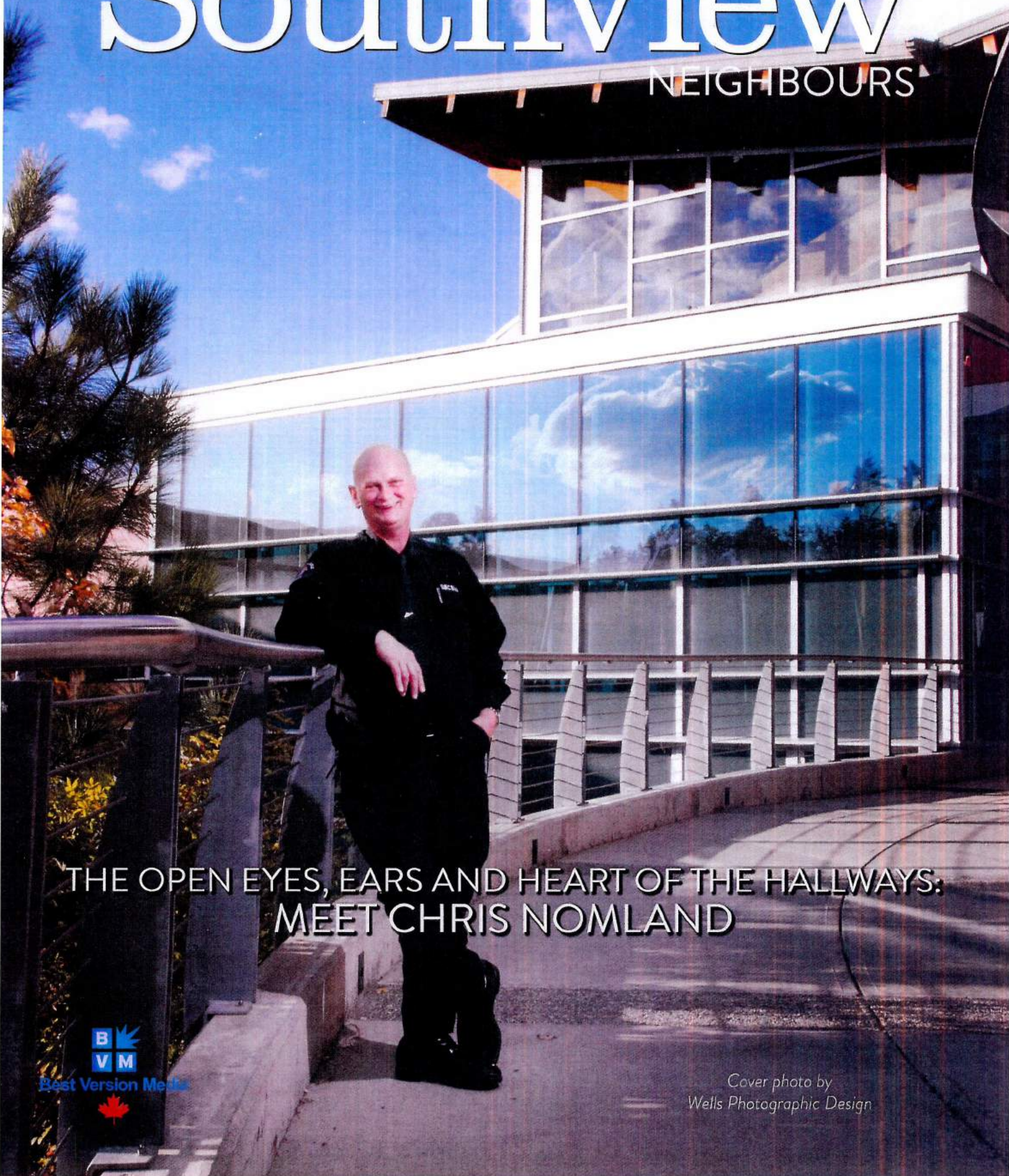
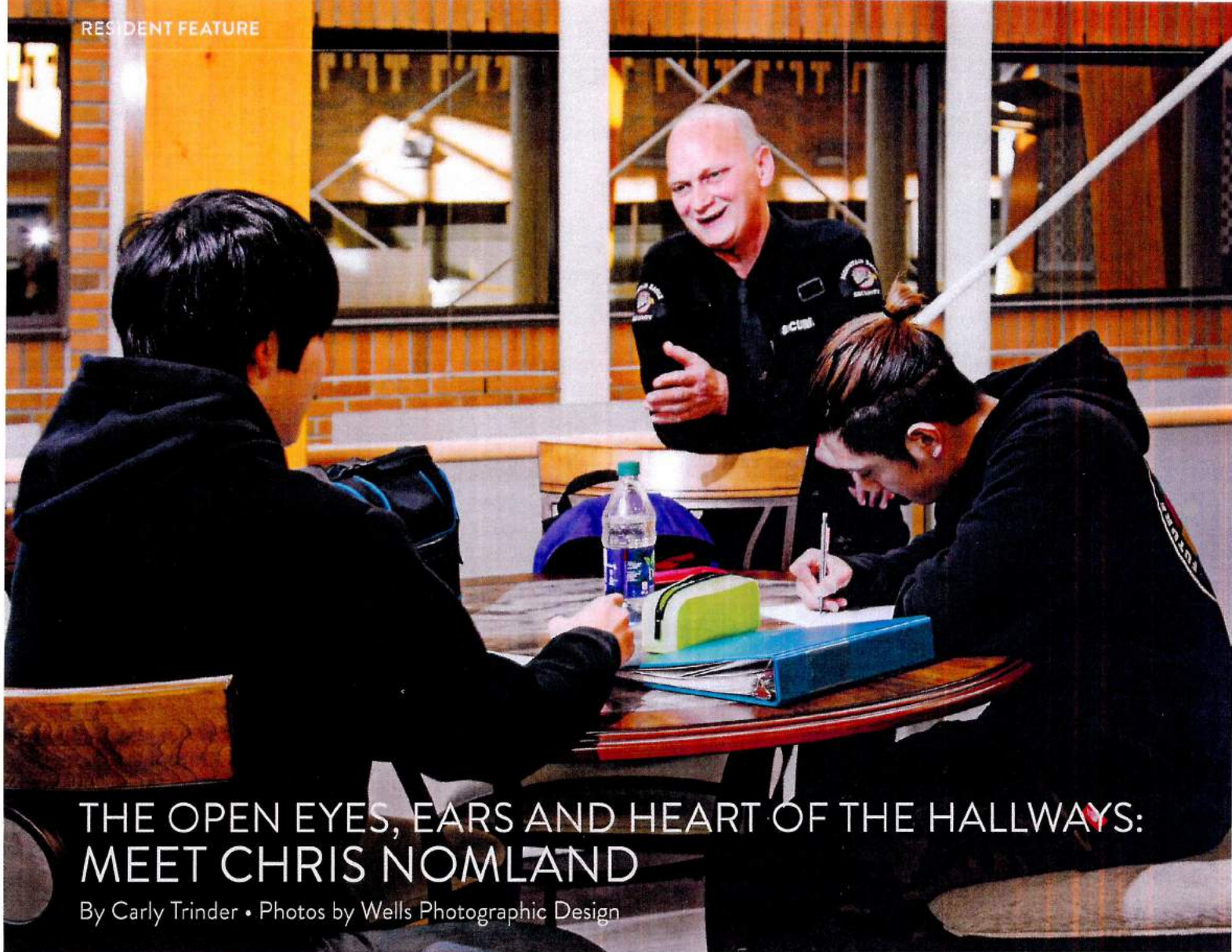


Southview

NEIGHBOURS



THE OPEN EYES, EARS AND HEART OF THE HALLWAYS:
MEET CHRIS NOMLAND



THE OPEN EYES, EARS AND HEART OF THE HALLWAYS: MEET CHRIS NOMLAND

By Carly Trinder • Photos by Wells Photographic Design

“At the end of the day, the goals are simple: safety and security.” These words that Jodi Rell, a former governor of Connecticut, once wove together describe one of the most highly-regarded expectations among college students.

As a student, myself, I can only persevere while knowing that my learning environment prioritizes students’ well-being as often and meaningfully as any curricular content that I can apply to my future career. But what would happen if safety and security were at stake? Chris Nomland, a loyal and resilient security guard at College of the Rockies has made it his pact for over two decades to have his eyes, ears and heart open on either side of the campus’ doorway.

The previous month marked twenty-one years since Chris first patrolled the post-secondary halls as a security guard. “The first day I put on a uniform, I believed in what we do. Every day has been an adventure, and I look forward to going to work.”

How does someone get into this line of work? A coincidence became a career at the initial cost of twenty-five dollars for basic security training and first aid, leading a small-town enthusiast down a path of social interaction, sincere authority and self-care. “This work made my life,” he vouched, moving on to describe his personal and professional growth. The result: a

spontaneous and vast change since being his father’s successor as an operator of a vacuum store in Kimberley.

Though he has proudly treasured his career for over twenty years, it was the instigation of someone else, an irreplaceable influencer that Chris candidly claimed to have been both a savior and soulmate. “My wife, Debbie, before she had passed away, had supported and listened to me as family. My mom and dad are proud of me. They know what I’ve accomplished. They’ve seen where I was versus where I am now. My brothers see the good things I do, and they respect me.”

One of the most vital aspects of Chris’ job involves professional and peaceful portrayal in front of those who are paying equal attention to him as he is, in turn. “I love kids. I see them differently now. I see teenagers and young adults as growing, developing people who are waiting to learn.”

What about when you need to be authoritative?

“It’s important to give people alternatives. Instead of shutting a kid down for skateboarding and saying ‘you can’t be here,’ say ‘you can’t skateboard here, but, instead, you can go to this place. Instead of making an enemy, make a friend.” He went on to discuss acts of mentorship when communicating with both

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foreign and domestic students, alluding to the approachable vibes that built positive connections between him and them. “I think the same way when I’m with the students. If they make mistakes, don’t get mad at them. Making mistakes is how we improve upon ourselves.”

What have you learned from interacting with the students?

“In this job, I learned to love myself better. It brought out the best in me and made my life a different kind of ‘rich.’ It showed me what I can do, not what I can’t.” As with many experiences, there are, of course, obstacles that can feel like weights and hurt in Chris’ position. “But, at the end of the day,” he said, rotating the point to close on a positive note, “this job gets you going. It made my life. If I could go back and do it all over again, I would, but I wouldn’t change a thing.” He commended the wholesome and open-minded training he received from his boss, Helen, as well as her late husband whom she replaced in his honour.

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As a student on-campus, I can vouch that a school day only feels complete when Chris and I greet one another. It is the earliest reassurance that, while my focus is entirely directed and promised towards class participation and absorbing knowledge, a guardian as mortal as myself watches over the studious city within the college walls. In order to mix with the people-centered, hard-working staff at the college, Chris would have had to have been fit for the job long before he'd begun it. In line with his badge is his instinct to keep both himself and others safe. Whether taking immediate action to help a person in need or humbly and happily retrieving a mind-boggled magazine writer's misplaced backpack, Chris never ceases to live up to his lawful and loyal label as the perpetually open eyes, ears and heart of the hallways.



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BY JORDAN KING



CHICKEN POT PIE

Not a pot pie person? Try this one. It could change your mind.

- 1 cooked rotisserie chicken, deboned and chopped
- 3 tablespoons olive oil
- 2 onions, chopped
- 1 pound carrots, chopped
- 1 heart of celery, chopped
- 2 crowns of broccoli, chopped
- 1 crown of cauliflower, chopped
- 1 bag frozen corn
- 1 bag frozen peas
- 3 cans cream of mushroom or cream of chicken soup
- 3 empty soup cans of milk
- Cajun seasoning to taste
- 2 packages of ready-made pie crust (be sure your packages come with a top and a bottom)

Heat oven to 375 degrees. Over medium heat, sauté onions, carrots, celery, broccoli and cauliflower in olive oil until tender. Add chicken, corn and peas until thawed and hot throughout. In a large bowl combine soup, milk, sautéed mix and Cajun seasoning to taste. Lay pie crust in the bottom of two separate pie dishes. Evenly distribute pasty filling into the crusts. Cover each pie with its top piecrust and seal the edges by pressing down with a fork. Slice a hole in the top of the pie so bubbles can be seen when done. Place the sealed pies on a cookie sheet and cook for 35 minutes. Pies are done when the crusts are brown and the filling is bubbling.

Only need one pot pie? This recipe can be frozen. Wrap an intact pie in plastic wrap and then in foil and place in the freezer for up to one month. Or, just freeze the filling in a freezer safe container and add it to a piecrust whenever you are ready.

Yields: 2 pot pies
Prep time: 20 minutes
Cook time: 35 minutes