

Penobscot Job Corps Academy

Our Mission

We exist to serve the greater community by providing young people a safe and healthy environment to live, grow, and become productive citizens.

Through individualized training, quality staffing, and innovative programming, our students gain knowledge, employability skills, and confidence to enter the work force.

Opportunities are created and barriers overcome in a Core Values driven culture where Commitment, Integrity, Safety, Growth, Accountability and Respect are the ideals.

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Penobscot Culinary Arts students got a learning experience of a lifetime with a visit and personal tour of Maine's famous Lucerne Inn. (Story and more photos can be found on page 6.)

**DRIVEN
BY OUR
CORE
VALUES
FOR
SUCCESS**

Individual
Accountability

Growth

Safety

Commitment

Integrity

Respect

*The Penobscot Job
Corps Academy is
proudly operated by:*

Career Systems
Development
Corp for the U.S.
Department of
Labor



CTST project underway

Students learn while renovating Academy

Penobscot Job Corps students are using their new Career Technical Training skills to make improvements to their center while continuing to train for successful careers.

Their latest project — which falls under the heading of Career Technical Student Training or CTST — is the complete gutting and restoration of two main restrooms in the Administrative/Career Training building on campus.

Federally funded CTST projects like this enable students to put their construction skills to the test outside the classroom under the direction of their

Job Corps instructors. Home Builders Institute Carpentry Instructor, Mark Martin, said CTST gives his students an “important boost” to their self

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CTST project*



HBI student Frank Vojkuska tiles the walls of the Academy restrooms now under renovation by students.

Saving the earth

PJCA gears up for Earth Day Every Day campaign

As the world prepares to celebrate the 40th anniversary of Earth Day this spring, Job Corps across the nation are gearing up for a week-long campaign that will encourage students and staff to adopt green practices that will last a lifetime.

PJCA earns national 'green' award ... page 4



Earth Day Every Day is a Job Corps initiative that will launch nationwide in April with a variety of activities aimed at making the world a better place to live.

Although Earth Day is just one day, Job Corps Interim National Director, Lynn A. Intrepidi, is calling on all centers to make protecting the earth a priority each and every day of the year.

continued on pages 3 ... Earth Day

“CTST projects are real. It’s an opportunity for our students to build something that’s lasting. They really take ownership in what they do.”



Students started by completely gutting the restrooms, tearing down walls and ceilings and removing the old bathroom stalls and fixtures. Renovations include framing and sheet rocking new walls, tiling, painting and installing new electrical and plumbing, drop ceilings, fans, flooring and fixtures. The new toilets, urinals and sinks will be sensor operated and touchless, saving water and energy.



... CTST project

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esteem because “they take pride in what they do. It’s hands-on and they get to see the results of their labor,” he said.

Normally, HBI students would hone their skills using training stations to construct all aspects of a house from framing and roofing to installing windows and siding.

“These stations get built and taken apart,” Martin said. “But CTST projects like the restroom work is real. It’s an opportunity for our students to build something that’s lasting. They really take ownership in what they do.”

The restrooms project has been ongoing for several months and involves more than 30 PJCA students from the Carpentry and Facilities Maintenance training programs. The restrooms are part of the original building constructed in 1961 and were in need of a major overhaul. Under the direction of Martin and Facilities Maintenance Instructors Terry Shortt and Daniel Clark, that’s exactly what they are getting.

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“For me, it’s all about the experience I’m getting in a project like this,” said 21-year-old HBI student, Travis Miquelon from Bangor. “I’ve never done anything this extensive before and it will be a notch in my belt for the future.”

“I couldn’t agree more,” said Frank Vojkufka, 22, of Cambridge, Maine, as he installed tile on one of the restroom walls. “We’re doing everything in this project so I’m learning something new every day.” ■



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“Each of us plays an important role in continuing the mission to be better environmental stewards in our communities and to provide our students with more opportunities than ever before,” Intrepid said. “Together, we can make the earth a greener place.”

To usher in the campaign, Job Corps Centers — including the Penobscot Academy — are participating in the worldwide *Earth Hour*. On March 27, staff and students turn off all lights on campus between the hours of 8:30 and 9:30 p.m. Why? If every Job Corps Center turned out its lights for one hour every day it would save \$1 million.

Earth Hour began three years ago in Australia as a symbolic call to action for the environment. By turning out the lights across the country for one hour, millions of people helped raise awareness about climate change and other important issues affecting the environment.

Following *Earth Hour*, the campaign gets into high gear in April — kicking off the weekend of April 17-18 with *Global Days of Service*. During each service day, volunteers work on projects that create solutions to help the environment all over the world.

Several of these efforts are being planned in the Penobscot area. That weekend, four teams of PJCA staff and students will be involved in a storm drain beautification project in the Town of Brewer, Maine. The goal is to clean 1,000 storm drains, clearing them of debris so waste does not end up in the water system. Other Job Corps volunteers will work with the Bangor Little League landscaping baseball fields, painting dugouts and cleaning up in preparation for the spring season. Still other students will attend an education earth fair hosted by the College of the Atlantic in Bar Harbor.

Monday, April 19, marks the kickoff of *Earth Day Every Day* events and activities on the Penobscot campus. The week’s activities are highlighted in the box on the right.

Earth Day Every Day Events on the Penobscot Job Corps campus

Monday, April 19

- *What’s Your Green Style?* Students are encouraged to express their own ideas about Earth Day Every Day in a variety of contests involving poetry, essays, song and posters and other artwork creations. Those ideas will be featured and displayed at a campus-wide kickoff assembly with prizes awarded.

- *Recycle Mania!* Students will be encouraged and challenged to see how much they can recycle in their dorms during the week. Recycling bins will be set up in the dorms and weighed at the end of the week to see which dorm can recycle the most.

- *Show Your Earth Day Every Day Spirit!* Students will enter a competition to create their own mascot for the week. The winning mascot costume will be worn on campus all week.

Tuesday, April 20

Go Green Fair. The Academy will host a Go Green Fair and farmer’s market. Students, staff and community groups will be invited to set up display booths showcasing environmental initiatives being used in their vocational classrooms and offices to carry out the Academy’s motto — Reduce, Re-Use and Recycle.

Wednesday, April 21

- *Photo Scavenger Hunt.* Students will be challenged to search their campus for “green-related” environmental-friendly items and take photos of what they find.

- *How Much Energy Are You Using?* Students will go around campus and conduct their own energy audits — taking notes and completing a worksheet on how the center could be more energy efficient.

Thursday, April 22

(Earth Day’s Official 40th Anniversary)

Outdoor Celebration. The Academy will hold a tree planting ceremony and invite students to create and decorate their own personal garden stones to be displayed on campus.

Friday, April 23

Freestyle Friday. Job Corps Centers will come up with their own ideas for the day, wrapping up the week-long celebration. ■

PJCA Green Center Recognition Award

Academy receives national honor for 'Go Green' work

The Penobscot Job Corps has been honored for its Academy-wide energy conservation, management and recycling program aimed at saving money and preserving the world's natural resources.

The National Office of Job Corps presented the Academy with a Green Center Recognition Award in March. The award, which carries a \$5,000 prize to purchase energy saving equipment for the Academy, recognized Penobscot as the top "green" center in Boston's Region I. The Academy was recognized for "excelling at incorporating green programs that preserve the environment, educating students about environmental stewardship and improving surrounding communities."

"This award represents a lot of hard work on a lot of people's parts from our staff right down to our students," said PJCA Facilities Manager John Dionne, who oversees the Penobscot Academy's Go Green Initiative. "It's a nice pat on the back for all we've done over many months and a springboard for us to do even more in years to come."

The Green Center Award is part of National Job Corps' *Earth Day Every Day* initiative funded through the American Recovery and Investment Act — President Obama's campaign to revitalize the economy and save the earth.

Taking the President's lead, the Academy formed a Go Green Club to educate the staff and students about the benefits of recycling and established a campus-wide culture of conservation. The Penobscot Academy motto in this order is to Reduce, Re-Use and Recycle. It's not just a motto, but a way of life on center.

Since implementing this culture and upgrading electrical, lighting, heating and ventilation equipment on campus with environmental-friendly sensors and controls, the Academy has reduced electrical use by 20 percent, water use by 11 percent, waste disposal by 13 percent, fuel use by 15 percent and increased recycled waste by 50 percent.

Focusing attention on educating students about the many simple ways they can contribute to a greener lifestyle in their daily routines will have a long lasting effect on the environment, both locally and globally, Dionne said. ■



Congratulations to our winter student program completers

Penobscot Job Corps is pleased to announce the following student successes for Winter, 2010:

Jan./Feb. CTT Completers

Business

Cydnie Flowers and Andres Matamoros.

Carpentry

George Gehrling

Certified Nursing Assistant

James Persely, Scott Cormier, Tanairi Pabon, Megan Wayne, Lindsey James and Ayeya Hart.

Culinary Arts

Efain Gutierrez, Tamika Rollins, Aaron Koss, Alf Maher, Brad Munson, Dustin Pollard, Casey McDonald, Bethany Varnum, Joshua Rivet and Daniel Dubose.

Facilities Maintenance

Richard Coleman, Edwin Rosario, Scott Stewart, Lorenzo Jefferson, Justin Mitchell, Tykeem Jones, William Merriam, Tajuan Fogle, Carl Jewett, Christopher Delashmit and Seth Williams.

Welding

Kyle Estabrook, Gregory Sylvester and Christopher Williams.

Jan./Feb. GED Recipients

Kyle Haynie, Tanzania Barr, Acacia Wilmot, Joseph Cloutier, Carolyn Feliciano, Celida Rodriguez, Matthew Soule, Chester White, Kyle Crafts, April Fountain, Bruce Linton, Sylvia Little and Andrew Wheeler. ■





PJCA Welding student George Gehrling

“I’ve been in the program for four months and it challenges me every day. Something like that has never happened to me before. Working with my hands is something I truly enjoy.”

Helping an Army veteran build a career

Job Corps provides spark to a better future for Maine Welding student

Sometimes things just don’t work out the way you want them to. Take George Gehrling for example. It seemed like every time he set himself on a career path in life something would get in his way to slow him down.

“Any time I got close to doing something to improve my future, something happened and my progress got interrupted,” said the 23-year-old Welding student from Oakland, Maine. “I was all over the place back then. But those days are over now.”

That’s because with the help of the Penobscot Job Corps Academy and the Welding program, George has found the spark he needed to light his path to success.

Celebrating
Success

As a teenager, George graduated from high school and joined the Army National Guard. He went to basic training for six months in Texas and was trained as a medic. He returned home and started college, but shortly thereafter, he was deployed to Iraq for 10 months of active duty.

While in Iraq, he worked in a military hospital and did not like what he saw. That was when he decided the medical field was not for him.

“After I got home I didn’t know what I wanted to do,” George says. “I was kind of lost for a while.”

George worked at odd jobs for months before he realized he was going nowhere in life. Then a friend told him about Job Corps. Within a few months, he enrolled at the Penobscot Academy. Within 10 months he had completed the Carpentry program and moved on to Welding. That is where he found his true love.

“As a career, Welding could be it,” George says. “I’ve been in the program for four months and it challenges me every day. Something like that has never happened to me before. Working with my hands is something I truly enjoy.”

George quickly became a leader on campus. He was elected to the Student Government Association, served as a dorm representative and was named a foreman in the Welding classroom. He has also become an important part of the Behavior Review Board, serving as a mentor to students and upholding Job Corps’ strict Zero Tolerance Policy against violence, drugs and alcohol.

As for Job Corps, George says he has recommended it to many others.

“If you are committed to learning something and changing your life, Job Corps is for you,” George explains. “For me it is enriching and I get a lot out of the program. It’s a free education if you’re willing to work for it and you can’t beat that today!” ■

Culinary students learn firsthand about food industry with tour of Lucerne Inn

Penobscot Culinary Arts students got a learning experience of a lifetime with a visit and personal tour of Maine's famous Lucerne Inn.

Listed on the National Register of Historic Places, the 200-year-old Lucerne Inn is a popular tourist stop overlooking Phillips Lake in Dedham — nestled in the mountains half way between Bangor and Bar Harbor. The Inn, which hosts weddings, banquets and special events, features a high-end dining experience for its visitors and a great opportunity for Job Corps students to get a firsthand peek at the industry they hope to work in some day.

“It was quite an experience for our young chefs,” said Matthew Pagnozzi, academic instructor for the Culinary Arts cluster at the Penobscot Academy. “The white glove service and the ambiance of the inn ... it’s a part of the hotel and hospitality business our students have never seen before. They left there very impressed.”

As a reward for their academic success in the classroom, Pagnozzi organized the trip to the Inn for 11 of his Culinary Arts students in March. The group got a “behind-the-scenes” tour of the 19th century Inn and restaurant by owner Steve Jones and his House Manager, Brian.

The two taught the students about the finances and costs associated with the culinary aspects of the Inn, talked about the menu and special events planning during the busy tourist season, and explained the expectations an employer would have of an entry-level chef. They also got to taste and sample the Inn’s famous baked haddock with crab stuffing being prepared in the kitchen.

“There’s no doubt our students picked up a lot from the experience and came back with a renewed spirit as they prepare for their culinary careers at Job Corps,” Pagnozzi said. ■



Culinary Arts students got a learning experience of a lifetime with a visit and personal tour of Maine's famous Lucerne Inn. They toured the grounds, got a peek at the menu and learned about the business from the owner and house manager.

A day in the life of the local workplace

PJCA students get a taste of careers from area professionals

Penobscot Job Corps students from a variety of career paths joined more than one million young people nationwide this year to get a taste of the workplace from the professional shaping it.

The students participated once again in the annual Ground Hog Job Shadow Program — an initiative held on Groundhog Week

across America in February to engage career-minded young adults in the world of work before they begin their careers.

Since 1996, the program has paired students with workplace mentors to introduce young people to the workplace and demonstrate firsthand the connection between academics and careers. Students spend time shadowing workplace mentors as they go through a



normal day on the job, learning the employability skills they will need for successful careers.

The event provides a unique opportunity for students to get an up-close look at the careers they are training for in the Job Corps classroom or careers they may have never thought of pursuing. They get to ask questions and learn from today's employers in a true workplace setting.

“Days like this are not only unique but fun for our students,” said Victoria Coffey, PJCA Business and Community Liaison. “It’s an opportunity for them to reinforce their understanding of the skills needed to succeed in the workplace, and it’s a wonderful occasion to get more local employers involved in the Job Corps program.”

continued on pages 8 ... GH job shadowing



Student Mindy Noyes job shadowed at the Bangor Humane Society. Here’s what the student had to say about the experience:

“I loved the experience. There were a lot of behind-the-scenes things going on there that I didn’t know about. Working with the animals was great. I’d like to go back and become a volunteer. I even got to name one of the cats Thumper!”

Student Tatiana Swann job shadowed at the Easton Peabody Law Firm with Rebekah Leture. Here’s what the employer had to say about the experience:

“Tatiana and I had a wonderful day. She’s a mature, well spoken, beautiful young lady with a good head on her shoulders. We gave her a tour of our offices and talked about things like office dress, issues of being a single mom, men, jobs, etc. It was a great learning experience for all of us.”



Student Franklin Davis job shadowed at the Penobscot Theater. This is what the student had to say about the experience:

“I loved it. The people were so cool there. I helped out in the office and even wrote a script for a children’s play. It gave me a better understanding of

what to expect when I am employed. They even asked me if I wanted to become an intern this summer.”

Our job shadowing partners

- Bangor Water District
- Office of Senator Collins
- Children’s Miracle Network
- Manna
- Eastern Maine CC
- U-Maine-Forestry
- Bangor Pipe & Supply
- PDQ Door Co.
- Portland Glass
- JM Brown Inc.
- Maine Discovery Museum
- Easton Peabody Law
- Bangor City Clerk’s Office
- Maine Centers for Women, Work & Community
- Mid-Maine Communications/
Pine Tree Networks
- Cumulus Broadcasting, Inc.
- Penobscot Theater
- CIANBRO
- Frank’s Bake Shop
- Bangor Humane Society

... GH job shadowing

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Some of the major benefits of the Groundhog Job Shadowing experience are:

- Students gain a new perspective on their studies because they are introduced to a number of choices for their future.
- Students become more motivated after the experience because they are better able to grasp the connection between training and careers.
- Job shadowing introduces students to the requirements of professionals and industries, building a more prepared work force for the 21st century.

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Job Corps is a U.S. Department of Labor Equal Opportunity Employer Program.



Penobscot Job Corps Academy

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How do I find out more about the Penobscot Job Corps?

Our beautiful campus is located at 1375 Union Street, Bangor, Maine. Campus tours are given every Thursday at 10:30 a.m. and any time by appointment. Our staff is eager to meet you and help you on your way to a successful future. So why not call now?

Call (207) 990-3000 today!