipe to Market Program,” Kullberg said.

In the three and a half years since the Getting Your Recipe to Market Program launched, more than 65 food entrepreneurs have been through the program, creating such notable products as Laurel’s Sweet Treats gluten-free baking mixes and Florio Bakery’s frozen scones.

Despite these successes, Kullberg agrees that the program is comprehensive.

“It’s a clean, very high quality, very authentic refried bean product,” said Angela Bozo, who has worked as the demo merchandiser at New Seasons in November 2009.

“Adding New Seasons’ dedication to innovative food products for its consumers, and you have a winning recipe for success,” said Marquez-Oldham.

Thanks to CLIMB’s Getting Your Recipe to Market program, these delicious businesses have found success locally and beyond:

- Laurel’s Sweet Treats, gluten-free baking mixes
  www.glutenfreemixes.com
- Sol Pops, gourmet popsicles
  www.solpops.com
- Wild Alice, energy bars
  www.wildalicebar.com
- Wilderness Poets, hemp nut butter
  www.wildernesspoets.com
- Florio Bakery, frozen scones
  www.floriobakery.com
- Ruby Jewel Treats, ice cream sandwiches
  www.rubujetnet
- Middleton Organics, organic fruit products
  www.middletonorganics.com

Recipe for Success

CLIMB is giving food entrepreneurs the ingredients to succeed

By Eloise Holland

Thanks to CLIMB’s Getting Your Recipe to Market program, these delicious businesses have found success locally and beyond:

- Laurel’s Sweet Treats, gluten-free baking mixes
  www.glutenfreemixes.com
- Sol Pops, gourmet popsicles
  www.solpops.com
- Wild Alice, energy bars
  www.wildalicebar.com
- Wilderness Poets, hemp nut butter
  www.wildernesspoets.com
- Florio Bakery, frozen scones
  www.floriobakery.com
- Ruby Jewel Treats, ice cream sandwiches
  www.rubujetnet
- Middleton Organics, organic fruit products
  www.middletonorganics.com

Recipe for Success

CLIMB is giving food entrepreneurs the ingredients to succeed

By Eloise Holland

Thanks to CLIMB’s Getting Your Recipe to Market program, these delicious businesses have found success locally and beyond:

- Laurel’s Sweet Treats, gluten-free baking mixes
  www.glutenfreemixes.com
- Sol Pops, gourmet popsicles
  www.solpops.com
- Wild Alice, energy bars
  www.wildalicebar.com
- Wilderness Poets, hemp nut butter
  www.wildernesspoets.com
- Florio Bakery, frozen scones
  www.floriobakery.com
- Ruby Jewel Treats, ice cream sandwiches
  www.rubujetnet
- Middleton Organics, organic fruit products
  www.middletonorganics.com
With help from CLIMB, Jenni Romano leads Kaiser Permanente employees to the next level of their careers

“Our students are health care workers who are completing prerequisites to health professional programs. The challenges were primarily twofold: scheduling and availability,” Romano said.

In order to meet these challenges, Romano and Bonnie Bender, the workforce planning coordinator at Kaiser, sought help from the organizational training and development experts at CLIMB.

“I leave all the legwork to CLIMB,” said Romano. “They present educational options that are complete and meet our educational goals.”

By working with CLIMB, Romano has been able to secure space in existing PCC classrooms and, in some cases, create additional sections exclusively for Kaiser employees. In addition, CLIMB helps her identify groups of employees who are at similar academic proficiency levels. These cohort groups take courses together and use each other for support.

Romano said she appreciates how CLIMB has alleviated many of the time-consuming administrative challenges she faces in her position. “The administrative aspects of enrollment are streamlined, which has allowed me to spend more time recruiting students into the program and making sure they’re successful,” she said.

Businesses and organizations throughout Oregon work with CLIMB to develop strong, efficient work teams. In addition to the computer skills and foundation skills training provided for SEIU and Kaiser, CLIMB offers organizational development services in areas such as leadership and management, data entry accuracy, business communications and more.

“Any organization is going to, at some point, have training needs that they don’t know how to address,” Romano said. “CLIMB steps in and says ‘we’ll create a solution that allows you to focus your business.’ That’s what makes CLIMB so important.”

Thanks to the Miller Challenge, students like Nhi Vu are getting the opportunity to live their dreams

By James Hill & Eloise Holland

The PCC Foundation needs just $50,000 more by March 31 to reach a goal set by the James F. and Marion L. Miller Foundation. If PCC reaches this goal, it will receive $320,000 in scholarship funds for PCC students.

Last year, the PCC Foundation successfully met the Miller Challenge by raising more than $1 million for scholarships from individuals, including staff, faculty, retirees, alumni, businesses, local foundations and individuals in the community. Now it is trying to meet the second year of the challenge.

“Every student struggles with finances,” said Vu, who plans to continue studying at Portland State University as a business major. “Every student struggles with finances, but for me it was especially hard because I was the first person in my family to go to college. I don’t know how to address this.”

Vu must hold down two jobs while taking a full course load of classes. With all this to do, it’s a good thing money is no longer at the top of Vu’s list of things to worry about.

“Every student struggles with finances,” said Vu. “I have more time to concentrate on my studies. Even with this extra help, Vuu must hold down two jobs while taking takes a full course load of classes. In addition, she serves as the director of diversity for the Associated Students of Portland Community College and chair of last year’s Asian New Year celebration, which drew more than 500 participants from PCC and the surrounding community. With all this to do, it’s a good thing money is no longer at the top of Vu’s list of things to worry about.

“The scholarship makes my life easier,” she said. “I have more time to concentrate on my studies. Even with this extra help, Vu must hold down two jobs while taking takes a full course load of classes. In addition, she serves as the director of diversity for the Associated Students of Portland Community College and chair of last year’s Asian New Year celebration, which drew more than 500 participants from PCC and the surrounding community. With all this to do, it’s a good thing money is no longer at the top of Vu’s list of things to worry about.

“The scholarship makes my life easier,” she said. “I have more time to concentrate on my studies. Even with this extra help, Vu must hold down two jobs while taking takes a full course load of classes. In addition, she serves as the director of diversity for the Associated Students of Portland Community College and chair of last year’s Asian New Year celebration, which drew more than 500 participants from PCC and the surrounding community. With all this to do, it’s a good thing money is no longer at the top of Vu’s list of things to worry about.

“The scholarship makes my life easier,” she said. “I have more time to concentrate on my studies. Even with this extra help, Vu must hold down two jobs while taking takes a full course load of classes. In addition, she serves as the director of diversity for the Associated Students of Portland Community College and chair of last year’s Asian New Year celebration, which drew more than 500 participants from PCC and the surrounding community. With all this to do, it’s a good thing money is no longer at the top of Vu’s list of things to worry about.

“The scholarship makes my life easier,” she said. “I have more time to concentrate on my studies. Even with this extra help, Vu must hold down two jobs while taking takes a full course load of classes. In addition, she serves as the director of diversity for the Associated Students of Portland Community College and chair of last year’s Asian New Year celebration, which drew more than 500 participants from PCC and the surrounding community. With all this to do, it’s a good thing money is no longer at the top of Vu’s list of things to worry about.

“The scholarship makes my life easier,” she said. “I have more time to concentrate on my studies. Even with this extra help, Vu must hold down two jobs while taking takes a full course load of classes. In addition, she serves as the director of diversity for the Associated Students of Portland Community College and chair of last year’s Asian New Year celebration, which drew more than 500 participants from PCC and the surrounding community. With all this to do, it’s a good thing money is no longer at the top of Vu’s list of things to worry about.

“The scholarship makes my life easier,” she said. “I have more time to concentrate on my studies. Even with this extra help, Vu must hold down two jobs while taking takes a full course load of classes. In addition, she serves as the director of diversity for the Associated Students of Portland Community College and chair of last year’s Asian New Year celebration, which drew more than 500 participants from PCC and the surrounding community. With all this to do, it’s a good thing money is no longer at the top of Vu’s list of things to worry about.

“The scholarship makes my life easier,” she said. “I have more time to concentrate on my studies. Even with this extra help, Vu must hold down two jobs while taking takes a full course load of classes. In addition, she serves as the director of diversity for the Associated Students of Portland Community College and chair of last year’s Asian New Year celebration, which drew more than 500 participants from PCC and the surrounding community. With all this to do, it’s a good thing money is no longer at the top of Vu’s list of things to worry about.

“The scholarship makes my life easier,” she said. “I have more time to concentrate on my studies. Even with this extra help, Vu must hold down two jobs while taking takes a full course load of classes. In addition, she serves as the director of diversity for the Associated Students of Portland Community College and chair of last year’s Asian New Year celebration, which drew more than 500 participants from PCC and the surrounding community. With all this to do, it’s a good thing money is no longer at the top of Vu’s list of things to worry about.

“The scholarship makes my life easier,” she said. “I have more time to concentrate on my studies. Even with this extra help, Vu must hold down two jobs while taking takes a full course load of classes. In addition, she serves as the director of diversity for the Associated Students of Portland Community College and chair of last year’s Asian New Year celebration, which drew more than 500 participants from PCC and the surrounding community. With all this to do, it’s a good thing money is no longer at the top of Vu’s list of things to worry about.

“The scholarship makes my life easier,” she said. “I have more time to concentrate on my studies. Even with this extra help, Vu must hold down two jobs while taking takes a full course load of classes. In addition, she serves as the director of diversity for the Associated Students of Portland Community College and chair of last year’s Asian New Year celebration, which drew more than 500 participants from PCC and the surrounding community. With all this to do, it’s a good thing money is no longer at the top of Vu’s list of things to worry about.

“The scholarship makes my life easier,” she said. “I have more time to concentrate on my studies. Even with this extra help, Vu must hold down two jobs while taking takes a full course load of classes. In addition, she serves as the director of diversity for the Associated Students of Portland Community College and chair of last year’s Asian New Year celebration, which drew more than 500 participants from PCC and the surrounding community. With all this to do, it’s a good thing money is no longer at the top of Vu’s list of things to worry about.
“PCC started by supporting SEIU students through an education fund, union members who work for Kaiser Permanente are completing prerequisites to health care programs like nursing. ‘Our students are health care workers who are completing prerequisites to health professional programs. The challenges were primarily twofold: scheduling and availability,’ Romano said.

In order to meet these challenges, Romano and Bonnie Bender, the workforce planning coordinator at Kaiser, sought help from the organizational training and development experts at CLIMB.

‘I leave all the legwork to CLIMB,’ Bender said. ‘They present educational options that are complete and meet our educational goals.’

By working with CLIMB, Romano has been able to secure space in existing PCC classrooms and, in some cases, create additional sections exclusively for Kaiser employees. In addition, CLIMB helps her identify groups of employees who are at similar academic proficiency levels. These cohort groups take courses together and use each other for support.

Romano said she appreciates how CLIMB has alleviated many of the time-consuming administrative challenges she faces in her position. ‘The administrative aspects of enrollment are streamlined, which has allowed me to spend more time recruiting students into the program and making sure they’re successful,’ she said.

‘We can then direct students to the computer skills and foundation skills programs like nursing,’ said Bender.

‘Any organization is going to, at some point, have training needs that they don’t know how to address,’ Romano said. ‘CLIMB steps in and says “we understand how to train your workers and will create a solution that allows you to focus on your business. That’s what makes CLIMB so important.”

Thanks to last year’s efforts, the Foundation was able to award 171 additional scholarships for 2009–10. Among colleges and universities nationwide, PCC ranks among the top 10 in percentage increase of financial aid applications this year. Students at the college have amassed more than $50 million in loans to pay for their classes.

Due to the economic downturn, distributing scholarships to students has never been more important. Student Nhi Vu is one of many who appreciates the support she receives from the PCC Foundation. Without her Food Services Scholarship from the PCC Foundation, Vu wouldn’t have the time to do the work she loves while building her leadership skills and going to school.

‘The scholarship makes my life easier,’ she said. ‘I have more time to concentrate on my studies. Even with this extra help, Vu must hold down two jobs while taking a full course load of classes. In addition, she serves as the director of diversity for the Associated Students of Portland Community College and chaired last year’s Asian New Year celebration, which drew more than 500 participants from PCC and the surrounding community.

With all this to do, it’s a good thing money is no longer a top of Vu’s list of things to worry about.

‘Every student struggles with finances,’ said Vu, who plans to continue studying business at Portland State University when she graduates. ‘If people can contribute a little bit, it helps students create a better life.’
GR EEN  F OR GO  

The Willow Creek Center is PCC’s most environmentally friendly building to date.

By Dana Haynes

With the opening of the Willow Creek Center in Hillsboro, Portland Community College just might have the most environmentally friendly educational structure in the state of Oregon.

“We’re really proud of the green features,” said Jackie Sandquist, director of Workforce Development at the college’s newest building. “We can’t wait to show it to everybody.”

So how “green” is it?

Very, according to Ralph DiNola, a principal partner at Green Building Services – Willow Creek’s sustainability consultant. DiNola ticks off the sustainability taking points.

Energy and Atmosphere – Roof-mounted solar panels will generate more than 100,000 kilowatt-hours per year. That will add up to 37 percent energy cost savings.

Material and resources – The building was constructed with about 28 percent recycled material. Beyond that, almost 13 percent of the building materials were created within a 500 mile radius and, during construction, 94 percent of waste was diverted from landfills.

LEED – Leadership in Energy and Environmental Design – is an internationally recognized green building certification system, providing third-party verification that a building was designed and built with an eye on energy savings, water efficiency, reduction of CO2 emissions, improved indoor environmental quality and more. It was developed by the U.S. Green Building Council.

Water efficiency – Willow Creek features efficient water features will produce a 75 percent water savings, reducing the annual water consumption by an estimated 240,000 gallons.

Water efficiency – Willow Creek features efficient water features will produce a 75 percent water savings, reducing the annual water consumption by an estimated 240,000 gallons.

So how “green” is it?

Very, according to Ralph DiNola, a principal partner at Green Building Services – Willow Creek’s sustainability consultant. DiNola ticks off the sustainability taking points.

Energy and Atmosphere – Roof-mounted solar panels will generate more than 100,000 kilowatt-hours per year. That will add up to 37 percent energy cost savings.

Material and resources – The building was constructed with about 28 percent recycled material. Beyond that, almost 13 percent of the building materials were created within a 500 mile radius and, during construction, 94 percent of waste was diverted from landfills.

Location – By building right on the MAX light rail line and a bus park-and-ride, using mass transit to get to Willow Creek couldn’t be easier. The facility also includes bike parking and changing rooms.

In 2007, College President Preston Pulliam became a signatory of the American College and University Presidents’ Climate Commitment. “We meant it when we said it,” he said. “We’re truly committed to sustainability. Willow Creek is proof of that and we will be seeking LEED Platinum certification for that center.”

For more information about PCC’s Community Education Volunteer Programs, see page 40 or visit www.pcc.edu/community.

Tickets Please

With the soaring popularity of voluntourism, PCC’s Community Education Program lets tourists lend a hand

By Christina Holmes

Ann Johnson has never been one to shy away from adventurous travel: she has scaled mountains in Tibet, climbed volcanoes in Mexico and kayaked in Baja California.

She runs out of fingers as she lists the many countries she’s toured.

So when the idea popped up for her to travel to Peru to help remodel a child care center and help more than 30 young children, she jumped at the chance.

“There is an increasing interest in service learning trips,” said Gary Palmer, travel program manager with PCC’s Community Education Department. “This year I added the Sea Turtle Project and The Bahamas Project to show that ‘voluntourism’ goes beyond construction and can have a ‘science’ emphasis although participants do not have to be scientists.”

Johnson and five other volunteer tourists spent a week in the sacred Urubamba valley of Peru and the Andean hill towns near Cusco to help remodel the kitchen of a day care center. After the cleaning, the volunteers held a camp for the 30 children at the day care center.

Voluntourism at PCC takes people of all ages to various parts of the world to lend a hand in everything from building schools and water filtration systems to protecting coastal ecology. This year the planned trips include chances to build schools in Belize, perform service work in Peru or Thailand, protect sea turtles and build a water project in Oaxaca, Mexico, among others.

“Voluntourism is so important and every time you help others you are making a big impact in this world.”

The participants act as citizen patrols by walking the beaches, protecting the turtles and taking eggs to a hatchery once they have been laid. “This is hands-on conservation tourism,” Nahil said.

It’s on the shores of the Caribbean Sea in Costa Rica where thousands of sea turtles lay eggs. Poachers attempt to steal the eggs, as they are believed to be aphrodisiacs. SEE Turtles volunteers keep watch of the beaches in hopes of discouraging egg-taking.

Bringing volunteers to the area also stimulates the local economy and increases the demand for jobs in the service and hospitality sectors.

“The goal is to connect people to sea turtle conservation projects in ways that directly benefit turtles and the community around them,” said Brad Nahil, co-founder and director of SEE Turtles. “If people are coming to see the turtles, the community around them is less likely to steal the eggs or eat them.”

The participants act as citizen patrols by walking the beaches, protecting the turtles and taking eggs to a hatchery once they have been laid. “This is hands-on conservation tourism,” Nahil said.

For more information about PCC’s Community Education Volunteer Programs, see page 40 or visit www.pcc.edu/community.

PCC Communities Spring 2010

For more information about PCC’s Community Education Volunteer Programs, see page 40 or visit www.pcc.edu/community.

PCC Communities Spring 2010

By Dana Haynes

With the opening of the Willow Creek Center in Hillsboro, Portland Community College just might have the most environmentally friendly educational structure in the state of Oregon.

“We’re really proud of the green features,” said Jackie Sandquist, director of Workforce Development at the college’s newest building.

“So how “green” is it?”

Very, according to Ralph DiNola, a principal partner at Green Building Services – Willow Creek’s sustainability consultant. DiNola ticks off the sustainability taking points.

Energy and Atmosphere – Roof-mounted solar panels will generate more than 100,000 kilowatt-hours per year. That will add up to 37 percent energy cost savings.

Material and resources – The building was constructed with about 28 percent recycled material. Beyond that, almost 13 percent of the building materials were created within a 500 mile radius and, during construction, 94 percent of waste was diverted from landfills.

Location – By building right on the MAX light rail line and a bus park-and-ride, using mass transit to get to Willow Creek couldn’t be easier. The facility also includes bike parking and changing rooms.

In 2007, College President Preston Pulliam became a signatory of the American College and University Presidents’ Climate Commitment. “We meant it when we said it,” he said. “We’re truly committed to sustainability. Willow Creek is proof of that and we will be seeking LEED Platinum certification for that center.”

For more information about PCC’s Community Education Volunteer Programs, see page 40 or visit www.pcc.edu/community.

Tickets Please

With the soaring popularity of voluntourism, PCC’s Community Education Program lets tourists lend a hand

By Christina Holmes

Ann Johnson has never been one to shy away from adventurous travel: she has scaled mountains in Tibet, climbed volcanoes in Mexico and kayaked in Baja California.

She runs out of fingers as she lists the many countries she’s toured.

So when the idea popped up for her to travel to Peru to help remodel a child care center and help more than 30 young children, she jumped at the chance.

“There is an increasing interest in service learning trips,” said Gary Palmer, travel program manager with PCC’s Community Education Department. “This year I added the Sea Turtle Project and The Bahamas Project to show that ‘voluntourism’ goes beyond construction and can have a ‘science’ emphasis although participants do not have to be scientists.”

Johnson and five other volunteer tourists spent a week in the sacred Urubamba valley of Peru and the Andean hill towns near Cusco to help remodel the kitchen of a day care center. After the cleaning, the volunteers held a camp for the 30 children at the day care center.

Voluntourism at PCC takes people of all ages to various parts of the world to lend a hand in everything from building schools and water filtration systems to protecting coastal ecology. This year the planned trips include chances to build schools in Belize, perform service work in Peru or Thailand, protect sea turtles and build a water project in Oaxaca, Mexico, among others.

“Voluntourism is so important and every time you help others you are making a big impact in this world.”

The participants act as citizen patrols by walking the beaches, protecting the turtles and taking eggs to a hatchery once they have been laid. “This is hands-on conservation tourism,” Nahil said.

It’s on the shores of the Caribbean Sea in Costa Rica where thousands of sea turtles lay eggs. Poachers attempt to steal the eggs, as they are believed to be aphrodisiacs. SEE Turtles volunteers keep watch of the beaches in hopes of discouraging egg-taking.

Bringing volunteers to the area also stimulates the local economy and increases the demand for jobs in the service and hospitality sectors.

“The goal is to connect people to sea turtle conservation projects in ways that directly benefit turtles and the community around them,” said Brad Nahil, co-founder and director of SEE Turtles. “If people are coming to see the turtles, the community around them is less likely to steal the eggs or eat them.”

The participants act as citizen patrols by walking the beaches, protecting the turtles and taking eggs to a hatchery once they have been laid. “This is hands-on conservation tourism,” Nahil said.

For more information about PCC’s Community Education Volunteer Programs, see page 40 or visit www.pcc.edu/community.
With the opening of the Willow Creek Center in Hillsboro, Portland Community College just might have the most environmentally friendly educational structure in the state of Oregon.

“We’re really proud of the green features,” said Jackie Sandquist, director of Workforce Development at the college’s newest building. “We can’t wait to show it to everybody.”

So how “green” is it?

Very, according to Ralph DiNola, a principal sustainability consultant. DiNola ticks off the sustainability talking points.

Energy and Atmosphere – Roof-mounted solar panels will generate more than 100,000 kilowatt-hours per year. That will add up to 37 percent energy cost savings.

Water efficiency – Willow Creek features landscaping and irrigation systems designed to reduce potable water consumption by 56 percent. What’s that save? More than 30,000 gallons annually, DiNola said.

Materials and resources – The building was constructed with about 28 percent recycled material. Beyond that, almost 13 percent of the building materials were created within a 500 mile radius and, during construction, 94 percent of waste was diverted from landfills.

Location – By building right on the MAX light rail line and a bus park-and-ride, using mass transit to get to Willow Creek couldn’t be easier. The facility also includes bike parking and changing rooms.

In 2007, College President Preston Pulliams became a signatory of the American College and University Presidents’ Climate Commitment. “We meant it when we said it,” he said. “We’re truly committed to sustainability. Willow Creek is proof of that and we will be seeking LEED Platinum certification for that center.”

LEED — Leadership in Energy and Environmental Design — is an internationally recognized green building certification system, providing third-party verification that a building was designed and built with an eye on energy savings, water efficiency, reduction of CO2 emissions, improved indoor environmental quality and more. It was developed by the U.S. Green Building Council.

The center also has a mechanism to “harvest” rainwater. Plus, inside the building, efficient water features will produce a 75 percent water savings, reducing the annual water consumption by an estimated 240,000 gallons.

With the opening of the Willow Creek Center, Portland Community College just might have the most environmentally friendly educational structure in the state of Oregon.

“We’re really proud of the green features,” said Jackie Sandquist, director of Workforce Development at the college’s newest building. “We can’t wait to show it to everybody.”

So how “green” is it?

Very, according to Ralph DiNola, a principal sustainability consultant. DiNola ticks off the sustainability talking points.

Energy and Atmosphere – Roof-mounted solar panels will generate more than 100,000 kilowatt-hours per year. That will add up to 37 percent energy cost savings.

Water efficiency – Willow Creek features landscaping and irrigation systems designed to reduce potable water consumption by 56 percent. What’s that save? More than 30,000 gallons annually, DiNola said.

Materials and resources – The building was constructed with about 28 percent recycled material. Beyond that, almost 13 percent of the building materials were created within a 500 mile radius and, during construction, 94 percent of waste was diverted from landfills.

Location – By building right on the MAX light rail line and a bus park-and-ride, using mass transit to get to Willow Creek couldn’t be easier. The facility also includes bike parking and changing rooms.

In 2007, College President Preston Pulliams became a signatory of the American College and University Presidents’ Climate Commitment. “We meant it when we said it,” he said. “We’re truly committed to sustainability. Willow Creek is proof of that and we will be seeking LEED Platinum certification for that center.”

LEED — Leadership in Energy and Environmental Design — is an internationally recognized green building certification system, providing third-party verification that a building was designed and built with an eye on energy savings, water efficiency, reduction of CO2 emissions, improved indoor environmental quality and more. It was developed by the U.S. Green Building Council.

The center also has a mechanism to “harvest” rainwater. Plus, inside the building, efficient water features will produce a 75 percent water savings, reducing the annual water consumption by an estimated 240,000 gallons.

With the opening of the Willow Creek Center, Portland Community College just might have the most environmentally friendly educational structure in the state of Oregon.

“We’re really proud of the green features,” said Jackie Sandquist, director of Workforce Development at the college’s newest building. “We can’t wait to show it to everybody.”

So how “green” is it?

Very, according to Ralph DiNola, a principal sustainability consultant. DiNola ticks off the sustainability talking points.

Energy and Atmosphere – Roof-mounted solar panels will generate more than 100,000 kilowatt-hours per year. That will add up to 37 percent energy cost savings.

Water efficiency – Willow Creek features landscaping and irrigation systems designed to reduce potable water consumption by 56 percent. What’s that save? More than 30,000 gallons annually, DiNola said.

Materials and resources – The building was constructed with about 28 percent recycled material. Beyond that, almost 13 percent of the building materials were created within a 500 mile radius and, during construction, 94 percent of waste was diverted from landfills.

Location – By building right on the MAX light rail line and a bus park-and-ride, using mass transit to get to Willow Creek couldn’t be easier. The facility also includes bike parking and changing rooms.

In 2007, College President Preston Pulliams became a signatory of the American College and University Presidents’ Climate Commitment. “We meant it when we said it,” he said. “We’re truly committed to sustainability. Willow Creek is proof of that and we will be seeking LEED Platinum certification for that center.”

LEED — Leadership in Energy and Environmental Design — is an internationally recognized green building certification system, providing third-party verification that a building was designed and built with an eye on energy savings, water efficiency, reduction of CO2 emissions, improved indoor environmental quality and more. It was developed by the U.S. Green Building Council.

The center also has a mechanism to “harvest” rainwater. Plus, inside the building, efficient water features will produce a 75 percent water savings, reducing the annual water consumption by an estimated 240,000 gallons.

With the opening of the Willow Creek Center, Portland Community College just might have the most environmentally friendly educational structure in the state of Oregon.

“We’re really proud of the green features,” said Jackie Sandquist, director of Workforce Development at the college’s newest building. “We can’t wait to show it to everybody.”

So how “green” is it?

Very, according to Ralph DiNola, a principal sustainability consultant. DiNola ticks off the sustainability talking points.

Energy and Atmosphere – Roof-mounted solar panels will generate more than 100,000 kilowatt-hours per year. That will add up to 37 percent energy cost savings.

Water efficiency – Willow Creek features landscaping and irrigation systems designed to reduce potable water consumption by 56 percent. What’s that save? More than 30,000 gallons annually, DiNola said.

Materials and resources – The building was constructed with about 28 percent recycled material. Beyond that, almost 13 percent of the building materials were created within a 500 mile radius and, during construction, 94 percent of waste was diverted from landfills.

Location – By building right on the MAX light rail line and a bus park-and-ride, using mass transit to get to Willow Creek couldn’t be easier. The facility also includes bike parking and changing rooms.

In 2007, College President Preston Pulliams became a signatory of the American College and University Presidents’ Climate Commitment. “We meant it when we said it,” he said. “We’re truly committed to sustainability. Willow Creek is proof of that and we will be seeking LEED Platinum certification for that center.”

LEED — Leadership in Energy and Environmental Design — is an internationally recognized green building certification system, providing third-party verification that a building was designed and built with an eye on energy savings, water efficiency, reduction of CO2 emissions, improved indoor environmental quality and more. It was developed by the U.S. Green Building Council.

The center also has a mechanism to “harvest” rainwater. Plus, inside the building, efficient water features will produce a 75 percent water savings, reducing the annual water consumption by an estimated 240,000 gallons.
PCC mails this schedule of classes to households four times each year to let you know about upcoming Community Education classes and share what’s happening at PCC. It is printed and mailed for about 22 cents per copy and can be recycled. Because it is addressed “Residential Customer” we are not able to remove individuals from our distribution route. We hope you find it informative and enjoy the stories inside.

Make YOU the project!

If you can dream it, Community Education’s hundreds of classes can help you achieve it. Go online to pcc.edu/community and get started on your own Project:YOU this spring.

My Project:

Name: Tiffanee Bean
Occupation: Owner of Mabel and Zora, a ladies’ clothing boutique
My Project: To become a fashion designer
Class I Took: Business Marketing for Fashion Design
And Now: I’m finally planning my very own clothing line – and I have the confidence and tools to turn this lifelong dream into a real success!

Community Education

Project: YOU with PCC Community Education