

LINK

William-Patrick Blouin-Clomeau shares his love for extreme sailing | how esports is upping the game | the mythical origin story of yoga | not your average recipe for Saag Paneer | award-winning photographer and BCIT student Macus Ong shares his work | *and more!*



NOVEMBER 2019



HAVE YOUR SAY

Notice of the
BCIT Student Association
Annual General Meeting

5:30PM
November 18, 2019

BCITSA Council Chambers
SE2, Room 324

All Students Welcome



ENDORPHINS

Last month, *Link* discussed mental health, and this month we're focusing on physical health. The two are synergetic. Like the great philosopher Elle Woods (*Legally Blonde*) once said, "exercise gives you endorphins; endorphins make you happy."

This issue features esports, sailing, yoga, car racing, and more—activities often overshadowed by North American football, baseball, and hockey. Twenty-two year-old Canadian sailor and BCIT Business student William-Patrick Blouin-Clomeau is our student spotlight this issue. William-Patrick talks about the parallels between sailing and his BCIT education.

It can be hard to incorporate anything but necessary activities into your routine, so exercise usually falls to the bottom of your to-do list. During November, deadlines creep forward, laundry piles get bigger, and suddenly you find yourself pulling an all-nighter just to get by (guilty as charged). Sometimes a quick jog or some relaxing stretches can help everything slow down and seem more manageable.

As you're looking through this issue, I encourage you to take note of the things that spark your interest. Then, grab a friend and try something new (sports bars included!), because exercising regularly—or lack thereof—ultimately affects you.

Your energy.

Your strength.

Your mood.

But most importantly, your well-being.

Lauren Edwards
Associate Editor



LINK

BCIT & BEYOND

Have an idea?
Contact us!

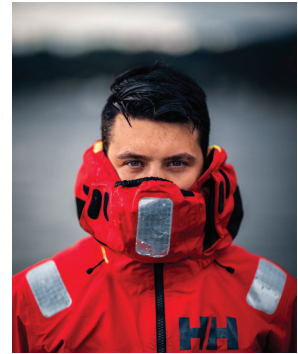
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Link Magazine would like to respectfully acknowledge that it is printed and distributed on the traditional and unceded territory of the Coast Salish peoples.

We welcome writers, photographers and artists of all backgrounds & abilities. Our purpose is to provide a collaborative platform for student expression, and to connect you with one another's stories and experiences. Printed editions are distributed to all five BCIT campuses and additional content is published online at LINKBCIT.CA

LINK



NOVEMBER 2019

On the Cover
William-Patrick Blouin-Clomeau
Photo by Eric J.W Li

ISSN 0715-5247 (Print)
ISSN 2562-3257 (Online)

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DON'T TAKE OUR WORD FOR IT

Sometimes we can't fit all of our reviews in the print version of *Link*. Maybe we receive too many, or a review just *has* to be more in-depth—when that happens, we publish them at linkbcit.ca!

Check out our website to see reviews of some VIFF 2019 feature films, a novel, apps, and more.

Want to publish a review? We love to see unique perspectives and learn about new artists or spaces. Send your ideas or reviews to editor@linkbcit.ca

Visit this.

Neptune Club Sports Bar and Grill

Station Square, 4405 Central Blvd, Burnaby, BC V5H 4M3

After walking into Neptune Club, I immediately wanted to leave.

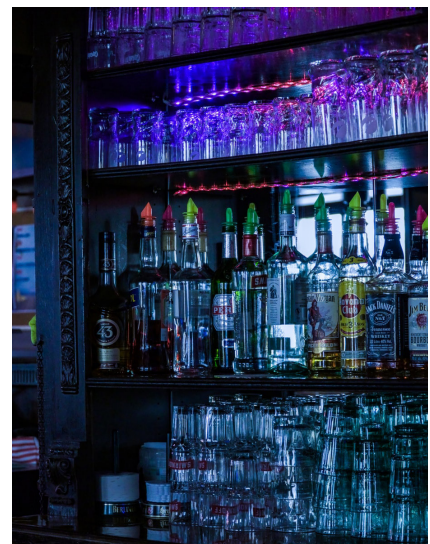
My first impression of the bar was horrific. It's a small, poorly lit space with loud music; it seemed more like a nightclub than a sports bar. It smelled strongly of Asian Cuisine, and the only staff member I could see was wearing a hoodie and jeans.

It was a Thursday night with NFL football and playoff baseball, but all ten TVs were showing the Canucks game. I wanted to hate it. I almost walked out, but ultimately, I decided to give it a chance.

The server turned out to be exceptionally friendly and quirky. The beer selection was small, but it had all of the essentials. The menu didn't have your usual pub food, but the short ribs were fantastic. I purchased a soda, a beer, and an appetizer, and was surprised at the low cost.

Neptune Club Sports Bar and Grill entirely won me over. I wouldn't recommend it for a traditional sports bar experience. Still, it accomplishes a lot in its small space, and it has a comforting, laid back atmosphere.

—Zach Kiedaisch



London Fog Ale

Faculty Brewing

1830 Ontario St, Vancouver, BC, V5T 2W6

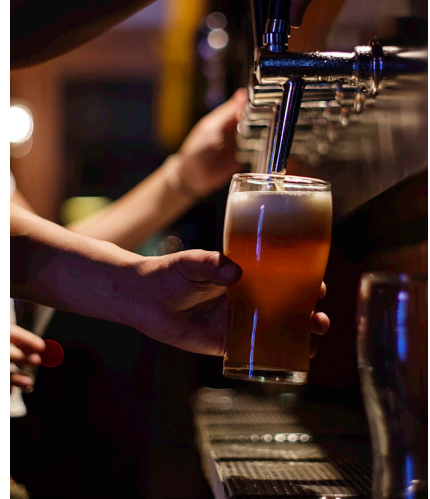
Vancouver based companies Faculty Brewing Co. and Silk Road Tea collaborated this year to create a tea-infused ale, named "London Fog Ale." If you're like me and you look to your favourite craft breweries for new unique flavours, give this one a try.

At first, I was a bit skeptical about trying a tea-infused beer—mixing ale with what is (for me) a sugary beverage doesn't seem complementary. I didn't know what to expect from my first sip, and although the vanilla notes seemed absent, there were distinct hints of earl grey. Perhaps calling it an Earl Grey Ale would have been more fitting. Nonetheless, I would have it again.

Faculty brewing described the ale as having a 'creamy mouth feel.' I would say it's not the creamiest thing I've tasted—but the beer does go down smoothly.

Fun fact: Faculty Brewing founder Mauricio Lozano is a Food Technology and Operations Management instructor at BCIT.

—Lauren Edwards



Behold Electric Guitar

Paul Gilbert

Self Released: Bandcamp / May 2019

This Bandcamp release by jazz-rock player Paul Gilbert goes in a different direction from his earlier, arpeggio-heavy style (like his 2006 release, *Get Out of My Yard*). The opening track, "Havin'" has a punchy bass with a distinct melody to accompany it. The piano in the background sends the mood to blues.

Behold Electric Guitar is the fifteenth solo album by the Illinois-born talent, and it is a testament to his intense "shredding" skills. It's no surprise he was crowned fourth-best on *GuitarOne* magazine's "Top 10 Greatest Guitar Shredders of All Time" list.

Gilbert was influenced by *The Beatles*, which is not surprising considering much of the second half of the album has a Beatles-esque tone to it. The shift from hard rock to a more progressive rock sound is a great change of pace, especially for fans who started with rock music from older generations.

The song titles are an attention grabber, especially its ninth track, "A Snake Just Bit My Toe." The music is hard rock, but also cheery. It's something more modern rock should be.

v

—Aaron Rempel



GOOGLE THIS OCTOBER at a glance

Do you have time to read the news, or do you pick up the headlines on social media? We don't judge. To make keeping up to date more manageable for you, we've read the newspapers & cut out the headlines. Want to learn more? Search on Google or your favourite news website.

01

On the 70th anniversary of the founding of the People's Republic of China, protestors held rallies in many areas of Hong Kong. A student was taken to the hospital after a shot to the chest from a police officer. Protests continued in the days and weeks that followed.

01

Forever 21 announces that it is ceasing all operations in Canada. Stores will liquidate merchandise before closing.

02

Protests erupt in Iraq over unemployment, inadequate essential services, and state corruption. An internet blackout was imposed. In the following five days, the death toll climbed to over 100, and over 6000 were wounded.

07

In the USA, Democrats promise more subpoenas in the impeachment inquiry against the POTUS. In addition, a new whistleblower has come forward.

08

The group Extinction Rebellion protests across roads and bridges all over the world, demanding climate justice.

08

POTUS abruptly pulls troops out of Syria before an expected attack hits. Turkey launches airstrikes and begins a ground assault.

16

Kingpin in multi-province human trafficking and organized crime investigation was identified. More than 300 charges were laid.

17

New regulations for cannabis edibles and topicals come into effect today in Canada.

21

The Canadian Federal Election is held. The Liberal Party of Canada wins a minority government, and remains in office.

19

BC Ferries worker seriously injured after a malfunction on the car deck.

21

The first all-female spacewalk is held outside of the international space station. NASA astronaut Jessica Meir and Christina Koch trained together for more than six years, and both became astronauts in 2013.

26

POTUS claims ISIS leader Abu Bakr al-Baghdadi is dead following a military operation.

28

The EU has agreed to extend Brexit negotiations until January 31, 2020.



Competitive Sailor,
BCIT Student,
and Redbull Canada
Marketing Specialist

STUDENT SPOTLIGHT



words NIKITA NAYAK
photography ERIC J.W. LI

William-Patrick Blouin-Comeau

It's an overcast Friday morning. The date on the calendar reads the thirteenth, but the feeling is far from ominous. I'm looking forward to meeting an old acquaintance.

I'm early, so I flip through a few apps on my phone. The new weather app reports that it's 62° Fahrenheit and that the winds are blowing at nine knots. These numbers don't mean much to me at the moment, but they make a world of difference to the person I'm meeting.

William-Patrick Blouin-Comeau is a BCIT student, and a competitive sailor—both are high-adrenaline, stress-inducing commitments, that demand laser-sharp focus.

Blouin-Comeau first learned the ropes of sailing when he was eight years old. With every passing year, he fell deeper in love with the sport.

The last few months have been brimming with crests and troughs for him. He took part in several sailing races, including one particularly gruelling course from the coast of Seattle to the frigid waters of Alaska.

All this happened while he led a marketing team at Redbull Canada and juggled a crushing course-load at BCIT. It is safe to say that twenty-two year-old Blouin-Comeau developed resilience in steering his way through challenges.

Read on to delve into what keeps his head afloat as he sails swiftly through school, work and life.



What drew you to sailing?

When you think about sailing, you think mostly about older people on a yacht that just want to travel the world. Sailing was something different for me to explore. It's not a sport where you're on a baseball court or a soccer field. It's an adventure every time you go out, and I think that's what draws me back every time. It's an exciting moment for me, every time I go out on the water.

What exciting moments have you experienced while sailing?

I sailed across the Strait of Georgia on a really small 13-foot boat, which was pretty exciting at the time. It was a bit scary. Other than that, I've done a couple of big races and 'Race to Alaska,' which was another big one that we did last summer in 2018. It was a group of myself and three or four other youth sailors from the USA. We sailed and rowed all the way up to Alaska from Seattle.

What are some of the challenges that you face when you're out on the water?

I think there's too many to count, but off the top of my head, it's the weather. It's the only component that you cannot control. Whether that be the sea state or the wind, the waves, the temperature, or the currents. That's something you just have to deal with. The whole sport is based around your ability to navigate those items.

How do you prepare for a race?

I do some cold-water training in the middle of winter. You grab a rock, walk down into the ocean and sit underwater as long as you can. It creates that sense of panic for your body so your mental state would be able to [handle it] if [something dangerous] happened in the water [while sailing].

It's just putting yourself in a scenario where you're training your body [and mind] to react to those situations. Your mind is a massive component of any sport.

How do you mentally prepare yourself for long periods of out on the water with limited resources?

You're focusing on only one thing when you're out in the water and that's your sailing. You're watching the weather. There's nothing really else that you have to take care of except how you entertain yourself.

It's a pretty tight space on any boat, right? You can't really pull out a ping pong table and play unless you have a really big boat which we don't. I don't need much to entertain myself on the boat. It's already entertaining being on one.

You took part in the Van Isle 360 Race* this past summer. What was that like?

That was a big project for me. We would have been sailing for two weeks, which was pretty sweet. There were a couple breakages and engine issues, so we had to pull out after day one, which was unfortunate. If you can't have a boat that's safe for everybody or if you can't have a platform that you can trust, [it's better to] pull out, go back home and fix it rather than risking yourself in the boat. I think that that was a good learning experience.

What were the emotions going through your mind when you couldn't finish the race?

I think when things like that happen, it's completely out of your control, in most cases. If something happens and you have no control over it, what's your reaction going to be? There's a great saying: 10% of life is what happens to you and, 90% is how you react to it.

Whether that be on a sailboat, or stubbing your toe walking by a bed. It's the way you react and the way you perceive that event happening to you. That will define how you go forward.

If you had all the money in the world and the boat of your dreams, what would you do?

The Sydney Harbour race in Australia. It's pretty much the biggest race that's not around the world or multi-day. It's where all the big boats go and where a lot of my good friends have gone and raced. I think it'd be cool to do a Caribbean 600 just because of the water and the weather. You get great wins and plus you're docking at Lake Juan in the Caribbean Islands. I would not complain.

After a three-day race, you hop on a beach and have a beer with your friends. That's a beautiful place.

Do you have plans to circumnavigate the globe solo someday?

I don't know if I'm ever going to get to the point where I need to go be alone for 80 days on the water. That said, it takes a special type of person and a special team behind you to do that. I like companionship. I like having people around me when I sail. I definitely looked at major crossings with the team or friends on a transatlantic or transpacific, or down to Hawaii and back. Something like that.

What's something that you've learned from sailing that you can apply to life at BCIT and vice versa?

BCIT is team-based work, and so is sailing. A big part of it is learning to work with people and learning to work with people under pressure or under stress.

Do you have any advice for current students?

Don't ever do a job or schooling that you're not passionate about. If you're not comfortable, don't do it. Quit school, go do something else and come back later.

**The Van Isle 360 Race is a 14-day adventure that involves sailing around Vancouver Island*





A Trip to Merritt

Rally Championships Wake Up a Sleepy Town

words **ANDY SCHEIER**
photography **ALEC PREISSLER & ANDY SCHEIER**

I'm standing in a snow-covered valley. The sky and surrounding hills are bright pink from the setting sun. My fingers are too numb to fiddle with the buttons of my video camera. I can only watch in fascination as the scene unfolds. My companion next to me wiggles his toes in a futile attempt to keep them warm.

A boy, who looked about ten-years-old, emerged in front of us, holding a sawblade.

For a moment, I wonder if I'm hallucinating. Before I headed to this place, I did three weeks of paperwork, so maybe my fatigue was messing with my sanity.

The wind whistles through the valley and up through my oversized coat. The cold pulls me out of whatever fantasy my frozen mind created. The display in front of me has not changed. The child is still there.

I'm not imagining anything—I even have a witness to corroborate my story.

This took place in Merritt, BC. Steel guitars and Angus steers. Lake trout that live up to fishermen's stories about "the one that got away." My destination.

For more than three decades, Merritt has hosted the annual Pacific Forest Rally—an event where purpose-built race cars speed around the muddy roads on the surrounding hillside. Each car would blast through the woods at speeds that would scare even the most boastful of the teenaged stunt drivers in my high school parking lot.

I came here to film a documentary about one of the racing teams. To set up this project, it meant suffering through long nights of producer's work. Documentary filmmaking can be likened to Thanksgiving dinner—research, outreach, and paperwork are peeling the potatoes. Shooting is the pumpkin pie.

I was ready for that pie.

Alec, my classmate and best friend, accompanied me. I convinced him that his weekend was better spent operating a camera in the mountains with me than whatever sappy plans he had with his girlfriend. To get a head start, I sweet-talked our instructors into letting us out of class early. This was under the guise of practical education. After all, what better way to learn than by going out and doing it?

Alec and I did not prepare for the relentless onslaught of snow, ice, rain, and mud that awaited us. A gentle drizzle of





precipitation soon led to snowflakes that skiers could write poetry about. The first shoot day had me in a panic over my camera equipment. We were getting soaked by rain, as well as covered in a layer of ice.

The cold snap was not in the forecast, and it affected everyone involved in the race. Very few cars were outfitted for the roads, which became as slick as a salesman of the month in a used car lot. Alec made sure to pack long johns, but I could see that he regretted not bringing a winter coat and appropriate footwear. Spirits were as low as the temperature.

The snowstorm was a punch in the gut. The documentary is the only thing that kept us going, and I had no backup plan. I talked up this side project for the entire time I was producing it. Everyone was cheering for us back home, so I was willing to do everything in my power to deliver. Alec and I retreated to our dingy hotel room. We had to discuss an attack plan for the final stage of the race.

"We can make it up to Spius and see the cars go by twice before the sun goes down," I say to Alec, who was shivering. "We'd be able to get the last few shots we need." Despite his wet feet, Alec nodded, and we piled into my car. He turned the floor heater on full blast as we set off.

Channelling my inner Beau Duke, I braved ten kilometres through the most treacherous road I have ever driven.

Twelve inches of snow blanketed the route, where the pavement drooped sharply to the left. Alec was concerned throughout the drive, but he did a good job of hiding it. We eventually made it over the crest of the mountain, coming to a stop at the spectator's parking.

We waited for the rally cars to tear past us. Only, after all that struggle—the death-defying drive and the threat of frostbitten toes—there were no cars. The snow was too much, even for the racers; they were delayed for more than four hours before they passed us.

Alec and I stand in the snow, surrounded by the pink glow over the horizon of the setting sun. The two of us watch intently at the spectacle before us.

Then we see the child, who is bundled up in winter gear except for his hands. Instead of mittens, he wears yellow leather gloves. In his gloved hand, he holds the ten-inch diameter chop saw blade. With the form of a little league baseball player, he hurls the rusty blade across the clearing like Satan's frisbee.

Alec and I are dumbstruck. Out of all the risks I took for this project, I found myself relating to the sawblade slinger. Why do we put ourselves through these risks?

We do it because it's fun.

the Rising Popularity of **ESPORTS**

words **NICK EMPEY**

illustrations **SHEKU NAFISI**





I was sitting down for breakfast a few weeks ago when my father entered the room and said:

"So Bridgette is getting a re-work, hey?"

I looked up from my heaping bowl of Honey Nut Cheerios and stammered out, "uh... what?"

My father, looking very proud of himself once again, said, "You know, Bridgette. She's getting a re-work in that game you play. There're actually quite a few changes coming in the next patch."

Now, the character in question is from a game called *Overwatch*. It's a game about a ragtag group of heroes and villains trying to save or destroy the world. Why my old man knew anything about the game was baffling. He hadn't picked up a video game controller since my older brother demolished him in *NHL 2004* back in the day.

Still confused, I asked, "you're right... but why are you right? How do you even know that?"

"Oh, it just came up in my newsfeed" he replied. "I knew you played, so I watched some videos about it. Did you know they're playing in Rogers Arena next year?"

When I woke up earlier that morning, I had no idea I would be having such an odd conversation. I had so many questions: Who is this guy pretending to be my father that cares about video games? How did video games end up in his news feed? Why does he know about the *Overwatch League*?

These answers gradually became clear, but the crazy thing was that he was actually *interested* in watching esports. The same man that reads books about bitcoin and watches golf for fun is taking an interest in professional video games.

And he isn't the only one.

A typical esports event is laid out in a very similar fashion to a regular sporting event. A crowd fills an arena, and the players take the stage. There is a massive TV in the arena's center that is streaming video from each of the players' computers. The contestants play the game for all of the audience to see, taking on whatever challenges the game in question may present. And just like a regular sport, these players are the best in the world. It quickly becomes apparent that these athletes can pull off more than any ordinary person could, and it makes for phenomenal entertainment.

The audience loves it.

According to Goldman Sachs in 2018, esports had more viewers than Major League Baseball. By 2022 they expect the viewership to rival the National Football League.

If the viewership numbers don't impress, maybe the money will. According to Newzoo, an esports analytics company, the market is supposed to exceed a billion dollars by the time 2019 is over. This marks a 26.7% growth from 2018.

Overwatch is one of the few games that fall under the esports umbrella, and it has seen significant growth. Season one of the *Overwatch League* dished out three million USD, and season two bumped up to five million USD. Season three numbers have yet to be released, but judging by how the league itself is preparing for next year, it could be a big one.

Another way the *Overwatch League* is setting itself apart is by compensating the players tremendously. Unlike the majority of esports leagues, the *Overwatch League* introduced a salary minimum for their players at fifty thousand USD with a guaranteed three-year contract. Teams are also required to give at least half

of the prize money to the players if they win in the finals. The 2019 grand finals were worth three and a half million. For a team of ten people, that's another 175 thousand USD per player. An excellent incentive. This is all in addition to players receiving housing, health insurance, and retirement savings. Considering how most of these players are 20-22 years old, the retirement savings makes for a very caring move from the league.

The local team, the Vancouver Titans, all make roughly 100 thousand USD per year. These players are all from South Korea, so this is equivalent to 116'675'000 Won.

By the end of their three-year contract, the Titans will have amassed nearly 300 thousand USD on salary alone. Apart from food and perhaps a phone bill, most of that is pocketed. If most of that money is saved, these players should have enough to outright purchase an apartment in Seoul, South Korea (one of the most expensive housing markets in the world).

The players can also freely get sponsorships and endorsement deals to supplement their income. The Vancouver Titans even had collectible Slurpee cups at Circle K for a limited time this year.

And it's just getting bigger. Esports are expanding into new markets and demographics.

Not only are esports being advertised around town, but local bars like The Pint or Tap and Barrel were playing the live matches during the finals as well. Sports bar broadcasts could draw more interest from people who weren't aware of esports.

Two players from the winning team of the 2019 *Overwatch League* Grand Finals even appeared on *The Tonight Show with Jimmy Fallon*. Both Matthew "Super"

Delisi and Jay "Sinatraa" Wong from the San Francisco Shock were welcomed to the stage and got to show off their trophy.

Although the terminology was kept fairly basic for mainstream audiences, the players went into great detail about their practice routines and daily life. They compared their training to a normal sport. They spend a certain amount of time per week in practice with their team. The difference is that instead of working out to hone their solo performances, they practice their aim and movement mechanics instead.

Super brought up that he was not legally allowed to sign his first contract without a guardian. He had to convince his father that esports was a viable career. He recalled, "I explained to him what esports was, and the first thing he did was look up esports, and he finds a Forbes article about the growth of esports." Once his father figured out it was a big thing, he signed, and they were off to the races.

On a more personal note, I can understand why many people would be quick to dismiss watching *Overwatch*. You don't understand the rules. The announcers might be saying things you don't follow. Maybe the colours and effects are too much to take in.

And you know what? **That's completely reasonable.**

I grew up playing baseball. I loved watching baseball because I got to see players throw pitches that I could only dream of throwing. My friends didn't play baseball and often said it wasn't a sport because some professional baseball players had beer guts. They believed that those players shouldn't even be considered athletes. I was still fascinated because it was the most

skillful tier of play in my favourite sport. *Overwatch* resonates the same way with me.

I'll be the first to admit, I am terrible at *Overwatch*. It's a fun game to play with friends, but I constantly make mistakes. Watching professional *Overwatch* brings me back to watching baseball for the first time. Players showcase their skills in ways you never thought of, and this makes you appreciate and understand the game on a deeper level because of it.

Now, I may not have a future in professional gaming, but I think it's interesting that my father followed the same conclusions that Super's father had. Maybe one day, I'll find myself sitting down for breakfast with my kids, making them uncomfortable due to my overwhelming knowledge about a game they like. It was a cool bonding experience with my dad. I would love to be able to have that same experience with my own children.

I don't foresee *Overwatch* substituting the tradition of sitting around the living room watching Canucks games, drinking beer, and talking about our weeks. Still, I am excited to see what the future holds for *Overwatch* and how it might set the stage for other esports to be played in Vancouver.



the first
Yogi



Yoga is more than a fitness fad. In Vancouver, there are more than 50 yoga studios, plus dozens of gyms that offer classes. There are even outdoor meetings held in parks! If you take transit, chances are high that you've seen someone carrying a yoga mat. According to Google search trends, Canada googles the word 'yoga' more than any other country, and British Columbians google it the most within Canada. Yoga has added to Vancouver's culture of growing towards a greener and healthier life.

Yoga has become routine for many people, but few actually know about its mythical origins. For centuries, yoga's origin stories passed down from master to pupil. This oral tradition led to several interpretations, and it wasn't until recently that they were written on paper. Some say yoga originated 5,000 years ago, while other cultures say it goes as far back as 15,000 years.

The main character of our story, Lord Shiva, appears in multiple versions. In the Hindu Tradition, he is a supreme deity who came to Earth to teach us yoga. Those in the Yogic Tradition believe that Shiva was a man who evolved to a higher being after he developed yoga.

Either way, our story starts in Tibet. We find ourselves in Shiva's home near the Himalayas on Mount Kailash—a mountain so sacred that to this day, no one is allowed to climb it. Here, Shiva developed a technique that was a mix of dancing in extreme ecstasy and suddenly holding himself still for hours. This technique became so advanced that Shiva was able to not only to gain full control of his body but also of his karmic energy and his soul. When he reached the final stage of enlightenment (also known as Samadhi), it became hard to tell whether he was moving or holding still.

After becoming the first Yogi, Shiva was able to reach high levels of meditation and Yogic energies. He reached the point (supposedly) where he was able to control the universe's functions in his subconscious. However, he was hard-pressed to notice the presence of people watching him practice outside his home. He would ignore them, hoping they would leave. There was one person he could not ignore, however—his wife, Parvati.

Shiva's love for Parvati was so great that he managed to come back from his state to seclude himself with her. He then taught her the gentlest ways of intimacy, in great detail. In his Sutras, Shiva referred to Parvati as the beautiful one, the gracious one, and the resplendent one.

Shiva and Parvati started the dance of mystic love, described as "Yujyate Anena Iti Yogah," which means "one that joins in yoga" or "joining the individual soul to the universal soul." By teaching Parvati the secrets of yoga through 84 Asanas, they were cosmically-bonded for eternity. This was when Shiva became known as the first Guru.

Shiva and Parvati emerged from their seclusion to find that most of the spectators had left. Only seven men remained, and they were eager for Shiva to teach them the ways of yoga. Shiva, in turn, dismissed them. He called them impure, asserting that it would take them millions of years to learn the true power of yoga. The men refused to leave. Eager to receive Shiva's teachings, the men remained on-site to meditate and prepare themselves through purifying Pranayama.

Shiva was convinced that no one else but Parvati was entitled to know the secrets of yoga. However, Parvati saw how committed those seven were to learning about yoga and how it could ease the suffering of mankind. She slowly persuaded Shiva to share his secrets. It took many years for Shiva to stop seeing these men as impure, and to realize that they were receptive to knowledge.

It was on a full moon—as the solstice was shifting from summer to winter—that Shiva started teaching the cosmic secrets of yoga to these seven men. They would later become known as the Seven Sages. They spread the knowledge of yoga to South Asia, which would then be spread to the rest of the world thousands of years later.

One may say that the only reason we get to practice yoga in Vancouver today is because of the love shared by Shiva and Parvati. May their love fill you with cosmic energy the next time you practice it.

Eduardo Basile

Saag Paneer

This is not a traditional Saag Paneer.

I'm leaving out ingredients like ghee (clarified butter used in a lot of Indian cooking), cream, and fenugreek. This way is a bit healthier. I use coconut milk instead of cream, and a mix of coconut oil and butter instead of ghee.

This dish is cheap. I made five meals for less than \$15! I'm not factoring in buying the spices and oil (I already had them), but once purchased, they can be used for a long time.

This recipe can be doubled, and then you can freeze half of it to defrost at another time. This is a great thing to make on a Sunday, as it can last you a few days as both lunch and dinner. Anyways, here we go:

Andrew Williamson



10 mins



25-30 mins



Ingredients

- 1 cup of rice (suggest brown jasmine)
- 1 package naan bread (suggest whole wheat)
- 2-3 tbsp coconut oil
- 1 package of paneer (500g)
- 1 can coconut milk (100mL)
- 1 puck frozen spinach (150g-200g)
- 1 medium red onion, finely chopped
- 3-4 cloves of garlic, finely chopped
- 1/2 inch ginger, grated
- 1 serrano pepper, chopped (seeds removed)
- 1 bell pepper, chopped
- 2 tsp turmeric
- 2-3 tbsp garam masala
- 1 tsp cumin
- salt to taste
- cilantro for garnish (optional)

Rice

Follow package instructions for cooking the rice, but ensure you add some oil or fat and salt the water. Doing this goes a long way for the rest of the dish.

Saag Paneer

1. Put a large saucepan over medium-high heat. Add coconut oil.
2. Cut up paneer block into cube pieces.
3. Fry paneer in hot oil. Sprinkle turmeric over the cubes and gently stir them around. Once you have evenly coated the paneer with turmeric, let the cubes sit for a while. You want them to be crispy and brown.
4. Put paneer aside on a plate covered with paper towel (to drain fat). Leave pot on the stove.
5. There should be oil left in the pan—if not, add more.

6. Add chopped onions and garlic to the saucepan and sauté. Add ginger and the serrano pepper. One serrano pepper with most of the seeds removed is a medium spice—adjust accordingly to how spicy you want this. Add less of the pepper if you want it mild, or add the seeds to really get it hot. Stir often so that it doesn't burn.

7. Put frozen spinach block in a bowl with a little water. Cover, and microwave for a minute or two to defrost.

8. After letting the pan sizzle away for around five minutes, add the garam masala and cumin. You want it to be thick and dark. Also, add the finely chopped peppers. Don't add them too early or they will get mushy.

9. This is a very important step: let this simmer for at least ten minutes. The spices and the other ingredients are going to make some cool stuff happen. If you think the mixture is drying out, add water—maybe a quarter cup at a time. It will cook off.

10. Add the can of coconut milk and the defrosted spinach, and stir. These two things are going to give the dish its colour. Let that come to a boil, and allow it to simmer for a couple more minutes while continuously stirring.

11. Finally, add the fried paneer, and taste—add salt as needed. Don't worry if you like you adding a lot, it still will be way less than if you ordered this from a restaurant.

Garlic Naan

A few minutes before the Saag Paneer is done, toast your naan bread. You want this to be quite crispy and brown. Once toasted you can spread on butter or margarine. Then, cut a piece of garlic in half and rub it onto the naan.

Enjoy!





PHOTO FEATURE

Macus Ong

Photography has changed the way I look at things and has helped me appreciate the smallest moments. It began as a self-exploratory journey and a Sony camera.

I wanted to get into the nuts and bolts of photography, with all its theories and principles, so I began reading magazines and looking at other photographers' work. Slowly, I decided to enter competitions to get more exposure from the public and the pros. The journey has been extremely fruitful, especially in terms of publications and rewards. My favourite genre and the one I started with is portraiture. Gradually, I began taking on more paths—landscape, minimalism, wildlife, candid, and street photography.

Travelling abroad set me up for taking risks for my photography. It is rewarding! It may sound cliché, but difficult roads often lead to beautiful destinations. That is one of the many principles I uphold. From my travels, I won an Editor's Choice Award in a British magazine. Other photos have won awards in Serbia and have been featured on prolific Instagram accounts.







I came back to school to study ecological restoration, where there is more opportunity for photography. I get to dive into the wilderness in the Great White North.



In conservation, photography is a collective effort; presentation can make a difference in changing the environment towards a more sustainable Anthropocene in the digital and social age.

Being a photographer does not just mean having a camera with a huge lens. I have always believed that skills make a photographer; gadgets are second.

I have been criticized by many professionals that my images are not accepted as the 'norm.' I do take constructive feedback, but at the end of the day, that is my style.

RUEL

Rocks His First Vancouver Crowd

SYDNEY WONG



The Australian singer, Ruel, played his first Vancouver show at the Biltmore Ballroom on October 14th. At sixteen, he is becoming one of the fastest-growing artists around the world. Vancouver is one stop in the *Free Time* tour, Ruel's first outing in North America as a headline act. He sold out every show across the continent.

Fans lined up around the block on a windy night just to get as close as they could. Pop singer Destiny Rogers warmed up the show to high-pitched shrieks that filled the ballroom. The anticipation built up to a final chant—

Ruel! Ruel! Ruel!

Ruel ran onto stage, and the expressions in the fans' faces made it clear that they were in for a great night. Filled with a contagious youthfulness, Ruel kept the crowd captivated by constant interactions, holding their hands, and singing into their eyes. You could hear the girls falling harder for this soulful sounding Australian with a distinctive voice.

Ruel got to one song that silenced the whole room—"Unsaid." Inspired by a story that fell close to his heart, the crowd's emotions rose. You could feel the story unravelling through his presence, the crowd enraptured with tears and faint wails.

Shifting these feelings back to a higher note, Ruel shook the ballroom as he played one of his singles—"Painkiller," which currently has over 36 million streams on Spotify.

Ruel ended the show with his biggest song—"Younger." During the performance, he expressed his appreciation for the Vancouver crowd. Ruel was bouncing around the stage as if it was Christmas morning.

He's set to open for one of Canada's most well-known pop stars, Shawn Mendes, who had a similar upbringing to the music industry. With a fanbase that keeps getting bigger, Ruel will continue to share his music with the world. After seeing this show, I wouldn't be surprised if Ruel came back for another North American tour in 2020.



Final Project

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