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SE2 Building, 3rd Floor Burnaby, BC V5G 3H2

3700 Willingdon Ave.

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CONTACT

editor@linkbcit.ca www.linkbcit.ca

Dan Post | *Publisher* 604.451.7191

Andrea Lekei | *Promotions* 604.453.4072

CONTRIBUTORS

Alexis Cornwall Alex Lamb Bruno Godoy Flora Brodie James de Vaal Jarell Alvarez Maddy Adams



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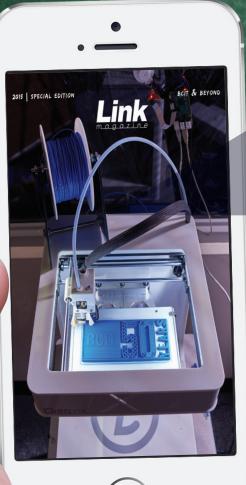
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STRESS RELIEF

Don't let that first gruelling month of class get to you. Make time in your busy schedule to take care of yourself. Your body and mind will thank you.

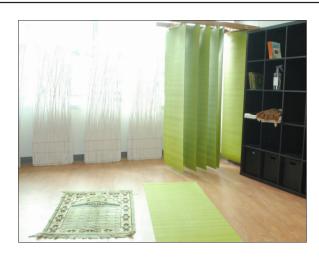


NAPPY HOUR

I was taking the Canada Line home one day when I stumbled upon a man taking a snooze. Like, I literally stumbled into him because he was spread out across the floor, sleeping. All of us on the train had the same concern: "Is he alive?," "Does he need help or medical attention?" As we approached the next stop I asked him if he was ok and if he knew where he was, to which he grumbled, "Shut up and leave me alone. I'm tired." He laid back down and went into a deep sleep that involved a lot of snoring. Moral of the story, don't be like that guy. Instead, take advantage of two new nap pods in the Library (SE14) or visit the nap room in the Rec Centre (SE16).

HAVE A THINK

What am I doing with my life? It's an age-old question asked by so many of us, often just minutes before turning to the internet in a last-ditch effort for meaning, then discovering a program at BCIT that seems like your answer. For others, coming right out of high-school, the question takes a slightly more optimistic form (what am I going to do with my life), but it's existentially the same. If you feel the need to keep pondering the bigger questions, there's a new space on campus for just that. It's called the Contemplation Room (SE2, 3rd floor) and it's there for all people, from all spiritual backgrounds, to quietly pray, ponder or meditate on the meaning of this great adventure we call life.





SWEAT IT OUT

Try something new and join BCIT Aboriginal Services during one of their monthly traditional cleansing ceremonies on the Burnaby campus. In Aboriginal culture, the sweat lodge empowers the natural elements of our being with the four elements of water, air, fire, and earth. Each element brings a quality of balance to our lives through prayer and purification. As you participate in the ceremony, you are purified with breathing, meditating, and in the sharing of words, prayers, songs, and storytelling. Through the experience, your body is cleansed of toxins, which aids in the de-stressing of your mental, emotional, physical and spiritual well-being. The non-threatening, non-imposing, and safe environment allows you to seek your greater power with all cultures. Visit www.bcit.ca/aboriginal for a schedule of upcoming ceremonies.



You walk up to the bus stop and notice a woman and a man arguing. He is yelling at her, gesturing wildly, pointing is finger and getting closer. But she really doesn't look that scared. She's got her arms crossed and seems to be holding her own. Should you intervene? Call for help? Or mind your own business...

These are the difficult questions that the Ending Violence Association of BC (EVABC) hopes to answer with their *Be More Than A Bystander* program which arrives on BCIT campuses this fall. The program, developed and launched in partnership with the BC Lions, aims to educate people on how to recognize gender-based violence in their daily life, and specifically, to empower men everywhere to be more than just a bystander.

Everyone has the power to make change, but traditionally it has been mostly women speaking up about gender-based violence. Now is the time for *everyone* to be involved in the solution and for men to become allies in the cause. But it takes courage. It takes courage to tell your buddy that his Instagram posts are wrong and contribute to a culture of violence. It takes courage to stop your friend from trying to hook up with a drunk person at a party. And it takes courage to diffuse an argument at the bus stop simply by being present, or asking for the time.

Gender-based violence is a massive problem, but a problem that can be solved if we have the courage to be more than a bystander. If we all start speaking up, we can create a culture on campus where everyone knows that gender-based violence is not acceptable. Together we can break the silence.

Canadian women will be sexually assaulted in her lifetime

1 in 4 Women are sexually assaulted while obtaining a post-secondary education.

8 Weeks Most sexual assaults are perpetrated in the first 8 weeks of the academic year.

90% of sexual assault survivors who knew their attacker did not report it to police.

of transgender imdividuals will be sexually abused or assaulted.

Relationship or Dating Violence

A pattern of abusive behaviours that work to exert power or control over an intimate partner.

Consent

An enthusiastic and ongoing "yes." Cannot be assumed. Not valid if the person is drunk, on drugs, or asleep. Can be withdrawn at any time.

Criminal Harrassment & Stalking

Repeatedly following or communicating with someone, OR monitoring their actions over a period of time. Results in her reasonably fearing for her safety.

Sexual Assault

When somebody touches another person sexually without their consent. Can be direct or indirect. It is a crime of power and violence.

Gender-Based Violence

The vast majority of men don't commit violence; a minority do. It's about getting the majority of men to speak up against the minority of men who are violent.





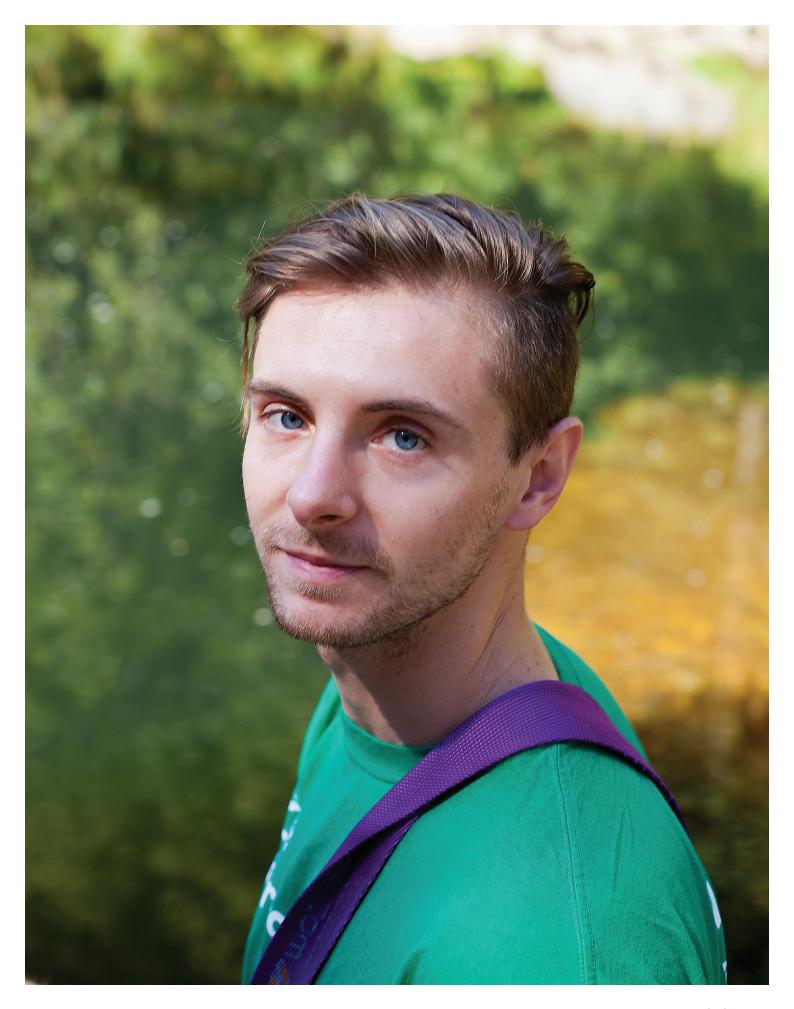
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SLACKER

When you're curious about something, there's no telling where it will take you. Our curiosity took us to Lynn Valley where BCIT's **William Hooley** was spending the last few moments of summer enjoying a sport that you've likely seen people practicing, but you know nothing about. It's called 'slacklining' and it's a lot harder than its name suggests.



interview alexis cornwall photos maddy adams

How did you get into slacklining?

I was at a youth festival performing in one of the bands on the main stage. As I was walking around all of the booths that were set up for the festival I came across a couple of guys who had set up a line under a tent and they were sort of showcasing slacklining. One of the guys that I met there is actually the slackliner who has the video where he crosses one of the lines up at the Squamish Chief without a harness. It's called free-soloing (walking free without a harness). That video actually shows him breaking the world record for the longest line walked without a harness. So my very first introduction to slacklining was with the man who holds the record for the longest line walked without a harness. It was a very intense introduction to the activity.

Is it more of a hobby or more of a fitness activity for you?

I call it an activity, sort of like working out, except instead of being a sweating type of exercise it's more of a focus and balance type exercise, kinda like yoga. Some people use it to relax, some people use it to have fun and hang out at the beach.

What's the main thing you're working when you slackline?

The main thing you're working is your balance. If you can stand on one foot you're doing pretty

well. If you can stand on one foot with your eyes closed, you're probably gonna be pretty good at slacklining.

When you highline over places like the Chief, do you wear a harness or is there a net at the bottom? Because it looks like fall-to-your-death kinda stuff.

When I highline, I wear a rock climbing harness, just like anyone rock climbing at a gym or on a mountain. And then you tie into the line exactly like if you were rock climbing. So there's really no difference in safety between rock climbing at the gym or highlining on a mountain.

Do you ever plan on entering competitions or pursuing it further professionally?

Slacklining is a really new activity, or sport, so people still don't really entirely know where it's going to go or how it's going to end up. Sort of like when skateboarding first started, they didn't really have any idea how it would end up and look at it now in 2016 with the X Games. Right now they have competitive tricklining which is when you bounce on the line and do flips and tricks and then you're judged. They also have something called speedlining which is sort of like a parallel race where there are two lines set up with equal distance and then the first person to walk this distance between the two of them will win and move on to the next round.



Do you find that with the culture around slacklining, people may associate it with hippies?

I feel like slacklining has been put hand-in-hand with things like yoga and meditation. [But also] other sorts of "hippie" things, like fire spinning and juggling and the kinds of activities that a lot of free-spirited people do. There are tons of people though that just come down to the beach with a slackline and set up and have a barbeque and hang out with their friends. I think everyone can participate in slacklining, but it has definitely been associated with the hippie lifestyle and the free spirit types.

In that case, do you consider yourself to live a hippie lifestyle?

Yeah I'm definitely more free-spirited. I like to be adventurous and let things just happen how they'll happen. I'm not about trying to control how my whole life goes and how schedules happen and all that kind of stuff. But you know, I shower every day so I'm not that kind of hippie [laughs].

Tell us about your BCIT life...

I am in the Aircraft Maintenance Engineering program (AME) at the Aerospace Technology Campus in

Richmond. It's a 16-month program all year. I started in April of this year so I'm a quarter of the way through.

What is it about aviation that interests you? Is it figuring out how these planes fly?

Well I think it's fantastic that they can take these huge tubes of aluminium that weigh thousands of pounds and send 'em hurling down a runway and then all of a sudden a guy in the front pulls on a stick and it takes off and flies to Europe, and then parks for two hours, lets all the people off, loads up with fuel, and then turns around and does it all again. With not much more than refuelling and cleaning out the toilets. It's just really fascinating.

It's cool, especially when you come down to the floor of the Aerospace Campus where we have our hangar and we have a couple planes that are sort of stripped down to their skeletons and a couple planes that just have the wiring exposed and all of the different components exposed and you look at all these different parts and all of these different systems that all have to work together to get this airplane to fly, it really is quite amazing. \blacksquare



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hab·i·tat

noun

the natural home or environment of an animal, plant, or other organism.

informal

a person's usual or preferred surroundings

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Float pods, holograms, and robot bellhops — if recent BCIT grad **Arkgo Chen** is correct with his predictions, this will be the norm for hotels of the near future. We sat down with the Architecture Science alumni to discuss his final term project pitch, The Norm hotel, and learn more about his idea for transforming Vancouver's False Creek Flats.

words jarell alvarez

How did you come up with the idea for The Norm Hotel?

I always knew I wanted to do a hotel for my final project. Some students did farmhouses, breweries, and housing. The reason I did a hotel was to relate globally, but showcase local. We've all had our own hotel experience somewhere else, a home away from home. Hotels act as a gateway.

Give us a brief history of False Creek Flats...

Hotel Vancouver was supposed to be where Science World is, so this idea was bringing [a hotel] back to False Creek. Having a waterfront hotel would make the entire Main Street area more active. The historical aspect made it reasonable to build it there.

So who is meant to use The Norm hotel?

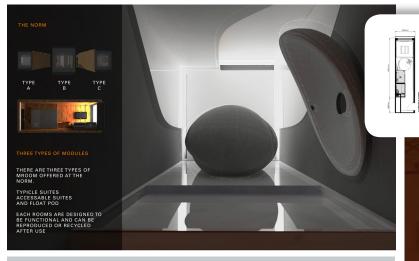
We're missing a hotel for professionals moving in and out of the city, targeted for millennials. We are a value-conscious generation. We don't need all the brands attached to our clothing, or much service like [entering] airports — we'd rather just go on our phone and straight in. At the same time, we want to socialize. This demands for more lounge and social spaces. In the room, we don't need chairs or ottomans, and we're actually paying for all that. This is an all-modular system made of wood. The essentials (toilet and shower) and a king size bed are included as well. My main concept was inspired by a shipping yard container using a modular design. [Currently] we have lower income hostels and super upscale hotels with nothing in between; something that's luxury and affordable for us.

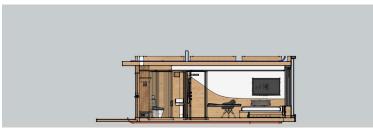
Throughout your concept you use language like "our intervention," "private filtering," and "improving private realms." Can you elaborate on these terms?

The overall idea is to filter by changing things from an urban scale to a human scale. From the human eye, it is friendly with a green scale and plenty of bikes in the area. In terms of gentrification, the hotel is aimed to increase diversity. There's an economical purpose to it, with job opportunities, and [it would] bring foreigners

In-room float pods and modular all-wood rooms showcase a play between the innovative technologies of the future and our everimportant connection to the

natural world.







Within your pitch, there's a lot of talk and selfdriving cars, or removing cars in general to reach zero emissions. Is this sustainability angle something coming from your instructors at BCIT, or is it the students pushing this forward?

The whole class was self-aware about sustainability, and it's part of our profession that we need to be aware of. It's also up to the class. Are you just doing it for the bare minimum? Or are you actually thinking on the social sustainability side. You can have the most expensive, highly technical green building, but what does the building do to the surrounding neighbourhood? That's a huge factor as well. My project looks to apply higher technology, in terms of blending social and technological sustainability.

You said that you wanted to focus on the community aspects more. What's the best way to achieve that? To make a community-driven hotel...

To me, that's through art, and providing a new type of lifestyle experience through innovation. It's just like a generator in the area for this. You're introducing something new and something that not everyone is comfortable with, and that is the best way to enhance diversity.

Hopefully this doesn't turn into a pipe dream because I think Vancouver really needs this.

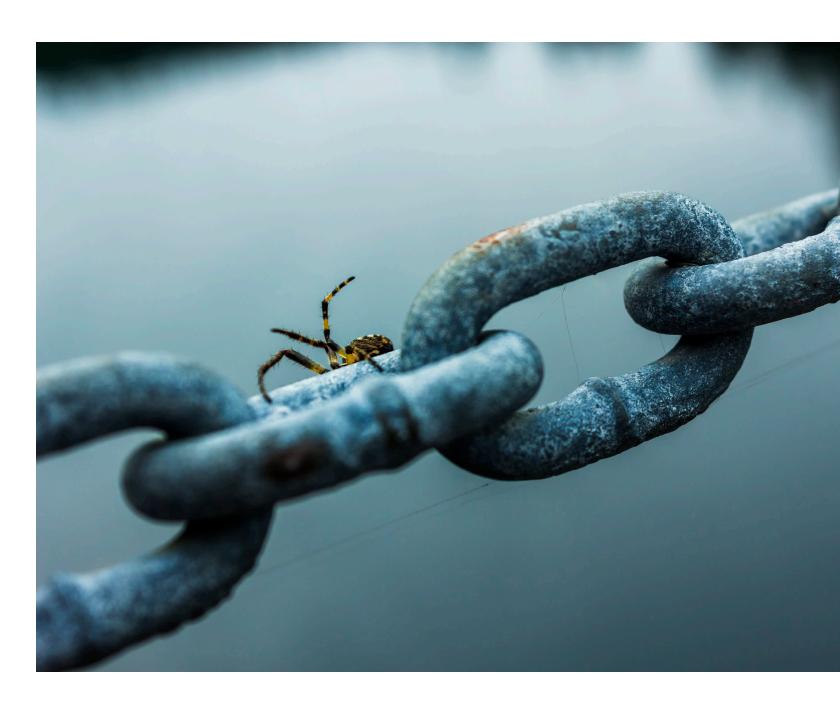
There actually is someone I need to email back; this architect in Vancouver that is into modularity. The firm is LWPAC, and I still need to schedule a time to go see him. Hopefully this will come to fruition.

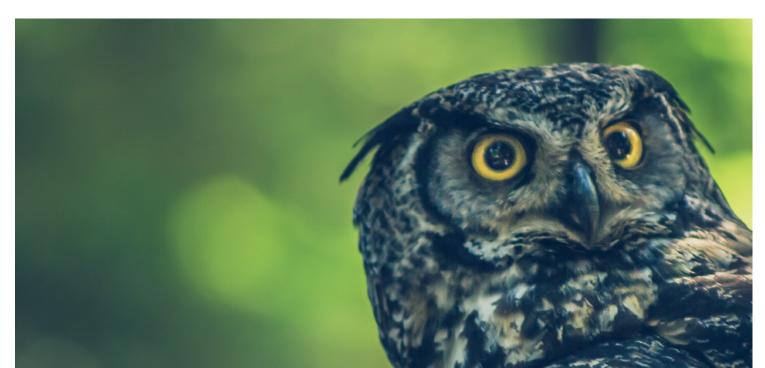




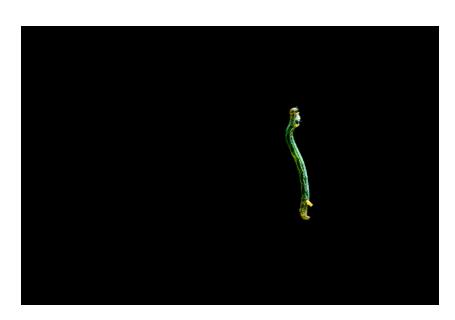
(Above)

Arkgo predicts that Augmented Reality will become a huge part of our daily life. He's conceived of a future where visitors to The Norm hotel interact with their space in ways never seen before. Suddenly, the hotel is no longer just a place to lay your head, it's a space designed to engage you on a number of interactive elements that tell a story about the community in which it stands.











BRUNO GODOY

facebook.com/brunogodoyphotography

Bruno's just trying to make the world a better place, always spreading good vibes wherever he goes. Passionate about nature and travel, he is a true landscape and wilderness admirer, and those are his favourite photography themes.

He currently calls Vancouver home, and when not working in the city, he is probably setting up a slackline, playing the same song on the ukulele, or finding a place to camp with his wife.

For Bruno, it doesn't matter how far a dream seems to be, you just need to keep walking towards it!





words alexis cornwall

My friends call me a hoarder. I prefer the term 'collector.' I mean, we're only talking about a small collection of fans from around the world, pennies from every year, a few pieces of clothing (20 bathing suits, 15 pairs of sunglasses, 50 pairs of shoes) foreign money, tickets to events, and my most prized collection — 200 pairs of earrings. That's not a lot, right? Hoarders have mountains of things that creep up on them and spill over into every aspect of their life. But I don't have that problem. To me, each item I collect tells a story. It might be a story of where I've been, or a story about who I was at a certain point in my life, but every piece is unique and means something.

But maybe my friends are onto something. Maybe I've become so immersed in my collections I'm not seeing what they're seeing. Or maybe they don't realize the cultural value of collecting. To find out more, I'd need to step into the minds of other collectors, and thankfully I knew just where to look. This past summer, the Museum of Vancouver (you know, that big teepee-looking thing across the water from Sunset Beach) opened its doors on an exhibit titled All Together Now: Vancouver Collectors and Their Worlds. The exhibit focuses on 20 different collectors and the accumulation of their treasures, from action figures to pinball machines and even prosthetic limbs — there's something to see at every turn. If I was going to find any insight into my own habits, it would be here. Lucky for me, I was able to get a guided tour of the exhibit from curator Viviane Gosselin and find out firsthand what it all means.

All Together Now: Vancouver Collectors and Their Worlds
Museum of Vancouver (110 Chestnut St. / Vanier Park)
June 23, 2016 - January 2017

Top: Go figure. Angus Bungay has an impressive collection of toys.

Right: No bones about it, Gabrielle Whiteley loves taxidermy.

[photos: Rebecca Blisset]



he first thing I noticed about Gosselin was her enthusiasm; a shared passion for collecting. She was glowing as we walked through the museum and she broke down the process of finding these collectors over the course of a year, and the hunt for the next best one. "At first I thought maybe 6 collectors and then I thought 13," she reveals. "Now look at it, we've got 20." In the process of picking who to feature, Viviane said she fell in love with each person's passion and soon found herself identifying with her subjects. "This is my collection of collectors. I felt like over the whole process I started becoming a collector because I couldn't stop. It was like 'ooh this is so interesting,' 'ooh what about this one... Or this one?" I know that feeling all too well. We paused in front of a wall of portraits. Here were all of her collectors. She gazed up at them beaming with pride. "Collecting is very much an identity building activity. It builds you as you build the collection."

I'm already feeling better about all those Maxi dresses in my closet. But I also still have this lingering notion of hoarding on the back of my mind. I still need to know exactly what the differences are. Am I 'collecting' every time I buy a new pair of earrings and hang them up in one of my many jewelry cases? Or is it hoarding because I love each and every pair and can't picture my life without them? "Sometimes the two can live together," explains Viviane, "but a collector will discriminate. Hoarding is a pathology and people are sick. [Hoarders] will gather for the sake of gathering. They will collect old newspapers, toilet paper and have rooms full of it to the point that they become sick and it becomes unsafe. A real collector of toilet paper would have toilet paper from France, from Argentina. They could have ones with different textures and from different decades. A hoarder will collect 2000 of the same toilet paper and the more the better. With that there's no discrimination. It's pure volume to satisfy some sort of obsession." She's right, the hoarding I've seen (mostly on TLC) begins as a small collection but quickly





snowballs into something that takes over someone's life and becomes uncontrollable. Collectors on the other hand, are typically proud of their assembly of items and very choosy with what they add to it. "At the end of the day I think people will focus on one particular aesthetic or object, because they project themselves into it."

Before she leaves me to explore the rest of the exhibit on my own, Viviane plants another thought in my head, the notion of collecting as cultural value, as a historical narrative. "[Collections] are documents, they are objects that survive the passage of time... Collectors are instrumental and critical in [writing] history." She believes that we wouldn't be able to write history without collectors and they will aid anthropologists in the future to understanding us today. My plethora of fierce earrings must tell the story of something, right? Even if it's not the greatest story of all humankind, it at least tells my story. When I look back at all my currencies from the different places I've been I feel nostalgic and reminiscent, because they represent stories of

different times in my life. My collection of tickets from events I've been to is a way of preserving a piece of my own history.

eft to my own devices and armed with a new outlook, I wandered the exhibit, interacting with these amazing collections. At first I'd assumed I had nothing in common with someone who collects glass eyeballs, but I soon found out I was wrong. What surprised me was how immersed I became in the collectors' worlds. I saw myself in Imogene Lim's Chinese food take out menus. I understood her search for identity and understanding around her Chinese-Canadian heritage. I stopped at Gerry Parson's jukebox collection and fed an old Wurlitzer a quarter, selecting Little Richard's classic "Tutti Frutti." I watched excitedly as the record was selected and put to spin on



the vintage turntable. Little Richard's voice shocked me as it fully rang out echoing off the walls. With no one there to see me, I danced to the upbeat rock 'n roll (I mean how could you not) and thought to myself, 'This is so cool. This song came out in 1957 and I'm listening to it the way teens did almost 60 years ago, from this shiny colourful piece of history.' I realize that maybe this is why I've kept a penny from every year from the 1900s to 2012 when the last one was minted in Winnipeg. Future generations will never know what a penny is, but it's worth keeping and remembering, because I was here for that and I will be able to remember something that will most likely be soon forgotten. Typewriters, pinball machines, ViewMasters... this place is filled with forgotten relics.

I left the MOV feeling changed. Most importantly, I've shed any guilt about my own collections. I now hear Viviane's voice in my head saying: "People collect to build themselves [they do it because] they love something and they just keep going at it because they find it extremely pleasurable to have a creation." My

collection builds my identity because I feel like all these fetch earrings help represent me and the various moods that I come in. (Yes I am trying to make fetch happen). I'm not obsessed and I am no hoarder. We are all collectors in some way or another. People tell me that only kids collect trinkets, and stuff like rocks, but I know that my collections bring me joy and a sense of pride. That feeling of being on the hunt for something new and more amazing is why I do it; so I wouldn't give up being a hunter gatherer for anything.

Culturally, I think a lot more of us participate in collecting but worry that sharing it with others is a bad idea, for fear of judgement. This world and society we live in makes us feel like we are all so divided and that we have more differences than similarities. This exhibition is so relevant because we can all relate to each other in some way or another. Whether you're seeking to understand your background, or maintain a family tradition, showing how far we've come in tech, or holding on to something historical — if you're collection means something to you, that's all that really matters.

Above: We bet BCIT's very own David Moe would give an arm and a leg to switch from part-time instructor to full-time collector.

Opposite page: (top) I like to imagine Ken Stephens' army of Ramp Walkers coming to life one day and carrying him away.

(bottom) Gerry Parson is ready to dance whenever you are.

[photos: Rebecca Blisset]

All Together Now runs until January 2017 and it's reasonably priced for students at about \$11, which is less than you spend on a sushi date. Be a part of the exhibition and share your personal collection by using the hashtag #mycollectionatMOV.

BUT WHAT IF (S) HE WINS?

This US election cycle has been one of the ugliest in recent history, but what does it all mean for Canada?

words alex lamb

The 58th quadrennial US federal election has already been an historic one in many ways, but come November, the United States of America could either see its first female Commander-in-Chief, or the end of the world. If Clinton is elected, Americans (and the rest of us) can expect everything to stay pretty much the same. But if somehow the unthinkable happens, and Trump is elected (barring an impeachment during his first week in office), the consequences could be catastrophic on both a national and international level. And yes, even though we feel pretty safe and smug up here on our side of the border, there will be a lot of impact on our way of life, depending on the outcome. Here's a general overview of what to expect from each candidate's presidency, and what it could mean to Canada.

(Author's Note - Donald Trump's baffling and controversial rhetoric has been incredibly inconsistent in regards to his position on many issues, often changing his opinions on a topic in the same day. So everything that Trump is quoted as saying here should be taken with a grain of salt, because even he has no idea what he'd actually do should he hold office.)



The concept of global warming was created by

and for the Chinese in order to make U.S.

manufacturing non-competitive.

27,354 16,591

KEYSTONE XL PIPELINE

Hillary stayed mostly silent on her feelings about a pipeline that would bring crude oil from Alberta to Nebraska, until October 2015 when she announced her official opposition to the project. The following month, the Obama administration cancelled Keystone, but spokespeople from TransCanada say the company is going to keep fighting for a permit to build it. The company hasn't provided the public with a clear estimate of how many jobs the project would create, but they claim on their website that it would create thousands, and many of those would be for Canadians. Assessments of the pipeline suggest that it itself wouldn't contribute greatly to climate change besides facilitating the transportation of chemicals which are detrimental to our environment, but if an oil spill occurs we can see some terrible harm. Fighting climate change is one of the key planks in Clinton's campaign.

Trump, the notorious climate change denier (his tweets speak for themselves), has stated that he would approve Keystone XL if he got elected, but he would want to renegotiate the deal to ensure the US would get a greater chunk of the profits. He has also stated that he wants to restore the coal mining industry.

ECONOMY

Surprisingly, Clinton and Trump have many points in common with their economic concerns. They are both opposed to the recent Trans Pacific Partnership (TPP), they both want changes made to the North American Free Trade Agreement (NAFTA), but disagree on the importance of the North Atlantic Treaty Organization (NATO). If the Trans Pacific Partnership goes into effect, many Canadian industries, but especially dairy, are expected to suffer. The Trudeau administration signed the deal but has not ratified it yet. Trump has called NAFTA a disaster and wants it renegotiated completely. He believes that NATO is obsolete because it was made a long time ago. Many experts believe that NATO is still one of the most successful modern military alliances. For Canadians, losing it would mean that during military times, we'd have to rely on other countries that we're on good terms with to come to our aid, and we will have no guaranteed protection from other armies. Clinton is still of the opinion that NATO is 'one of the most important investments America has ever made' but would also like to see changes made to NAFTA. NAFTA has benefited the Canadian economy overall so far, but has harmed some Canadian sectors, like processed foods.

FOREIGN POLICY

As a seasoned senator and former Secretary of State (2009-2013 under Obama's first term), Clinton has plenty of experience in this area. Under her lead, American forces killed Osama bin Laden, which was probably the most notable accomplishment, but it's worth noting that Clinton has never had to deal with anything like a nuclear disaster or diverting a war, which would have shown us the true colours of her foreign policies. She did vote in favour of the war in Iraq in 2002, and made arms deals worth billions of dollars with Saudi Arabia. Also worth noting: Clinton has never ordered the use of any nuclear weapons.

Trump is a real estate tycoon who has never held office before, so we can't look at past decisions to predict what he might do as president of the most powerful country in the world. All we have to go on are his words (see: Author's Note). Throughout his campaign he's used rhetoric that is offensive to many countries around the world, and during some interviews he has hinted that he supports the use of nuclear weapons. In an interview on MSNBC, Trump said he wouldn't rule out the possibility of using them, that he "wouldn't take it off the table," and he told the New York Times that the States might be 'better off' if American allies such as Japan and Saudi Arabia developed nuclear weapons. He has also stated that he would send at least 20,000 to 30,000 American troops to Syria and Iraq to fight against ISIS, and would expect other countries (like Canada) to send forces as well. He also favours the use of torture for the extraction of information from suspected terrorists.

BORDER SECURITY

Canadians wouldn't have to worry much about changes to the American/Canadian border if Trump gets elected, because he's looking to the South with his border concerns. His plans to build a 30-foot wall on the Mexico border have been the ultimate proof of his extreme xenophobia, and he has been mocked for its infeasibility, environmental impact, and tremendous cost. His other major plan is the equally controversial temporary ban on all Muslims entering the country, until the States can "figure out what's going on," (whatever that's supposed to mean).

Clinton also doesn't have much to say about the Canadian border, so we shouldn't expect too much change there either if she gets elected. She has stressed the importance of securing the Mexican/American border but in a much less controversial way then her opponent. She supports immigration reform and wants to give the eleven million illegal immigrants already in the country a chance to become citizens.



When was the last time you applied for a job that had "Jetski and save lives" in the description? When I think 'summer job' I imagine scooping ice cream, or working at a mall. For BCIT Biomedical Engineering student **Andrea Belovska** rescuing kiteboarders in Squamish is just another day in the office.

words alexis cornwall

So you have an interesting summer job. I mean, I don't know many people that get to ride around on jetskis and rescue people on the water. What's your official job title?

My position is Assistant Manager for the Squamish Windsports Society at the Squamish spit. It's a not-for-profit society that was started by windsurfers to maintain access to this really windy area in Squamish. There's a shipping port across the way and there's a Squamish Estuary, and the estuary is a wildlife protected area. So those are two areas where the community doesn't really want kiteboarders. What we do is, we make sure that the kiteboarders stay out of those areas and if anything does go wrong, we go and pick them up on the jetskis.

So you're kind of like a coast guard for kiteboarders and windsurfers.

Exactly. And it's part of the lease that we keep them out of that area so we can maintain access for people who love to do these sports.

What makes you qualified for this job? How did you hear about it?

I was pretty lucky because I got to know a lot of the people in that community. I wasn't a kiteboarder myself back then,

I was just starting to learn. I found out the position was opening up; the girl that had done it before me was leaving and they were looking for someone for the next summer. So the friend who introduced me to the sport, I asked him about the job and asked if he could recommend me. I sent in my resume, and I already had first aid. So they asked me to get my BOATsmart! license, and that's all I needed to do. It was almost like a thing of luck.

As for life in Squamish, you speak a lot about community and culture. Do people in Squamish do more outdoor activities than others?

I think Squamish is a great place to come if you want to learn any sport because the people are just so friendly and they're willing to kind of take you in and show you how to get into that sport. Which I think is very unique for an area to have that. I know even the climbing community here is so accepting of new people and they're just so willing to show you around and take you climbing and stuff. It's the same with kiteboarding. You first have to take lessons with schools, but people are very willing to inform you on what the good schools are, and what it takes to get into them, and what you can do before taking lessons. I think Squamish is awesome for that.

So how long have you been up in Squamish? I've been spending my summers up here since about 2011. So I've been doing this for a while. This is my 6th season working at the spit.

With that many seasons of experience what's your craziest story of saving someone on the water?

So the kite is held by lines that are attached to a harness that you wear on your body and if something goes wrong, and you wrap those lines around your fingers, they have a lot of force. So we've actually had a couple people basically cut off their fingers because they weren't being safe or cautious enough. So I think that was the craziest; to have to package a finger in ice and then get the person to calm down and then get them to the hospital. This weekend for the Kite Clash we actually had one of the riders get concussed on the water. Two guys ended up swimming out and I got to him on the ski and we had to get him to the shore. He was very concussed and we had to keep talking to him to make sure he stayed awake and conscious. That one was pretty scary because he was unconscious and getting dragged by a kite for a bit, and then once we got to him we had to get him to the shore. It was a little scary to see the way he was acting.

How do you keep your cool when situations get out of control like that?

I think the main thing to remember is that if you don't panic, the person who is experiencing it is going to remain calm, and that is honestly the best thing you can do. You have to remain calm to make the person feel comfortable with the situation. I mean, internally you can be panicking, you just can't show it because staying calm just makes the situation that much better and really safer for everyone.

Do you find that there's a connection between Biomedical Engineering and your job at the spit?

I think so. I like being in an environment where you're introduced to new problems and you constantly have to think... I'm going to be in so many unique situations, for example a piece of equipment can just go wrong and it could happen in the ER, and you're going to have to go in and you're going to have to remain calm and try to fix it as fast, and as calm, and as best as possible. I feel like that often happens at the spit as well. When we go and we retrieve people, a lot of the situations are very unique and you just have to remain calm, analyse the situation and make decisions on the go. I really love working with people, but I also like a challenge to my job where you have to analyse the scenario and really think it through. It's constantly changing, it's new and we're always learning — I'm really drawn to that. ■

"I think that was the craziest; to have to package a finger in ice and then get that person to calm down."



"I really love working with people, but I also like a challenge to my job."







They are the soundtrack to your night out at the bar, your summer road trip, your drive to work, and maybe even your first date.

he Hip first became successful in Canada during the early nineties when popular American rock n' roll was transitioning from glam rock to grunge rock. The band's bluesy sound just didn't seem to fit in to the music scene at the time, so they decided to explore a more enigmatic style of rock that was centred around Canadian culture. Look no further than the song "50 Mission Cap" about legendary Toronto Maple Leaf player Bill Barilko. The Hip completely dominated the modern rock scene in Canada at the time, with their first five albums including such classic tracks as "Blow at High Dough," "New Orleans is Sinking," "38 Years Old," "Little Bones," "Courage," "At the Hundredth Meridian," "Grace, Too" and "Ahead By a Century," which all still receive frequent airplay on Canadian radio stations today. The band has also won fourteen Juno Awards

and was the very first band to perform at the Air Canada Centre in Toronto and the K-Rock Centre in Kingston.

For further evidence of their impact, look at how the CBC halted all broadcasts of the Olympics on the evening of the final show, as Ron MacLean and the athletes watched the show from Rio. Our own Prime Minister was in attendance that night in Kingston and gave a tearful goodbye to the members in the band. Gord Downie and the rest of the band thanked the audience and the people of Kingston for all the love and support they've received over the years, when really, it was the nation that came to say goodbye and thank them for their contributions to our cultural identity.

Sentimentality aside, the concert itself was amazing. I never got the chance to see The Hip live, so when I heard that CBC was giving fans like me a chance to get as close to a live show as I may ever come, I was already brimming with excitement. They did not disappoint. An amazing two-anda-half-hour setlist featured all the classics of their iconic discography as the band went over schedule with three separate encores. Downie, the accomplished showman, even went through no less than three costume changes throughout the night. The band performed beautifully and sounded album-perfect, knowing they may very well be performing their last live show ever; which really is a shame because clearly these musicians were still rocking in their prime. Even Gord, battling the monster that is cancer, was able to put on a stunning, memorable performance that will stay in the hearts of us all forever. He even took time out of this very personal moment, his swan song to his fans, to remind Trudeau and the people of Canada of all the problems that northern Canada is dealing with. To the very end, Downie is still a great philanthropist.

The emotion in the air that night was so thick you could cut it with a knife. Cameras continuously cut to shots of fans with eyes full of tears unable to hold their feelings in. Even Downie himself was overcome with emotion a few times, letting the power of the music take over as he screamed lyrics and wiped tears from his eyes. The footage of Gord's crying face was truly moving. It brought on the sudden realization that this was it: Canada's most beloved band, after thirty plus years, were hanging up their skates one last time. Even my eyes watered as the reality of the situation set in.

It's a rare thing for a band to have an opportunity to say goodbye to their fans. Typically musicians leave us too early and we never get to tell them how much they truly mean to us. In the wake of this very public moment in these men's lives, the question that keeps coming up is: Why does Canada love The Tragically Hip so much? Especially considering they've only enjoyed minor success internationally. I don't know why our southern neighbours are blind to The Hip, but I do know why Canada loves them. The Tragically Hip are a part of life for every warm blooded Canadian, young or old. They're the soundtrack to your night out at the bar, your summer road trip, your drive to work, and maybe even your first date.

As I watched the show, I saw a couple making out during "Bobcaygeon" and I couldn't help but realize how much this band means to people. Every Canadian that has ever turned on their radio has been touched by this band in some way. Back in Rio, MacLean reminisced in about the first time he ever heard the band, and our Prime Minister even acknowledged their impact by saying, "They will always be in our hearts and playlists."

I want to personally thank The Tragically Hip and the CBC for giving us all an amazing, unforgettable, uniquely Canadian experience we will forever keep close to our hearts.



Do you have a special Hip memory of your own? We'd love to hear it. Tweet us @linkbcit

Podium Power.

words alexis cornwall

Is it safe to say that Rio 2016 was all about the women? Don't get me wrong, there were plenty of other great stories out of Brazil's games, like the first African American swimmer to win an individual gold and, at the same time, the first I've ever heard of an Olympic tie (they can do that?!). Plus Usain Bolt did what no other person in history has done earning the title of the greatest sprinter of all time. You also can't forget the abundance of negative stories (journalists allegedly being shot/attacked while travelling by bus, "Lyin'" Ryan Lochte's tall tale of robbery, and of course Rio's mysterious blue-to-emerald diving pool), but back home, in Canada at least, the story was all about the women.

Now before I start telling you why this matters to me, I feel the need to address why this is even a story to begin with. Think about it, if men won a majority of this year's medals there wouldn't be a big deal about it. The bare fact that I have to celebrate that our women did this well in these Games shows that society is still quite behind in our thinking. If equality truly existed I wouldn't be writing this article now would I? I don't intend to encourage the Men vs. Women narrative, and I wish I was just writing about how our Canadian athletes performed at this year's Games, but there truly were some great achievements accomplished by women (especially Canadian women) who, for me, were the highlight of the 2016 Games.

At the end of the competition, 16 out of the 22 medals for Canada were brought home by women. It felt good to see women and girls just like me going out there and kicking butt. Erica Wiebe flexed her muscles and proved that she deserved her Gold medal when she wrestled he way to the podium. Women's Soccer proved that they could get knocked down and still pick themselves back up for a glorious finish, winning Bronze over the host country Brazil.

And I mean, just look at 16-year old Penny Oleksiak whose dominant 4-medal performance showed young girls that age is just a number and being a star is always possible. I mean damn, think about what you were doing when you were 16. And I would be wrong to not mention women from other countries who also achieved remarkable things for their own nation. For instance, Saudi Arabia watched their very first female Olympic competitors, and Puerto Rico won their first medal ever, and it was by a female athlete, and it was gold.

It's important to remember that women in sport have not always been a common thing. This year Canada played in the Rugby Sevens category; a variation of the sport that has never been included before. Not only did Canada play, but the women's team succeded, winning the first ever Bronze medal in the competition. Not to mention that a report published by the Canadian Association for the Advancement of Women in Sport found that 84% of adult women don't participate in sport and in 2014 alone, only 4% of sports programming on Canada's national sports networks featured women's sports. That's ridonkulous.

We've still got a ways to go until "Who are you wearing?" is less important than "How are you training?," and until female athletes are paid the same as their male counterparts you won't see me fully throwing my hands in the air. But I do feel proud that our Canadian olympians are leading the way for a better tomorrow. These women are role models to the young and old and I can't imagine what my life would be like without sport, whether playing it or just watching it. As the omnipotent goddesses of the Spice Girls once said, "Girl Power!"



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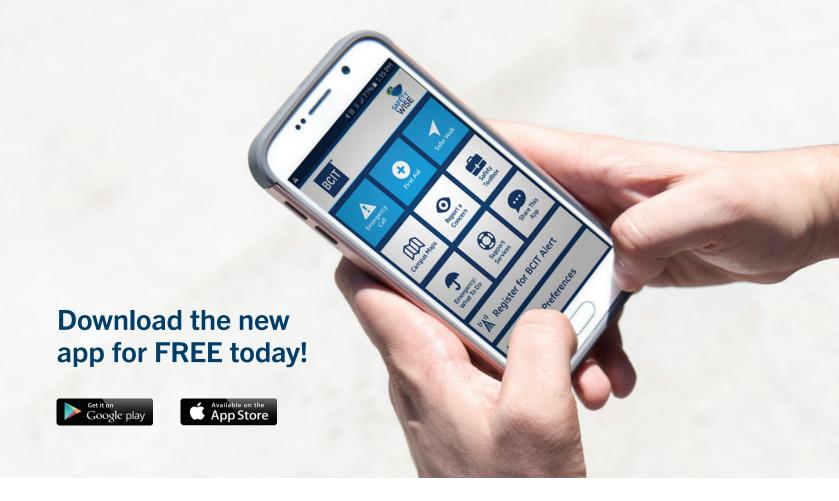
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