

Summit Support Office

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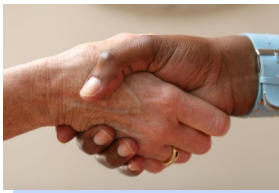
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Hamilton Campus

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Testimonials

"Summit provided me with a lot of support, which I believe is important while undergoing career change..."

L. F. (student)



Sarah Marchand is our new Campus Leader at our Milton location! A graduate of Ryerson University, Sarah has always had a passion for helping students reach their personal and professional goals. Her favourite studies include English and music, and now through Summit, she has the opportunity to teach English as a second language too!

Summer Sun

Great is the sun, and wide he goes
Through empty heaven without repose;
And in the blue and glowing days
More thick than rain he showers his rays.

Though closer still the blinds we pull
To keep the shady parlour cool,
Yet he will find a chink or two
To slip his golden fingers through.

The dusty attic, spider-clad
He, through the keyhole, maketh glad;
And through the broken edge of tiles
Into the laddered hay-loft smiles.

Meantime his golden face around
He bares to all the garden ground,
And sheds a warm and glittering look
Among the ivy's inmost nook.



Above the hills, along the blue,
Round the bright air with footing true,
To please the child, to paint the rose,
The gardener of the World, he goes.

- Robert Louis Stevenson

"Three Sisters" Soup—Bean, Corn, and Squash Soup



Ingredients:

- 1 cup dried beans (pinto, kidney, or black) soaked overnight in water
- 1 acorn squash
- 2-3 Tbsp vegetable oil (sunflower, canola, or olive)
- 1 medium onion, diced
- 1 medium-large carrot, sliced
- 2 garlic cloves, minced
- 1 celery stalk, sliced (remove the leaves)
- 4 cups vegetable stock (or chicken stock)
- 1 cup corn (frozen niblets)
- 1 tsp dried thyme (or 2 Tbsp fresh)
- Salt and pepper to taste

Directions:

1. Drain and rinse soaked beans. Put them in a pot and cover with water by an inch. Bring to a boil and simmer for about 45 minutes or until tender but not mushy. Add more water if necessary.
2. While beans are cooking, cut squash in half and scoop out seeds. Bake squash halves, cut side up, in a 375-degree oven for about 45 minutes or until tender.
3. Heat oil in a large saucepan. Add onions and a pinch of salt and saute over medium heat, stirring often until golden, about 10 minutes.
4. Add carrot, garlic and celery and saute for 5-10 minutes.
5. Scoop cooked squash out of shell. Add to onion mixture and mix well, smoothing out any large lumps.
6. Add stock and bring to a boil.
7. Turn down heat and add beans, corn and thyme. Simmer, covered, for 5 minutes, stirring occasionally. Salt and pepper to taste.
8. Serve hot with crusty bread or rice.

Yield: 4 large bowls

Nutrition information:

Calories: 300, Protein: 13.2 g, Fibre: 11.2, Sugars: 4.8 g

Laid off in 2016 or 2017?

**Need training for a new job
but cannot afford the tuition?**

Your new and rewarding career path is now within reach

Summit College is offering a summer tuition bursary for workers laid off any time between December 2016 to present.

Up to \$1000 will be granted to those students who enroll in a Summit College diploma program, in Office Administration or Medical Office Administration, by August 31, 2017. The bursary is available at all eight campuses across southern Ontario.

Summit College is a Canadian-owned accredited career college, registered with the Ministry of Advanced Education and Skills Development, that has been instrumental in helping adults succeed in rewarding vocations and career paths since 2001.

Our programs are relevant to today's high demand jobs and our unique teaching approaches are customized to optimize learning and increase your chances for success in the workplace.

Visit our website at www.SummitCollege.ca
or call us toll-free at 1.877.262.2289
to learn more and start your new career today!



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Our programs are relevant to today's high demand jobs and are offered at eight campuses across southern Ontario. Our students succeed because of our learning-centred model powered by humanist principles that respect every person as a whole. Accordingly, our unique teaching approaches are customized to optimize learning and increase your chances for success in the workplace.

Whether you are interested in Medical Office Administration, Customer Service, Retail Sales, Office Administration, Security Guard training, or just want to upgrade your academic or job skills, we can help you get the education and certification you need to start your career today.

Fuel lifelong success by empowering people with skills and awareness to reach higher personal potential.

Note: Bursary cannot be combined with other program discounts. All bursaries must be reported to Second Career for potential funding of full tuition.