



come up in the spot lookin' extra fly. photo: stephanie brosky

STUDENT SPOTLIGHT Jenefer Smalley

TECHNOLOGY////// Apps that save, waste and freeze time.

3 ways to cook

pumpkin quts.

FOOD & DRINK

Three BCIT students in foreign lands.

PHOTO FEATURE Vancouver Fashion Week SS16

POLITICS//////// Where do the parties stand on big issues?

SPORTS/////// Canucks Rookie report and the NFL thus far.

//REVIEWS/////// The Horrors: The Dead Weather; Shütshimi

Council Update 5 16 A heated debate

20 5 wines under 15

22 **Great coffee spots** 

plus:

Jess Gowans Caitlin Prins

Andrea Liu Jarell Alvarez Joey Wilson Yinan Shi

on the cover:

Jenefer Smalley casts after class, near the mouth of the Capilano River.

(photo by stephanie brosky)

LINK

LINK magazine is a free monthly publication of ideas and culture produced by the students of BCIT and distributed across all 5 campuses in the Lower Mainland.

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## **EDITOR'S LETTER**

## Stand up and be counted.

ithin the half-light of a crow field sky and the cold autumn harvest, amidst the smell of fireworks on Halloween, and between the weary eyes of students shuffling like doomed cattle along the grey stucco halls of BCIT, is a hope. Change.

The federal election looms, you're headfirst into your studies, and you've finally worked up the courage to ask that first period hunny, or third period hunk to coffee. The point is, no matter where your year is headed, you always have the power to alter its direction.

The utter thought of change is enough to keep my heart and soul stirring. Over the course of my years at BCIT, I've noticed that attitude—more importantly, positivity—has

the power to move oceans of mentality, and mountains of success. Take control of your life, adapt with the change of seasonsseize opportunity and believe that even the smallest of decisions can shape the way your life goes.

On October 19th, your voice will be heard. Your small decision will contribute to a generation of possibility. Be honest with yourself, but keep in mind, that your vote is an investment for the future more than the present. Your baby brother or sister, daughter or son, will be affected by your decisions. It seems like a lot of responsibility, and quite frankly it is, but change is powerful, and it feels damn good to have it in the palm of your hand.

So cast out your inner fears; your inverted exiled coyness; your conquered mannerisms. Facilitate change. The task of success is daunting, and it varies with each individual, but heed warning -success doesn't derive from inactivity. As for failure, well, that's going to happen too and it's going to suck—but failure has always sounded better in a character, just as triumph does over inheritance.

Change is in the air, can you feel it too?

- calvin a jay associate editor

## FACES TO NAMES



Stephanie **Brosky** 

Chemical and Environmental Technology (2<sup>nd</sup> year)

After graduating in 2010 with a diploma in photography, and setting out on a fairly nomadic lifestyle, Steph has been able to shoot photos all across this vast country. Whether it is the beautiful shores of the Atlantic Ocean that surround her home in Halifax, Nova Scotia, an abandoned film factory in Toronto, or the beautiful people of BCIT, Steph's camera is always her favourite way to fit into a new city.

Steph hopes to work in industry, protecting the outdoors she loves so much.



Caleb Harder

**Broadcast** Journalism (1st year)

In past years, Caleb Harder has been the recipient of various film and writing awards. Caleb has written a weekly hockey blog and now writes on politics and interesting local stories while hosting a weekly BC sports podcast. It is his privilege to join the LINK magazine contributors' team this year and he looks forward to writing thought provoking and compelling stories for the readers.



Diego Gonzalez

**Business** Administration (3<sup>rd</sup> year)

Diego was born in Bogotá, Colombia, and is a culinary school graduate. He worked for 10 years in hotels and restaurants back home and in the U.S. After being a chef in a big food company, Diego decided to move on a different path and come to Canada. He loves traveling around the world; so far he's visited most of South America and North America. He also enjoys writing, backpacking and hiking. Diego tries to make the harmonica make a sound, and he likes to relax listening to salsa, jazz, and blues.

# linkbcit.ca







#### FRIDAY FASHION: A Guide To Denim

The thing about jeans is, there are so many styles, fits, washes, distressing options, lengths, sizes... the list goes on. Fashion blogger Tavia Mcquay pulls a few great options off the rack and makes sure you're not stuck rocking mom jeans forever.



#### Fraser Valley Freshman: Adam Hadwin on the PGA tour

Not every golfer gets the opportunity to go far in their career; only the chosen few that are excelling at the right time will make it. Kyle Balzer tees off with Abbotsford's Adam Hadwin to talk about his first season on the PGA tour, and how it feels to realize one's dreams.



## **Trailers and Expectations**

Have you ever been psyched for a trailer and then let down by the actual flick? Sometimes, more effort goes into the promotion than the production. In this post, James Flory challenges you to skip the previews and teaches you manage your box office expectations.





#### @czerwinskier

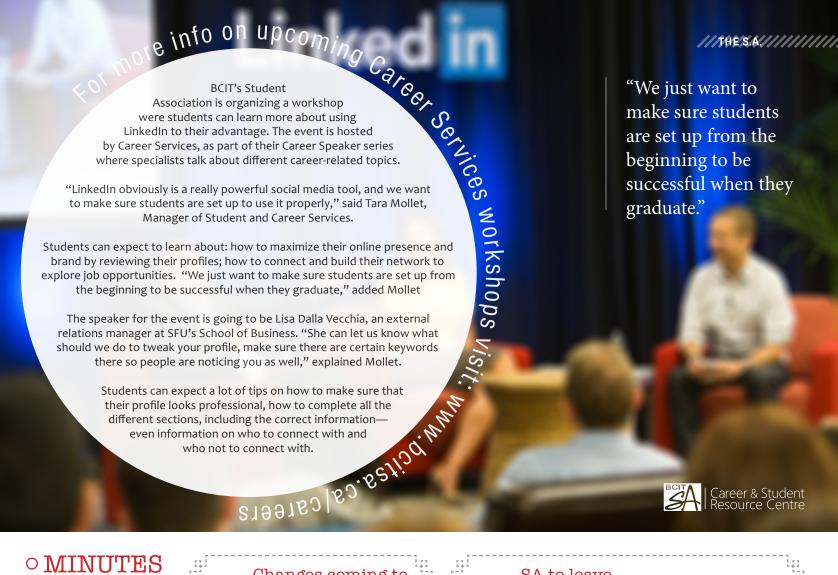
After a day like today at school, I know I'm in the right place #BCIT #radio

#### @emma\_sturdy

Hey #BCIT! Have you thought about when & where you'll be voting on October 19th? Have a plan – I guarantee it will make your life easier;)

#### @VancityBitty

First futsal game @bcitrecservices bring on the mother-recreation-ruckus! #recwithus #wutang #BCIT #soccer



#### **OMINUTES**

news and moves from student council

by estefania duran

**OCTOBER** COUNCIL **MEETINGS** Ост. 5 & 19 5:30pm SEE BCITSA.CA FOR LOCATIONS

#### Changes coming to election process

The Student Association is on the midst of changing its election structure to ensure fair and impartial student

With the proposed changes the elections committee would be completely independent from council. Currently, two student executives and two student council members form the committee.

The proposed changes also include a new appeals committee that would be in charge of ruling on appeals that may arise during election period.

The members of the new committees would be chosen by a selection committee, formed by the VP Student Affairs, one other student executive, and two senior staff members.

The association is hoping to pass the new changes through a referendum in November.

#### SA to leave advocacy group

Student Council has voted in favour of leaving the Alliance of British Columbia Students (ABCS). The school has been a member of ABCS for almost three years.

VP external Shubhi Singh says student executives are no longer happy with how the organization has been running things.

"It was very recently that they decided that 60 cents per fulltime student would be charged so depending on how many students you had, you paid 60 cents per full-time students"

This would mean the BCITSA would have to pay an \$8,000 dollar fee, which was one of the main reasons they decided to

"It's come to a point where we are questioning whether it's really worth \$8,000 dollars, and it's not just any \$8,000 dollars, like student fees go towards that," added Singh.

If the association were to pay the fee, more than half of its \$15,000 dollar budget would be spent on the membership.

ABCS had been free so far, with the sole purpose of uniting students' voices in BC for advocacy purposes; however the student association has not seen benefit from the alliance.

# WILD WATERWAYS

Meet Jenefer Smalley, a BC-born and raised, lover of nature, who remains close to her Métis heritage. Her passion for fishing took her on a journey that would start as a fishing guide in Haida Gwaii, and lead to being an avid volunteer for conservation organizations, and even a commercial prawn fisher. Now Jenefer's journey continues at BCIT where I had the opportunity to sit down with her and learn how her fervor for fish brought her to the Fish and Wildlife Recreation program.

words estefania duran photos stephanie brosky

illustrations cailtin prins

#### The Beginning

"I started fishing up in Haida Gwaii. I spent every summer there working on a fishing lodge... for almost 10 years. I just fell in love with fish, and I learned about fish. I was able to understand how important they are and how much of a keystone species they are; they are the foundation for other species."

So her interest became her passion. She started studying more about fish and volunteered in several organizations, including the Squamish River Watershed Society, which taught outreach programs to little kids.

#### Heritage

"I'm Métis and my roots are in Alberta... but I've kind of gone out on my own and learned about the Haida. For sure in Haida Gwaii [they] have taught me a lot about cultural values, and also my own research and my travels all over BC and meeting different First Nations and reading and learning about how important fish were to them."

"The Haida don't have a separate word for nature and art, because they are one and the same with you, they are part of you. So it's really special. And I'm sure learning those things and feeling that sense of truth definitely inspired me in a way that I wouldn't have necessarily, and made me have that really intense connection to fish and wildlife in general.

#### **Environment**

While travelling the coast and becoming a more experienced angler, Jenefer also learned more about the animal and its seemingly inevitable demise. Her own experience, and the years of experience of those she met along the way, made her aware that the fish population was depleting.

'There are so many problems for fish. We call them the four H's: Habitat, Hydro (dams), Humans and Hatcheries. A lot of the problems come from industrial fishing farms, like the pathogens that they accumulate in those farms, and when the diseases seep out of the pens they get into the migrating salmon."

'Commercial fisheries as well, they have been very mismanaged by the DFO. They just don't meet their escapement goals—the amount of salmon or fish that is needed to perpetuate the stock. There's a lot of good the DFO does, but their mandate isn't necessarily for wild fish it seems, because they have a vested economic interest."





photo by laas parnel

Even fishing enthusiasts can be smart about the environment explains Jenefer. As a passionate angler, she has a lot of tips for those who love the catch without the harm.

"There's a lot you can do, especially when handling your fish. For example, you are not allowed to have barbs in your hooks anymore, so that it doesn't rip through their flesh. Or, for example, with catch and release, you need to handle the fish carefully and keep it touching the water so it continues to get oxygen. Also, some people wear gloves so they don't slip as much, but the gloves scratch the fish and scrape off the slime, which protects them from pathogens.

Most of the rivers around here also forbid the use of bait, so we only use imitations because it's less pressure on the fish; because the bait doesn't give the fish much of a chance because it's easier to get them. And of course, don't keep a fish if you foul-hook them. It has to be given a fair chance. So if you hook the back of a fish by accident you have to unhook them and let them go. You have to remember that some of these fish will be caught a few times in the same day."

"Dams are also a problem. The Columbia River down south used to have one of the most prolific Sockeye runs in the world, but they've got so many dams on that river now that is difficult for fish to get through.

And of course climate change. This summer the temperatures got so hot, but fish can only handle two or three degrees in temperature change. They don't have a high tolerance for heat, so the river lost half of the Sockeye population."

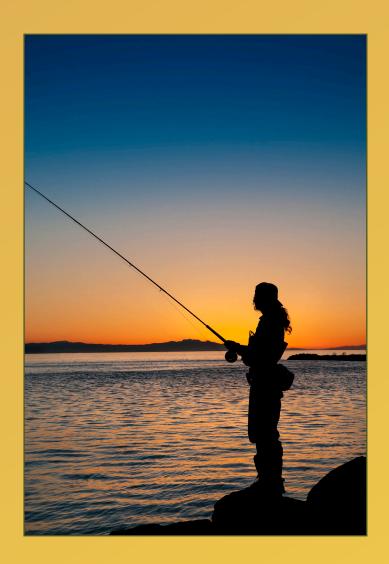
#### Change

But despite all the obstacles fish face, Jenefer explains she is amazed by their resilience, and says even small changes in our everyday lives can have a positive impact.

"People can look for the Ocean Wise sticker in stores, which is great for people who have no idea about fish, because Ocean Wise uses sustainable practices. They are not bottom trolling, which is when the net just rips through and drags on the bottom without deciphering between species. Also, there are a lot of non-profit organizations, more so than the government, that are working really hard to preserve special places."

**Top:** There's nothing small-ey about this Chinook Salmon Jen caught while guiding for Hippa Lodge in Haida Gwaii.

**Right**: Does it can any better than a fly rod, some hip waders and a beautiful sunset?



#### **Education**

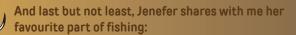


Now she's at BCIT, enrolled in a program which, despite her initial doubts, has become everything she ever hoped it would be.

"I love my program; so well-rounded. Coming into the program I didn't know if it was going to be exactly what I was looking for, or if it was going to be what I needed when I got into the field. All of our professors actually have other jobs and work in the field as well as teach us, so it's pretty insane. They've designed the programs so that every class builds and connects to the other class, so everything is correlated. It directly relates with what I'm going to need. I really enjoy the program; it's so practical."

When she graduates, Jenefer hopes to become a fishery field technician, where she would be in charge of stock assessments and monitor different rivers and streams.

"You are basically collecting data. One day I would like to move beyond that, but that's kind of where you have to start. I'm just learning about all the different facets and paths I could take. Becoming a fisheries biologist for example or working for an organization such as Pacific Wild"



"The moment when you get that bite! When you've been waiting for a while and you land the fish, I'm like 'Oh my god, this is the best day ever!' [laughs] I just get so excited to see the fish. Because you can spend days without catching anything and a lot of the time you lose them too, so you don't even get to see them."



"The moment when you get that bite! When you've been waiting for a while and you land the fish."

**Here:** Jenefer shows 'em how it's done, netting yet another big Chinook while guiding a tour.



# LOST IN VANCOUVER

#### An immigration story by Diego Gonzalez

was waiting for three hours to get my papers checked in immigration. When finally I got called... well... have you ever seen an interrogation from *Criminal Minds*? That's pretty much how it went: *Why are you here? Why did you come? What is the name of your great-great grandfather?* (ok, maybe not that one, but you get the point).

I was extremely nervous because this officer was the one who would decide my future; whether or not I could enter Canada. Luckily everything was good. Woohoo! I was in Vancouver. Hours later I was sitting in my Airbnb room, in plain darkness. I arrived the day after the storm. Blackout. Not feeling so cozy now.

#### Before the big move

I was born and raised in Bogotá, Colombia—in South America. Imagine perpetual spring-like weather but at 2,600m above sea level. It is green, beautiful and, like any Latin-American country, Bogotá has that warming party-like-chaos that many love so much.

I used to work in a big company with good pay and a good position, but all of a sudden I wanted something more. I felt stuck. So I decided to leave. I needed change in my life. Let's do it. Adventure.

I had always read those lists that name the best places to live in and the ones that are more welcoming to immigrants; and one was always on my mind. Vancouver, Canada—here I come!

Getting here wasn't easy though. I had to submit a variety of documents and an essay explaining why I wanted to move. They asked about every aspect my life, but even though it was a tedious process, I had a mission.

"I was asked if I had ever been part of the human trafficking business." Oh, and lets not forget the HIV and herpes test. Oh ya, you need to get tested in order to be able to apply. And of course, I was asked if I had ever been part of the human trafficking business. Wait, what? Then, in order to attend BCIT I had to study for an English test— a two-hour, eye-hurting test.

After all of that I finally got my visa so it was time to look for a place to live; somewhere that was within my budget and taste. I came across all sort of places, believe me. No visitors allowed, no English spoken, tiny rooms, places in the middle of nowhere, etc.

Finally I chose a place with the limited knowledge I had, and hoped for the best. Now all I had to do was figure out how to make everything fit in two pieces of luggage for my two-year trip.

#### Once in Van

The reality check came after my first dark night in my Airbnb room: I had to adapt to everything that was new to me. First, buses. Figuring out what EB or NB means was an adventure on its own. Where is East and North here? I looked a little crazy circling the bus stop trying to find an SB or EB sign. The best part was standing at the back door of the bus waiting for the door to open. Now I know what those giant yellow hands are for.

But finding my way around the city has not been as difficult as adapting to a new culture. I miss my family, the gettogethers, and of course, the food. But coming here was an adventure, and a necessary part of that adventure is leaving most of your life behind.

Even saying hi to new friends is awkward. When you meet a girl, you shake hands? Wait, no, kiss on the cheek? Great, now I look like a weirdo who tried to kiss her.

Finally, I arrived to BCIT, and began trying to solve the maze of buildings and corridors. At least there is an international community here that understands what I've been going through.

So there you have it, my first two weeks in Vancouver. So far it's been a—let's call it—funny, yet interesting adventure; and I'm sure I'm not the only one at BCIT who has a story to tell about their Canadian experience.

Does this story sound familiar to you? Tweet at us or post on our Facebook wall with your unique story of adventure in a new land.



# ABROAD PERSPECTIVE

Has the idea of studying abroad captured your interest, but you are not quite sure whether you are cut out for it? The exact same concerns crossed the minds of BCIT students, Kelly Donkersgoed and Therese Edwards, but their experience in the School of Business International Field School Program this summer showed their doubts were unfounded. I had the opportunity to sit down with both of them and discovered how four weeks in Italy and Austria changed their lives.

by Andrea Liu

#### **Kelly Donkersgoed** Human Resources Management

# PASTA, PASTRIES & WINE

#### What made you decide to join the BCIT Field School Program?

#### Describe a typical day in the program.

#### What were the greatest highlights of your Field School experience?

How do you feel this experience benefited you?

#### Do you have any words of advice to students interested in the BCIT School of Business Field School Program?

Just do it. Go sign up, attend the meetings, ask questions, and go for it. Every moment of this experience was fun. Yes, there will

# BEACHES & BONDING Therese Edwards Marketing Manag

## Marketing Management

#### What made you decide to join the BCIT Field School Program?

I love to travel and meet new people. I have been to Europe before, but always with my parents or friends that I knew. I wanted to challenge myself and stretch my comfort zone. This program was also a perfect way for me to see if I could endure a

#### What were the greatest highlights of your Field School experience?

I really enjoyed the weekend trips to nearby cities with smaller groups. My favourite was going to Cinque Terre, a beautiful beach town along Italy's

How do you feel this experience benefited you? Aside from getting six credits out of it, I built great friendships with people that I would normally not meet. There were students on this trip from other faculties and from the Northern Alberta Institute of Technology. I became way more open-minded to trying new things. For the first few days in Italy, all I would order was tortellini. By the end of the trip I was eating tripe and liver, food that I would never venture to try in Vancouver.

Do you have any words of advice to students interested in the BCIT School of Business Field School Program?

Definitely do it! If you're feeling a bit nervous, that's normal. But putting yourself out of your comfort zone really helps you grow in a positive way. There is no need to stress out over the academic workload because if you

Application deadline for the 2016 Field School is November 15th. Interested students should visit: www.bcit.ca/business/international for more info.









## PHOTO FEATURE

VANCOUVER FASHION WEEK SS16

(photos by yinan shi)



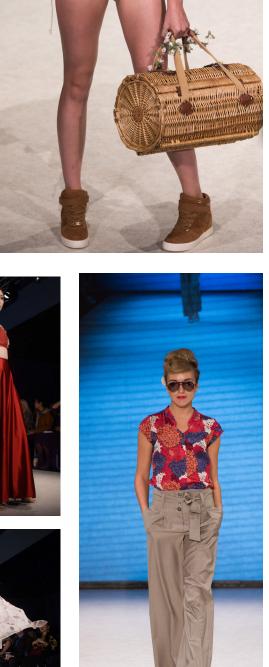












//PHOTOGRAPHY/////



Promises to balance the budget the end of this fish from 11"

Reduce small business tax rate

Aim to create 1.3 million net new jobs by 2020.



ENPARTY | elizabeth Eliminate personal taxes on

incomes below \$20.000.

Reduce small business tax rate to 9% by 2019.

Raise corporate taxes over the next four years.

# ustin trudeau

Balance budget in 2019.

Tax breaks for small businesses.

Wants to cut the middle class tax rate to 20% from 22%.

Balance budget

Lower small business tax rates

Raise corporate income tax rate

national child-care program.

# from 11% to 9%. Want to create a \$15/day

# PARTY POLITICS

Partner with provinces and territories to set national emissions-reduction targets.

Phase out subsidies for fossil fuel industry.

Work with the US and Mexico to create a North American clean energy agreement.

Opposes Keystone XL and Northern Gateway pipelines.

Wants more stringent environmental review policy put in place for any future pipeline proposals as well as the oilsands.

Want to redirect \$1 billion in fossil fuel subsidies to invest in clean energy.

Working to make
Canada a low-carbon
economy by 2050
Would measures to meet targets for reduced carbon emissions.

> Support current pipeline projects as well as the Alberta oilsands.



GREEN PARTY | BILLIAN Wants to accelerate construction of green technology and infrastructure

Would restore all the environmental protections eliminated in the last ten years

Would halt expansion of the oilsands.

# CHENPARTY | Clizabeth

any responses to terrorism are carried out that respect international law.

Would repeal Bill C-51.



Committed to military mission against ISIL.

Passed and sur which experent efforts "

End bombing campaign, and would pull all military personnel out of Iraq and Syria.

Would repeal Bill C-51.

## IBERAL PARTY

End bombing campaign, but would keep military trainers in Iraq.

Would keep Bill C-51, but would amend it to allow for more oversight, and add sunset clauses for the most controversial provisions.

Elections can be incredibly confusing. The candidates spend more time talking about how wrong their opponents are, than outlining their own plans. To make life easier, I took a look at the platforms of the four major parties to try to give a better understanding of where they stand on the major issues.

by jess gowans

marijuana, and would look at ways to legalize and regulate outside of medical use.

Restore 6% per year healthcare funding increases to provinces.

# AL PARTY | Justin

Would legalize marijuana and would allow it to be sold at approved outlets.

Work with the premiers to improve and protect health caresystem.

Would legalize adult use of marijuana.

Would Will Will work to end postsecondary tuition fees and forgive federal student debt in excess of \$10,000.

> Would bring parties together to renew Health Accord to protect healthcare.



decriminalize or legalize marijuana.

Guarantee 3% increase in healthcare funding for provinces each year.

Work with business associations and post secondary institutions to better align curricula with the needs of employers.





#### YOUTH UNEMPLOYMENT

**Tessari:** He said leader Elizabeth May is determined to "release an army" of trades workers with their natural sustainable jobs plan.

**Pankratz:** He stated youth unemployment is currently at a staggering 13.1 percent. The Liberal party is committed to investing \$1.3-billion in skilled trades.

**Stewart:** Started off by mentioning "BCIT is the best place for an education" and the NDP is committed to internship and co-op programs for post-secondary graduates. Co-op, Stewart says, is the way to create jobs.

#### KINDER MORGAN PIPELINE

**Pankratz:** He believes this pipeline should be subject to a thorough review. The audience seemed surprised when he announced if the Liberals are elected, MPs would be given the right to a "free vote" on these issues.

**Tessari:** He showed disfavour towards pipelines, as he is adamant on the phasing out of fossil fuels. No alternatives were offered.

**Stewart:** He is highly opposed to the pipeline and believes in voicing his riding citizens' concerns on the topic.

Election Day polls open on October 19th and advanced polls are open from October 9th to 12th.

Students can visit www.bcitsa.ca or www.elections.ca to learn more about voting.

#### **SYRIAN REFUGEE CRISIS**

**Stewart:** He explained the NDP will bring in 46,000 refugees over the next four years and hopes to reunite immigrant families in Canada.

**Pankratz:** He began by scolding Prime Minister's Harper's efforts to house refugees and the Liberals pledge to bring 25,000 to Canada by the end of 2015.

**Tessari:** He brought his own spin to the issue lamenting, "We have already failed them." He says Canada cannot bring all refugees into the country and should instead supply more foreign aid and better peacekeeping to avoid further displacement.

#### STUDENT DEBT

**Pankratz:** Stated that within 60 days of election his party is committed to "sit down with the provinces to discuss a framework on post-secondary education." He said there is enough space in the GDP ratio to fund education and it is a high priority of the party.

**Stewart:** He and the NDP stand in favour of lowering tuition fees and said the way to have a good life is by having a great education.

**Tessari:** He believes in following the direction of the Scandinavian model to eliminate tuition fees. The Green party has released a plan to add direct debt relief of all student debt over \$10,000 and ultimately phase out student debt overall.

#### FISCAL POLICY

**Stewart:** The party will bring manufacturing jobs back into Canada. Stewart declared the NDP plans to execute this plan without deficits.

**Pankratz:** Said they plan for a \$120-billion investment in infrastructure and run a three-year deficit. The Liberals will ask the top one percent of Canadians to pay higher taxes.

**Tessari:** He said he does not like high tax rates. However, he believes the Green party can maintain a balanced fiscal policy by raising corporate taxes and legalizing, regulating and taxing marijuana.

# **POCKET TOOLS**

3 million apps and counting... how do you decide?

Jarell Alvarez weighs in with his top picks for the busy student.

#### save time

## freeze time

GET ORGANIZED

#### **EVERNOTE**



The all-in-one note taking app that works on the computer and on the mobile phone. Have an idea? Throw it into Evernote! Need to keep hand written notes somewhere? Throw it into Evernote! Simple and intuitive, it remembers plenty of things for you so you don't have to.

#### **FOREST**



Open app. Set timer. A cute little plant appears and tell you to "Leave me alone." When the timer is done, voila! You grew a tree. The more trees you make, the larger your forest grows. Great for studying, trust me.

#### **SLACK**



A great tool for students belonging in sets, working on projects and works across all types of phones. A powerful messaging system that can help coordinate a meeting place instead of a conversation about who's got the cutest cat (Facebook messenger).

#### **DRIVE**



Everyone know Google? They make an amazing cloud storage system for all your needs. This is my personal favourite for organizing notes, assignments, course content and more. Carrying all the information you need on your laptop, desktop and phone has never been so simple!

#### UD VOUD COM CAME



#### LAPSE PRO

Budding videographer? Want to impress Instagram or Facebook friends? Look no further, as this app can turn your five-minute videos into video lapsing glory. While the free app is fairly limiting, the dollar upgrade is well worth your while with 1080p quality and added background music.



#### **VSCO CAM**

Instagrammers, attention! This is an app I have depended on for my editing needs, this is a great tool for sharing directly on the app, or to Instagram and edit content. These are the only filters I will approve of.

#### GAMES ON THE GO





#### **HEARTHSTONE**

Blizzard was on to something no one expected would be a blast and accessible to everyone on the phone: a card game. Simple, fun and highly addicting.



#### ZOMBIE RUN

You are the hero, and it's time to run! An ultra-immersive running game and audio adventure that puts you in the centre of your very own zombie adventure story. Walking, jogging, or running has never been more fun. I highly recommend this for anyone into those activities.



#### DESERT GOLFING

Calming. Simple. And sometimes utterly frustrating. Two dollars in the app store can buy you a lot, so I recommend this game. Putting the ball in the hole is simple, courses change a little, yet the endless desert is vast and simply enjoyable.

# Pumpkin and Carrot Soup w/ Apple Relish

#### INGREDIENTS:

500 grs of raw pumpkin left overs, diced
400 grs diced carrot
2 tablespoon of oil or butter
1 sweet onion, diced
2 cups of water
1 tablespoon of ginger, minced or 1 teaspoon of turmeric or 1 teaspoon of cumin

#### TOPPING:

Bread croutons (roast them from your leftover baguette, bread loaf or pita bread) 1 Granny Smith apple (the green one) 1 cup Greek yogurt or sour cream 1 tablespoon dried cranberries (optional) Preheat oven to 410°F. Add all the vegetables and the oil/butter and place on a baking tray to roast them in the oven. Take out when they have a nice golden colour (about 30 minutes).

Put the water in a pot, add the vegetables and the seasoning of your choosing (you can even pick all three) and cook in medium/high fire for about 20 minutes. Let it cool for about 10 minutes and then blend until smooth.

Toppings: Dice the apple without the core, but with skin, and mix them with the yogurt or the cream, add the cranberries. Use this relish as topping and add the croutons.

Bon appetit!

(Servings: 3)

# Pumpkin salad with goat cheese and balsamic-honey vinaigrette:

#### INGREDIENTS:

1 cup of diced pumpkin ( 1/2" to 1" wide cubes)
3 cups of spinach
1/2 red onion cut in thin slices
200 g feta cheese, crumbled
1 cup of cherry tomatoes, halved
1/2 cup of almonds or walnuts, sliced if preferred
Salt and pepper to taste

#### DRESSING:

3 tablespoons of olive oil 1 tablespoon of balsamic vinegar 1 tablespoon of honey or maple syrup Roast pumpkin at 410°F for about 20 to 30 minutes. Let it cool down before chopping it. Mix the oil, vinegar and honey in a small bowl. In a bigger bowl mix all the other ingredients, season with salt and pepper to your taste. Serve and enjoy!

(Servings: 4)

# POETER, PETER, PUMPKIN EATER

Fall is coming and with that comes pumpkin carving. If you are worried about what to do with your leftovers, I've got your back. Pumpkin pairs really well with apple and goat cheese and it also makes great desserts and soups.

Here are three recipes you can try this October.

# Pumpkin leche asada (not for the faint of heart):

#### INGREDIENTS:

1/2 can of condensed milk (190 ml)
1 cup of cooked pumpkin puree, chopped the raw pumpkin and cook in the oven until easy to mash
1.5 cups of whole milk (380 ml)
1.5 cups of heavy cream (380 ml)
1 teaspoon of cinnamon
5 eggs

Tip: You can measure the milk and cream in the condensed milk can.

Preheat oven at 340°F. Mix all together really well, whisking or in a blender. Try for sweetness, it may need a little more condensed milk if your pumpkin is not too sweet. Add to the baking dish and bake for 50 minutes to 1 hour, depending on how deep is your dish. You know it is done when you pierce it with a knife and it comes out clean.

(Servings: 4)

# but good HEA Even though summer is over, that doesn't mean we have to stop enjoying our favourite wines! You can still enjoy a nice glass on a patio with a warm blanket, or in front of a crackling fire; because let's be honest, no matter the weather, it's always a good time to have some wine. And don't worry, we've made a list of some of our favourite wines under \$15. Because as much as we want you to enjoy a glass (or two) of wine, we don't want you to spend all of your money on a bottle. by estefania duran

## Wine O'clock | Pinot Grigio | \$8.79 Origin: Washington, U.S.

This wine is just great! Sometimes when you are at a party in a crowded room and it starts getting too hot but everyone refuses to open a window, this is your wine. It is light and crisp. The moment you take the first sip you can immediately taste apple and peach with a hint of citrus.

#### Food pairing

Fresh veggies, poultry, seafood, and cheeses

#### Flip Flop | Moscato | \$7.99 Origin: California, U.S.

Another great white wine. This one is definitely on the sweeter side, with strong floral aromas. The moment you try it the apricot and orange zest tones become apparent. It is a nice, soft and crisp wine.

#### Food pairing

Pasta, figs, desserts and salads

#### Cupcake Cabernet Sauvignon \$13.29 Origin: California, U.S.

This is a great one for a cold, rainy night. It is a rich but smooth Cabernet Sauvignon. It has a medium body but the moment you take the first sip you are hit with hints of blackberry and oak. Its balanced acidity is beautiful.

#### Food poiring

Beets, pork, meat, and terrine

#### Santa Rita Reserva | Merlot | \$13.29 Origin: Santiago, Chile

This is also a great red wine. Not as strong as the Cabernet Sauvignon but still medium-bodied. This one is silky and has good acidity. It has a bouquet of fresh berries and spicy notes from the oak barrels.

#### Food ogiring

Stews, casseroles, paella, and soft cheeses

#### Henkell Trocken \$13.99 Origin: Washington, U.S.

When the cold arrives, most of us feel like having warm and rich foods; I personally love a good curry. This is a delicious sparkling wine that is dry but with light floral notes. It has very low acidity, persistent bubbles, and a light sweetness after you take a sip.

#### Food pairing:

Indian, Thai, and shellfish

Got a favourite wine we should know about? Write to us: editor@linkbcit.ca



#### 49th Parallel

2198 West 4th Ave | 2902 Main St.

This place has an aptly named Epic Espresso—a perfectly balanced body espresso that doesn't come on too strong, and for the average coffee drinker the menu features several good crafted roasts. It's worth mentioning this location also features artisanal Lucky's Doughnuts made fresh on site. Think salted caramel, apple bacon fritters, poached plum vanilla to go with your brew of choice while sitting in a glass-walled patio on a bustling city street. Very 'Instagram friendly.'

#### Sciué Italian Bakery Café

various locations

With six popular locations in Vancouver (most of them downtown), this shop has the darkest, most robust Americano around for extreme drinkers that want to taste the most in their cup. While some alternative coffee shops offer up a mild and bland Americano, Sciué gives it all and then some. The intensity is the perfect opportunity to add some complimenting aromas to your cup like cinnamon or nutmeg with whole milk. The shop is also a bakery and licensed business so it's also a great after work meet-up for some pizza, wine, or craft beer.

## Trees Organic various locations

This stop on Granville has some great organic and single origin coffee that is roasted on-site. Go for a cappuccino; and since Trees Organic is regarded as having the best cheesecake in the city, as voted by the Vancouver Foodster Challenge. Grab a creamy, velvety, decadent slice of this dessert in your flavor of choice as you people-watch the busy downtown streets.

#### Caffé Artigiano

various locations

The Granville Street location is conveniently open one block beyond Granville Station, and its solid go-to brew is the crowd pleasing medium roast blend. Although it isn't mind-blowing, it is definitely suited for all coffee drinkers no matter how you like your coffee. The roast is medium body and a bit more earthy floral than your average coffee from those fast-food of coffee chains you're used to. The shops are very cozy and don't have ridiculous lines because it's one you're meant to sit, sip, and enjoy in.

#### Mancakes Treat Café

288 Robson St.

Yaletown has a hidden gem that you might not have heard of unless you have been to New York recently—Death Wish Coffee. Regarded as the "strongest coffee in the world," this brew packs an unsuspecting punch of caffeine in such a well-balanced blend of carefully and purposefully selected beans that doesn't taste strong at all. The coffee is selected, roasted, and brewed so well it might be the only coffee you'll ever want. Try not to have more than one if you want to sleep. Don't forget the place is also known for artisan crafted cupcakes, with off-the-wall flavours like buffalo chicken wing, bacon chili, and chocolate red wine.

Tweet us your favourite coffee shop using #LINKbeans and you could win Free Coffee For a Week at **The Stand**.

\*limit 1 regular drip coffe per day



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SAVE ON FRIGHTPASSES AT:





hining Bright at Young Stars Tournament
It's fair to say any or all of Jake Virtanen, Jared McCann,
Cole Cassels and Brendan Gaunce could spend time with
the Canucks at the start of this season, after exceptional
performances at the Young Stars prospect tournament in
Penticton. Throw in good performances from Hunter Shinkaruk,
Jordan Subban and Ben Hutton and yeah, the showcase
tournament proves Jim Benning has some weight to his statement
of having a "deep pool of prospects" in the organization.

Virtanen likely had the most impactful performance of any Canucks prospect. He started the tournament with a huge hit on Connor McDavid and finished it with a breakaway goal in overtime to give the Canucks a 2-1 record for the weekend. Canucks coach for the tourney, Travis Green, praised McCann's willingness to play in all situations. Cassels was strong throughout and Gaunce was rewarded for how well he played in the first two games by getting game three off. Shinkaruk displayed his value more and more as games went along, while Subban and Hutton were defensive standouts on the Canucks' back end.

ots of Talent Competing for NHL Jobs

It looks like the Canucks have a good kind of problem with all their prospects on the verge of being NHL-ready. Of course the Young Stars tournament is merely training wheels for all of these elite prospects, as compared to the competition in training camp and the pre-season. But it's going to be a fight for roster spots for more than a handful of Canucks players.

Linden Vey admitted he knows it's a "do or die season" in terms of proving he belongs in the NHL. While he should have some sort of role in the Canucks lineup, the likes of at least Virtanen, Cassels, McCann and Gaunce will challenge for a full-time spot. Shinkaruk likely isn't quite there yet, as goes for Subban and Hutton on defense.

And how about Frank Corrado and Nicklas Jensen? Corrado should start the season in Vancouver, but he hasn't yet solidified his worth on the team's blue line. Jensen hasn't even found his stride in the AHL yet. Both Corrado and Jensen are 22-years-old and have one year remaining on their contracts, and neither has played more than 17 NHL games in one season. Both will need to get past growing pains and earn their keep in Vancouver this year if they plan to stay.

ORVAT, KENINS: NOT-SO-NEW KIDS ON THE BLOCK
A 19 year-old Bo Horvat trying to make the team seems like a distant memory, as the 20-year-old is now a lock in the Canuck's lineup. His development may pave the way for 19 year-olds Virtanen and McCann to get a crack at the roster this season. Horvat and 24 year-old Ronalds Kenins will both enter their first full season in the NHL, as neither player started their rookie season with Vancouver last year.



# FIRST DOWN

Jessica Fedigan and the NFL 2015/16 season so far.

The NFL is in full swing (finally) after months of waiting. Last year ended quite bitterly for the Seattle Seahawks, while drama followed Super Bowl Champs—the New England Patriots—all around the off-season with "Deflategate."

So far, the season has been a bit of an interesting one. The Seahawks didn't have one of their greatest starts, but the patriots haven't missed a beat, and neither have the Green Bay Packers.

Seattle The Dallas Cowboys have had maybe the most

to the big dance if they

start building more

momentum.

could make it back

the sea

beginning of the season, having lost their top receiver,

> Dez Bryant

with a broken foot, and then Tony Romo,

—who was having one heck of a start to the season—to a broken collarbone.

Now, people may say they think they know who will win it all. But at the

early stages of this young season, it's still too early to be deciding who will be in the Super Bowl come February. But hey, why not take a stab at who we think could be there.

Obviously, the Patriots look to be a strong favourite, as they do every year. Tom Brady has a slew of targets, and with "Deflategate" now in the rear view mirror, it's full-speed ahead. Seattle could make it back to the big dance if they start building more momentum and working out the kinks in the system. (We secretly all want a Seahawks/Patriots re-match of last year's Super Bowl). Aaron Rodgers and the packers are also looking very dominant so far this season, and could be a hard wall to get through come playoff time. Of course there's always Peyton Manning and the Broncos who are getting things done early this season as well. Arizona and Carolina are also looking strong and could make a dent in the playoffs.

Overall, anything could happen, and wouldn't it be nice to have some new faces in the Super Bowl come February?

///////// Who's your pick? Tweet us @linkbcit

# VANCOUVER GIANTS STUDENT NIGHT!



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# Dodge and Burn The Dead Weather

(third man records)

The Dead Weather (otherwise known as 'that band Jack White is in') has broken a five year silence with a new album: Dodge and Burn. It's obnoxious, rowdy blues metal—it's what Jack White fans have come to expect, but thanks to the big names associated with Weather, it's a bit different. Queens of the Stone Age

guitarist Dean Fertita takes control of the guitaring—Jack White spends most of the album smashing out tight rolls and resonant crashing on the drums

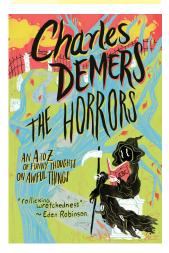
Ex-Discount member Alison Mosshart belts out biting kissy-faced vocals on most of the tracks on this album. She's a no-nonsense rocker; sexy, but ready to kick some teeth. She's got a bluesy Joan Jett vibe, I can almost hear her shouting, 'Ch-ch-ch-cherry bomb!' When she's not singing, White comes in to fill in the cracks. Never known for his voice, White rises above and howls with a new maturity and even delivers a hip-hop infused track in "Three Doller Hat."

This is the soundtrack to your personal descent into noise rock hell. Tracks like "Cop and Go" and "Too Bad" sound like the terrifying inner dialogue of a strung out junky. White's drumming is top-notch, and Fertita delivers some seriously twisted riffage—plus some pretty intense synth. Jack Lawrence of Blanche thumps away some airtight bass playing and adds a haunted carnival organ to several tracks. This is a supergroup and don't you forget it.

Although the band aims at cacophony, to the average not-on-drugs listener this album will begin to wear thin after a few listens. The chaos can come off as a tad contrived, or indulgent. It's noise that doesn't relent, and sometimes the melody gets drowned in a lake of experimentation. Loaded with distortion and reverb, this album is not for everybody, but for a band emerging from a five-year slumber, it's pretty hard to shake off.

**.....** — jakob schmidt

**BOOKS** 



## The Horrors Charles Demers

(douglas & mcintyre)

Anxiety, homophobia, food allergies and yuppies. No subject is safe from the honest eye of author / comedian Charles Demers as he compiles a life's worth of pent-up personal tauma into an ABC book of essays you might want to keep hidden from the kids — unless of course you want them to find out earlier than "normal" that life isn't all it's cracked up to be, though with the right mix of cynacism and realism, you might just get a few laughs out of it before you die.

www.www.www. — dan post

#### **GAMES**

#### **Rivals of Aether**

available soon on Xbox One and PC via Steam (dan fornace)

Rivals of Aether is an indie brawler designed by Dan Fornace, former competitive Smash Bros player turned indie dev.

Just like *Smash*, this is a party game where up to four players are allowed to duke it out in an arena to see who can survive the onslaught to win. *Rivals* differentiates itself from *Smash* by removing blocking and replacing it with a timed parry; making it a more aggressive play style.

The game's pixelated graphics and chip-tune music create a very retro look. The game's six playable characters make use of the various elements for their attacks, creating unique play styles for each of them that feel similar to the various bending styles from the show *The Last Airbender*. They also have sub-elements such as smoke or plant-based characters, which put a twist on the basic four-element formula.

The stage design stands out, with their interesting use of a limited color palette to make visually appealing stages. Whether the backdrop is rolling waves or windy skies, the visual tone manages to feel very unique.

The fighting mechanics are well fleshed-out, giving each character an individualized mechanic to build around and attacks that can chain into player built combos. The total lack of block makes for an interesting twist on a recognizable formula.

The game is currently in alpha, and available for Windows PC on steam. For the price of dinner, staying home with friends never seemed so easy and cheap.

— jarell alvarez



#### FILM



#### The Age of Adaline dir. Lee Toland Krieger

(lakeshore entertainment)

A film with Blake Lively in it screams 'chick flick.' At least her terribly typecast career does. And that's just what I envisioned Lee Toland Krieger's The Age of Adaline was going to be—and it definitely delivered. However, this film isn't all one big kiss

It's actually pretty decent. There's a carefully articulated indie flare to this box office boomer, as well as a certain dreaminess to it. It follows the life of a woman named Adaline Bowman (Blake Lively), a woman who is impervious to the flawing of age. It takes her centuries to come full-circle and realize that she cannot outrun herself forever, and must therefore, allow herself to be loved. Ok. fine. This idea has kind of been done before in The Curious Case of Benjamin Button, but setting a lead woman for a film about a bachelor is pretty awesome—and, contrary to my first belief, is by no means 'a chick flick.'

However, here's the crutch-its a little predicable. I found myself saying the lines of character aloud almost verbatim. Is this just because I'm a weirdo film nerd, and could easily decipher the flow of the script? Or is this film truly just a wrinkle of the skin?

Harrison Ford's performance is also worth mentioning. He plays an old married man, powered by a heart of gold and struggling regret. Perhaps a hint that Ford wants to try some new roles that don't involve him with a gun, blaster, or whip?

You know, I actually enjoyed The Age of Adaline. It's a pretty standard, though-provoking drama that doesn't require all of your attention, but rather, captures it.

— calvin a jay

#### GAMES

#### Shütshimi: Seriously Swole

PC, Mac, Linux, PS4, Vita

(neon deity games)

Take a goldfish, give it giant biceps, and stick a gun in its hands. Now you have seen the tip of the insane iceberg that is Shütshimi—a shoot 'em up by Neon Deity Games. Starting off as a concept brewed up at a game jam centered on a 10-second theme, Shütshimi takes that theme and never stops running with it.

Calling the game hectic would be a gross understatement, as everything in the game revolves around a 10-second timer. Just as you get into the groove of fighting a wave of enemies it ends abruptly, throwing you into an upgrade screenfull of options. Each upgrade comes with humorously long descriptions and nonsensical icons, keeping pace at breakneck speed even in the menus. These upgrades range from standard power-ups, to "Party Vision," which changes the level to a rave scene with accompanying music.

If you're the type of person who likes to get deeply familiar with mechanics, and likes a slow roll out offeatures, Shütshimi is not the game for you. The wacky and ever-changing nature of the game provides an experience that never gets stale, so it can be hard to keep up with if you're looking for something a bit slower.

However, if you're looking for a challenging title brimming with personality and unfiltered fun. you need to check out Shütshimi.

— brandon mc



# **BCIT & BEYOND**







