

Lip MAGAZINE

WOMEN —of— TRADES

*An under-the-hood inspection
discovers gender discrimination still
clogging up BCIT*

THE WAR IN AFGHANISTAN | GENERATION SQUEEZE
TOP 5 CONCERTS IN 2014 | FOOD WASTE | MUSIC HEALS
DINE OUT VAN | STRESS TIPS | ADOBE CC AT BCIT

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photo courtesy NYM Productions



photo courtesy Tourism Vancouver



On the cover: 1st-year Automotive student Heather Esau. Portrait by Yinan Shi.

// Letter From The Editor

FEBRUARY IS UPON US AND LOVE IS IN THE AIR...

Or is it?

Let's take a second to think of the month that has couples enjoying "hump days," singles hoping for secret admirer notes, and those recently separated huddling around a bucket of ice cream and watching chick flicks.

Valentine's Day is a day to show your affection and love to those you care most about, but what about love for our planet?

According to an article by Jamie Frater on Listverse.com, in the two-week period leading up to Valentines Day, American sales of gold jewelry lead to 34 million tons of metric waste. Frater also adds that the vast majority

of roses sold for Valentine's Day in the U.S. are imported from South America, therefore wasting fossil fuels.

BCIT on the other hand, *is* showing love for Mother Earth, doing its part to reduce its carbon footprint and creating conversation about global issues, something you as a reader of this magazine can be a part of it.

In this issue, you can learn about the launch of a food waste pilot program on campus, or about the ongoing crisis in Afghanistan; a war that is far from over. Delve into the topic of "generation squeeze," and understand some of the pressures facing young people

today, or simply sit back with your headphones on and let the sounds of music therapy soothe you.

But fear not, because though the world may seem like a complex and stressful place, we even included an article on managing your stress levels accompanied by our picks for best concerts to take your mind off of the heavy stuff, if only for one night.

Read on and be sure to let us know what you think!

Love,

Neetu Garcha
Associate Editor

Link

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Exit Wounds

The war in Afghanistan may be coming to an end, but the battle for peace is far from over

by Neetu Garcha

The same day that the *New York Times* published Graeme Smith's prophetic article "Grabbing the Wolf's Tail," a Taliban suicide bomber attacked a popular restaurant in Afghanistan's capital and killed 21 people including two Canadians. Smith, a former *Globe and Mail* journalist and now senior analyst for International Crisis Group (ICG), had been predicting a Taliban resurgence for years now and was sad to see his predictions come to life.

This got us thinking about what it might mean for a soldier who had fought in the country, especially

with U.S. President Barack Obama announcing the war in Afghanistan will be ending in 2014. We decided to find a local connection and get his take.

Ken Keene is both a committed soldier who fought in Afghanistan for seven months in 2008, and a full-time student in the Bachelor of Business Administration program at BCIT. Looking back to the time he fought in Afghanistan, Keene says there is still more that could have been done for the country.

"It's kind of mixed, you know, what needs to happen there... It's a long

drawn-out process and I'm happy that I'm not going to be finding out another friend died, but at the same time it feels like the job wasn't completed to the level it could have been."

The *Times* piece, as told through Smith's lens of someone who has worked in Afghanistan for over four years, described what's next for the country: a possible, even likely, Taliban resurgence in more vulnerable remote villages, and not just large cities. Smith, originally from Ontario, is a graduate from Ryerson University's journalism program, who not long after graduation got his first

gig as a journalist for the *Globe and Mail*. Five years in, he took a foreign correspondence position in Afghanistan and began the task of dodging death from those who clearly wanted to take the journalist's life. That led him back to Canada, and when the opportunity to go back to school came up, he took it. He has since returned to Kabul where he currently lives working for ICG.

Smith is an expert in the past and present of the terror-stricken country, and with educated predictions for the future, he is getting the message out that U.S. troops and their allies might not be scared enough of the consequences that removing themselves from the country might incur, leaving locals fearing for their lives. Quoting Smith's *Times* article: "Fear of a Taliban resurgence is so widespread that it is hurting property prices and the value of Afghanistan's currency, scaring investors away and impelling Afghans to seek foreign asylum."

Ken Keene too recalls his time in Afghanistan in 2008 and the fear of locals, particularly those from the South. He

says that some of the interpreters hired to work alongside him and his fellow troops had what seemed to be deep-rooted distress, something Keene understood was a result of conflicts between North and South Afghanistan. "I found that fairly intriguing... just the general fear. They got hired on because they speak English and they wanted to do this... but it was interesting how they were very much concerned about that being an issue."

Be it conflicts between the North and South or a Taliban resurgence, the exit of foreign military is causing anti-depression and anxiety medication sales to increase 30-fold in some areas. Smith says he will continue talking to locals, doing research and making it available for the public, most recently with his book *The Dogs are Eating Them Now: Our War in Afghanistan* and his documentary series, *Talking to the Taliban*.

As for Keene, despite the very real danger of increased violence in Afghanistan, he remains willing, even hopeful, to head back to Afghanistan to fight should he be called on to do so.

Graeme Smith

"I'm happy that I'm not going to be finding out another friend died, but at the same time it feels like the job wasn't completed..."

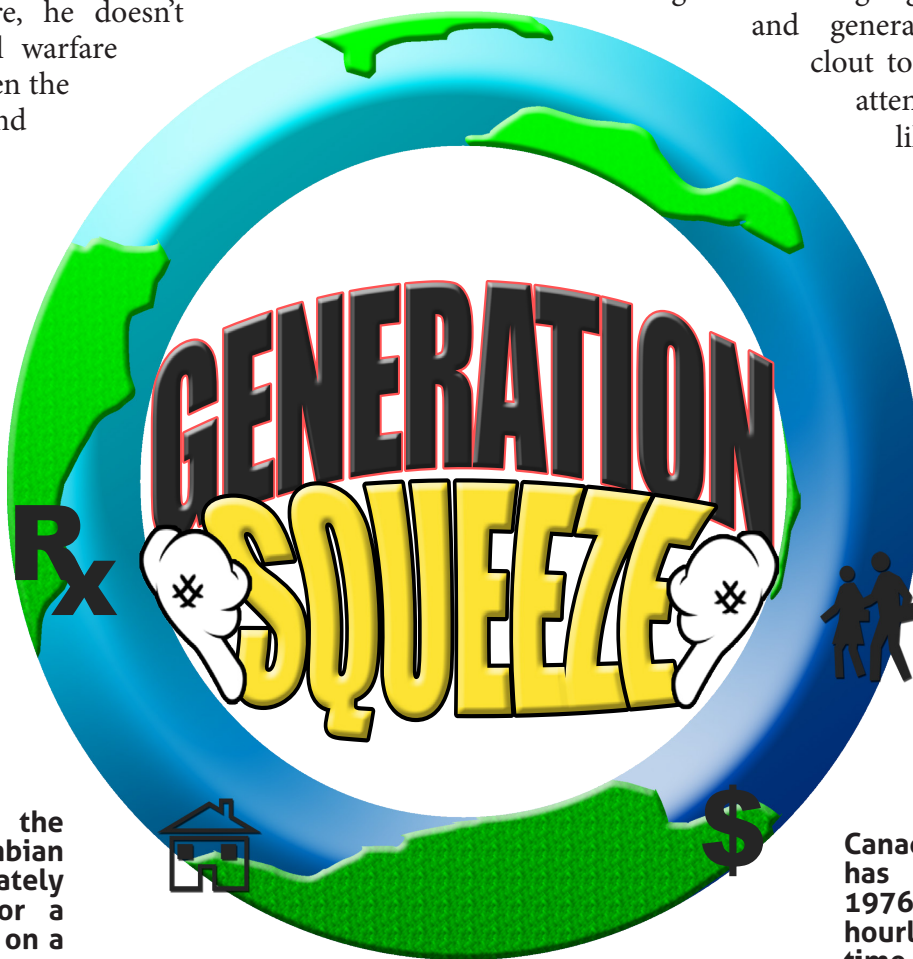


SOCIAL ISSUE

Shannon Waters meets a group called “Generation Squeeze” and *squeezes* herself into the debate on immense pressures facing her generation

The meeting room at the Mount Pleasant Community Centre was nearly empty when I arrived for the Generation Squeeze talk, but by the time Dr. Paul Kershaw took the floor, it had filled right up. The discussion was hosted by the Jewish Historical Society, and curated by Kershaw—a professor at UBC’s School of Population Health and Interim Associate Director for the Human Early Learning Partnership. Kershaw has a PhD in Public Policy, and he’s younger than those titles would suggest. The topic of the night revolved around Generation Squeeze — an activist group led by Kershaw, concerned with the ways in which Canadians under the age of 45 are being “squeezed” for both time and money, and the ways in which government policy exacerbates the situation. To get the discussion started, Kershaw provided the audience with some rather sobering statistics (*see inset*). While these stats are pretty grim, Kershaw remains optimistic that change is possible. What’s more, he doesn’t believe that generational warfare is required in order to even the score. Grandparents and grandchildren don’t want to see each other suffer, nor do they have to.

Instead, Kershaw insists that moderate public policy changes could help the younger generation without impacting the quality of life for those over 65. For instance, Kershaw believes that increasing government spending by \$1,000 per person under 40 could result in a savings of \$50,000 per under-40 household. A big part of the audience consisted of members of the “squeezed” generation, but there were a handful of attendees over 50. The discussion that followed Dr. Kershaw’s talk was both respectful and wide-ranging. We touched on the cost of end of life care, generational wealth transfers, differing generational attitudes toward work and family, and quality of life. While there certainly remains room to debate Kershaw’s conclusions, I believe that Generation Squeeze’s objective is a worthy one. The group aims to lobby government on behalf of those under 45, and build a ‘Better Deal’ for younger Canadians. The group’s main goal is to bring together a million ‘allies’ and generate enough political clout to get the government’s attention. It doesn’t sound like an unreasonable goal, in fact it sounds downright manageable.



The Canadian government spends more on medical care alone for each senior every year than it does in total services and support for each person under 40.

In 1976, it took the average British Columbian household approximately 5 years to save for a 20% down payment on a house; today, it takes an average of 15 years.

20-somethings in Canada are now more likely to live at home with their parents than with a romantic partner.

Canada’s economy has doubled since 1976 but the average hourly wage for full-time positions has decreased by \$4.

WASTE NOT WANT NOT

by Emily Lazatin

Take a step into the food services area of buildings NE1 and SE2 on BCIT's Burnaby campus and you'll notice a new kind of recycling bin. Yes, that's right—composting bins for students and teachers to dispose their lunch scraps. The organic waste containers will allow you to discard many staple items such as vegetables, fruits, meats, dairy and even soiled paper.

In the last 10 years, BCIT has increased their diversion rate by 25%. According to a waste audit last year, BCIT diverts 68% of waste materials that arrive on campus. This includes paper, metal and plastics.

Cindy MacIntosh, Supervisor of Custodial Services in Facilities and Campus Development said, "Our current garbage is brought to the landfill. We want to eliminate how much garbage gets taken offsite and we want all of our food projects to eventually be composted."

If you're wondering why it's taken so long for the campus to bring on this initiative, it's because BCIT has already been composting for over 15 years – it just hasn't been available on the consumer end.

Something you might find intriguing is the current worm compost program which is headed by the back of kitchen and prep areas. Worm composting uses fruits, vegetables, coffee and tea and those scraps are eventually recycled back into the earth right on our campus in BCIT landscape beds.

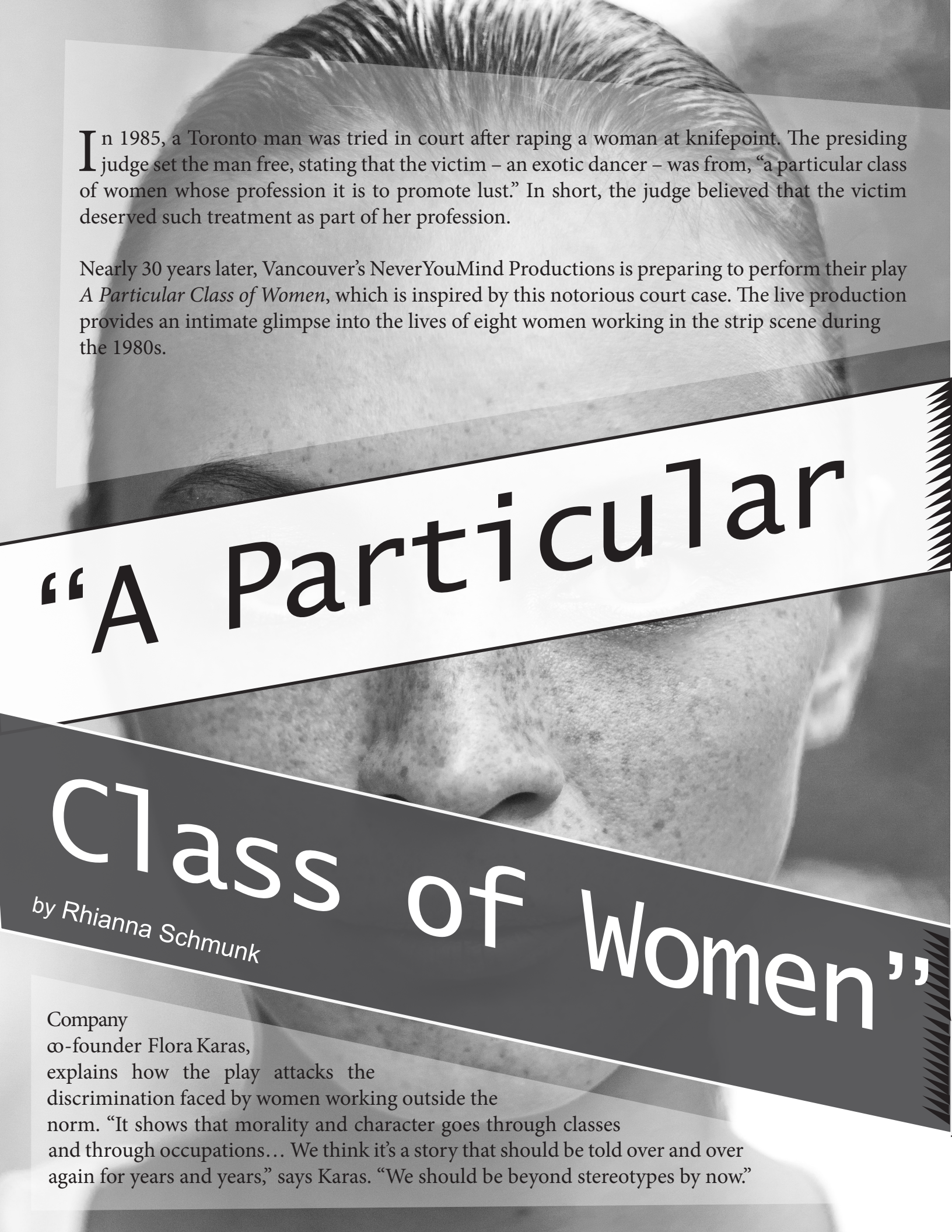
Students around campus are delighted that composting will now be available to them. Megan Krenbrink said, "I don't really throw away a lot of food but now that the school has this program in place, it's good to know that I can throw away scraps in compost bins."

Others were opinionated. "Not all students eat in the cafeteria. A lot of people bring food from home. It's definitely a step in the right direction but needs to be done all over campus - at least in common student areas that don't necessarily provide food," said Justin Lorette, a Chemical and Environmental Engineering student. He also added that he thinks students will use bins appropriately and labeled bins will urge students to sort their garbage and dump their waste accordingly.

This pilot program will last until late April. "We'll try this out for three months and see how it goes and expand upon that, in common areas and lounge spaces like the Great Hall," said MacIntosh. "By offering this program I'd like to see our diversion rate increase from 68% to 80%."



photo courtesy Progressive Waste Solutions



In 1985, a Toronto man was tried in court after raping a woman at knifepoint. The presiding judge set the man free, stating that the victim – an exotic dancer – was from, “a particular class of women whose profession it is to promote lust.” In short, the judge believed that the victim deserved such treatment as part of her profession.

Nearly 30 years later, Vancouver’s NeverYouMind Productions is preparing to perform their play *A Particular Class of Women*, which is inspired by this notorious court case. The live production provides an intimate glimpse into the lives of eight women working in the strip scene during the 1980s.

“A Particular Class of Women”

by Rhianna Schmunk

Company
co-founder Flora Karas,
explains how the play attacks the
discrimination faced by women working outside the
norm. “It shows that morality and character goes through classes
and through occupations... We think it’s a story that should be told over and over
again for years and years,” says Karas. “We should be beyond stereotypes by now.”

While gender discrimination has arguably diminished since the 80s, it hasn't disappeared. Modern-day women working in predominantly male-dominated professions face discrimination on a daily basis. One BCIT student (who wishes to remain anonymous*) admits that female trades students ought to prepare for this kind of maltreatment.

"You should be aware that it's out there. You're not going to necessarily come across it, but you just have to realize that the possibility of it happening is there," she says. The third-year student represents a mere 7% of BCIT's females who study trades. She is no stranger to harassment on campus, telling *Link Magazine* about some of the adversity she's faced in the past.

"You come across the occasional guy who's not okay with you being there at all. It's their way or the highway. You're stupid...moronic... they'll put you down, make sexist comments, smack your ass... it happens."

She insists that developing a thicker skin has been crucial in overcoming the prejudice. "The first time I got called a c*** was in class. I had to hold it in for about 15 minutes then went to the bathroom and cried afterwards. The second and third time, I started to get used to it."

Paul Harris, BCIT's manager of Organization and People Development, handles the institution's discrimination complaints and acknowledges the existence of gender-based harassment on campus.

"There's all sorts of crap going on. People think that teachers don't know and that teachers don't care. That's certainly a shift here at BCIT because we do know and we do care," Harris told *Link*. "I'm not naïve enough to expect that what happens at BCIT is any different to what's happening in society."

Regardless of where they face adversity, some women gain a certain sense of empowerment in overcoming the obstacle on their own. Karas finds that kind of satisfaction in vicariously removing herself from any societal pressures on stage:

"I can't explain how freeing it is to literally release any coverings off of your being."

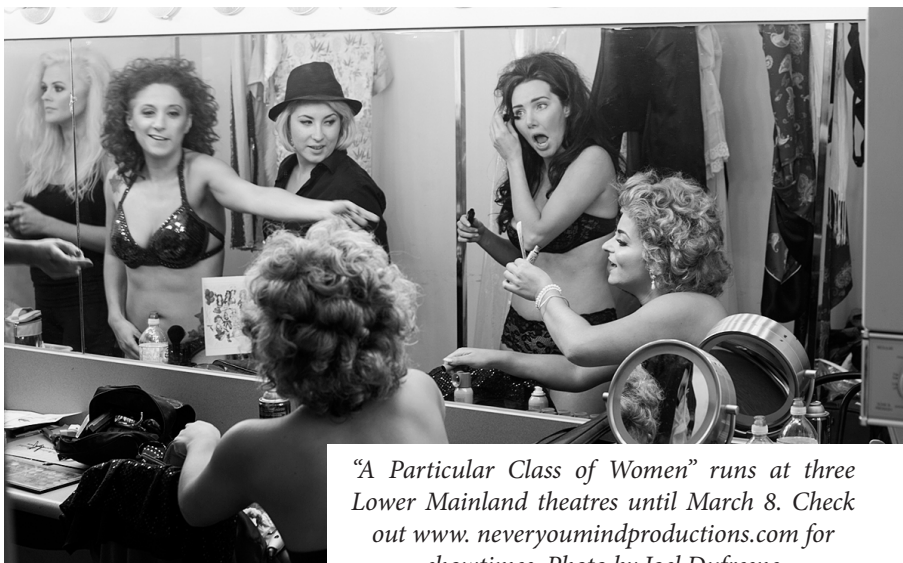
"They'll put you down, make sexist comments, smack your ass... it happens."

"That kind of pure, raw vulnerability – that energy to just do something and enjoy the process – that energy's infectious," Karas adds.

The same energy can be found in the classrooms at BCIT. With one year to go in her program and a job already lined up, our anonymous student finds herself more confident than ever to continue pursuing her dream job, despite the hardship. "It keeps me motivated. It makes me want to be better," she explains. "I think you'll like yourself better at the end of the day because you're doing something that you love, and I love what I do."

Admirable as it may be, this kind of perseverance may not be the ultimate solution for everyone. Harris reminds students that there are avenues to address and rectify any harassment claims within BCIT; however, they are extremely underutilized. He understands that students may fear retribution after choosing to step forward but insists that administration is capable of providing long-term solutions. "If something nasty happens to you on the job site or in the classroom, you're covered under policy. We will intervene," Harris insists, "It's about saying to people, 'here's where the line is.' If they cross the line, they won't be tolerated."

Nowadays, this no-tolerance policy towards gender discrimination is arguably more common than ever. It's a significant step forward from the era that saw women discriminated against in court to a time that boasts theatre productions celebrating a women's freedom to do as she pleases, regardless of who demands she do otherwise.



"A Particular Class of Women" runs at three Lower Mainland theatres until March 8. Check out www.neveryoumindproductions.com for showtimes. Photo by Joel Dufresne

*anonymous student is *not* cover model Heather Esau

Dine Out Vancouver 2014

by Jared Featherstone

This past month, while everyone else was busy telling each other about what self-help strategy they're, "totally going to stick to this year," I decided on a different tactic altogether: for the new year I'm going to eat whatever I want.



It's no wonder restaurants all around the Lower Mainland clamour to attach themselves to such a festival. The value in participating in Dine Out Vancouver isn't lost on restaurant owners like Steve Da Cruz of The Parker in Gastown. In joining Dine Out Vancouver for the first time, Steve says, "I wanted to expand our visibility within the lower mainland. [Dine Out Vancouver] has considerable reach, history and the means to drive interest

That is music to the ears of Tourism Vancouver, who recently wrapped up the 12th annual Dine Out Vancouver. This event started out as a strategy to battle historically slow sales in the winter months (also known as the "Better You Bandwagon" months to some in the restaurant industry), and has now blossomed into a full-blown foodie festival. Since its inception in 2002, the festival has grown to include over 250 participating restaurants all around the Greater Vancouver area.

Each one of these establishments designed a set menu specifically for the festival, usually a multiple course endeavour that includes an appetizer, main course and dessert. The best part about these menus is the price. Per head costs range from "reasonable" at \$18 to "I'm probably not going to eat again for a week, so this better be good" at \$38.

within demographics I wouldn't normally reach". With The Parker having been open for just over a year, Dine Out was to be an excellent way for this Gastown establishment to jump-start their sales and avoid a "sophomore slump."

Dine Out also ran over 30 other "mini-events" within the festival that ranged from dinner theatre and jazz performances to brunch crawls and food truck meet-ups. If that still wasn't enough to entice you to try out some great new food, then you can stick to your kale shakes and lift routines. I can guarantee the only lifting I've done to kick off the new year is what I like to call "fork to face" as I tantalized my tastebuds with all that Dine Out had to offer. And while this year's festival has unfortunately drawn to a close, it's never too late to get out and find great places to stuff your face.

Check back in future issues of Link Magazine for great tips on finding these hidden gem establishments as I run around the Greater Vancouver area looking for 'nom-quality' eats on a 'ramen-only' budget.

WAKE UP!

AND SMELL THE STRESS

by Francesca Lucia

Don't sweat the small stuff. It's a saying that is preached more than it's practiced, but when it comes to stress, if it isn't acknowledged and reduced, it can lead to falling ill.

No matter how hard students try, stress is inevitable; there is always going to be some amount of it in a person's life. Some of this stress is actually natural — as long as it's managed well — and so here BCIT counselor Megan Bruneau provides her tips on how students can keep their energy levels up and their stress levels down.

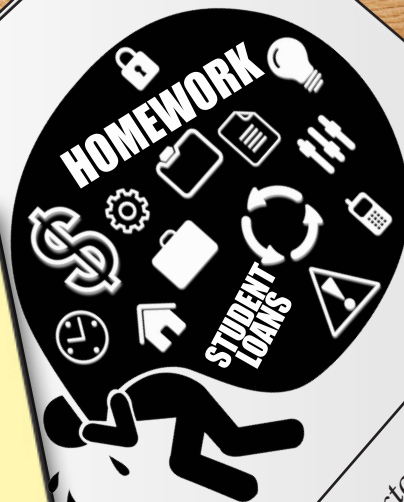
Wake up and smell the roses... or your coffee! Instead of planning your next move, enjoy what you're doing in the moment. For instance, appreciate your coffee in the morning and taste the different flavours. Try to absorb all these moments in your day!

\$10 Massage

Every Monday and Thursday on campus. Offered by **West Coast College of Massage Therapy** students!

- Recreation services on campus offer TONS of programs to keep students active, including a **FREE** Stress Reduction meditation course offered in February.

- Be proactive! Don't wait until everything feels like it's blowing up. The Counseling and Student Development Center on campus has four counselors that want to help and are eager to listen.



"When we start feeling anxious and stressed all the time, we get cortisol pumping through our system and that depresses our lymphocytes—our immune system. This makes it so we can't fight off that bacteria that might be coming in or viruses and infections. So there really is a direct effect that stress has on illness and people getting sick."

FIND A WAY THAT WILL HELP YOU COPE BEST WHEN YOUR STRESS LEVELS RISE. COPING METHODS VARY FROM ONE INDIVIDUAL TO THE NEXT, SO TRY: LISTENING TO MUSIC, DOING YOGA, OR EVEN CRUISING OR YOUTUBE.



TOP 5 MOST ANTICIPATED CONCERTS OF 2014

Miley Cyrus Bangerz Tour (Feb. 14th)

From twerking in a onesie to swinging naked on a wrecking ball, 2013 was considered the year of Miley Cyrus by many. The former *Hannah Montana* star successfully stripped her Disney image, chopped off all of her hair, and now sports an edgier image. Cyrus' 4th studio album, *Bangerz*, reveals another side of her that has shocked the public. Her fan base, who call themselves Smilers, will be happy to hear that the 21-year-old pop star will kick off her tour on Valentine's Day at Rogers Arena in Vancouver. And whether you love her or hate her, this is a concert that you probably won't want to miss.

Kings Of Leon: 2014 Mechanical Bull Tour (March 30)

The Nashville brothers are popular for their hits "Sex on Fire", "Notion", and "Use Somebody." The group has performed in Vancouver several times before and many fans have raved about the band's stellar live shows: it's a beautiful and rare thing to hear an artist that can perform on par with their studio sound. Indie rock fans can also look forward to the opening act, Local Natives.

Lady Gaga artRave: The ARTPOP BALL (May 30th)

The unique Stefani Joanne Angelina Germanotta, better known for her stage name Lady Gaga, will be gracing the stage of Rogers Arena late May. Her 2013 hit "Applause" was the anthem of Little Monsters everywhere. Gaga always delivers on the promise to blow the audience away with her stage antics. It's hard to predict what crazy stunts the artist will pull on her tour; all that can be said is that fans can expect the unexpected.

COACHELLA (April 11-13, 18-20)

Even though Coachella is held in Indio, California, the music festival brings hype from locations all over the continent. The lineup was released on January 9 and caused an uproar on social media with artists from tons of different genres giving all music fans something to be excited about. Headliners include OutKast, Muse, and Arcade Fire. For those that don't want to pay an arm and a leg for festival tickets, transportation costs, and accommodation, a local alternative to Coachella is Squamish Valley Music Festival: a 3-day music festival featuring rock, indie, and electronic artists. This year's lineup rivals festivals across the border with Eminem, Bruno Mars, and Arcade Fire to name a few.

Armin van Buuren (May 3rd)

The EDM scene has been a growing genre in Vancouver and it doesn't look like it'll be slowing down anytime soon. Even if you're not a fan of van Buuren, the atmosphere at an EDM show can create a good time for anyone. Crazy outfits, good beats, insane party people (maybe a little bit of alcohol) are all factors of a good time. But if you're still not down to listen to the man that won the top spot on a DJ fan poll a record 5 times, you can wait for the next big EDM event in March: INSOMNIA 2014.

by Hillary Ngyuen-Don

HEALING *through* harmony

*A BCIT instructor has created a charity
to bring music therapy to the masses*

by Allison Tanner



At the end of January, Maillot will start working with Music Heals, the charity Brandt started in 2012. Music Heals funds music therapists' hours so more patients can get the treatment they need. The current government does not fund music therapy so it can be very expensive, and access to a therapist can be hard to come by.

"There is no music therapy in Northern B.C. for example," explained Brandt. Music Heals has set out to bring music therapy to those who cannot afford it or could not access it because it is not publicly funded. Music Heals assures that anyone in need of care can get it. The charity works with patients at any age, and has supported patients with a variety of illnesses.

The idea for Music Heals stems from an annual motorcycle ride called the Music Therapy Ride that goes from the River Rock Casino in Richmond to Whistler Mountain. Last year marked its 12th year and Brandt is on the committee that organizes the ride, but he says the ride is only once a year and he wanted to start a charity that would take donations regularly throughout the year.

Brandt is pleased with the work the charity has done so far and his hope for the future is to make the services Music Heals offers available to more people with all sorts of disabilities and needs.

A 16-year-old boy who suffers from multiple concussions sits and listens to Tupac Shakur as part of his therapeutic rehabilitation. According to BCIT instructor Chris Brandt, executive founder of the charity Music Heals, this is an example of the power of music therapy.

The idea of using music to treat patients began shortly after World War II when music therapy brought about remarkable improvements in people's lives, emotionally, spiritually and physically.

Today, music therapy is being used around the world to help patients with all kinds of illness. Brandt says he has seen a child with polio learn to walk through the use of music therapy.

Brandt told *Link Magazine* that every patient is different and no two people can really use the same treatment. In regards to the boy listening to Tupac, Brandt says: "It's very individualized and in that case, the music therapist was using music to rewire his brain to be able to do these things he lost the ability to do."

Music therapy has also captured the attention of BCIT student Alexandria Maillot, who started paying attention to the effects of music when she noticed that listening to it helped her sister's mood swings. "Over the years I've heard that music is one of the most impactful ways of getting through to someone," Maillot explains adding, "Music clicks with us. I find it fascinating."



Photos courtesy: Music Heals. (top) Brandt poses with Paul Oakenfold backstage in Vancouver after VIP passes to the show were auctioned off; (bottom) Music Therapists Brook Angus and Carol Wiedemann accept a donation from BC Children's Hospital alongside Hedley frontman Jacob Hoggard

Glam Out *and* **KEEP WARM**

Ladies, the key to reinventing your style is experimenting with pieces you have in your wardrobe. Layering has become my go-to. It allows me to pair opposite styles, like feminine and masculine, and it's a chance to play with different textures. Not only will layering keep you warm, it will inspire you to be more creative with your wardrobe.



'Tomboy' meets 'The Lady'

I love the look of combat boots with dresses, or jeans and a cozy sweater. You can add some jewelry for sparkle and to soften your look.

Knits 'n' tees

If you'd like a little more casual attire, try layering your favourite knit sweater with a t-shirt dress. You can dress it up with accessories and pumps, or add an infinity scarf and flats for a cozier feel.



Gentlemen, spring is around the corner, which means it's time to incorporate more colourful accents into your wardrobe. How, you ask? Accessories. With the weather still being quite cold, adding accessories to your wardrobe provides a wider outfit selection and a trendy look. Dressed to impress or laid back—more colour is always the right choice.

With a bow on top

For a night out on the town, try a bow tie or suspenders. Just remember, never wear a belt with suspenders!



Sock it to them

On a casual day, try brightly patterned dress socks and a satchel for your books, or a cool leather watch with some bright bracelets, such as mala beads.

Mode: Brush Opacity: 100% Flow: 100% Erase to History

The Breakdown (CMYK/8)



BCIT x Adobe Creative Cloud

This year, BCIT announced it would be upgrading to Adobe Creative Cloud on all of its school computers. The idea was to keep students and their respective programs up-to-date with the current technologies used in their field. The switch also allows for a more intimate connection between working at school and working off-campus, if you choose to subscribe to the service on your personal computer

So how will the switch change the way I use Creative Suite now? Essentially, it won't, meaning: all of the programs you are used to slaving over day after day, will still be there, free and totally functional. However, if you choose to get a cloud subscription for yourself, you are open to complete cross-capability between the programs on your personal computer and those at school. This includes file sharing with 50GB of online storage space, continuing projects, and it allows for free one-month trials of each program. Student and Staff pricing is also available.

Creative Cloud is the latest service from Adobe Systems which gives students access to all of their software for - Design, Video Editing, Web Development, Animation, Photo Manipulation, Game Design and more, in one online platform.

Points Facts Breakdown

- Everything is in the Cloud. All of the programs are installed from the CC website directly to the computer.
- Constantly updates. Instead of purchasing one suite of software (i.e. CS5, CS6) the Cloud updates automatically every time a new version is released.
- If you choose to get on board the Cloud, you are charged monthly depending on the range of programs you choose.



by: Matt Landels





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