

FEBRUARY 2015

BCIT & BEYOND

# Link

magazine

## ICE DREAM

Tarrah Harvey has ice danced across some of the sport's biggest stages, allowing her to spin the experience into a coaching career and giving her an edge in the broadcast booth.

BLACK HISTORY MONTH

•

A TRIP TO THE PHILIPPINES

•

STARVING STIGMAS

SLEDGE HOCKEY

•

TOYS, PILLOWS & HOT SAUCE

•

STUART SCOTT TRIBUTE



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(cover photo by yinan shi)

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# LOVE IS IN THE AIR

Ah, February. It's such a beautiful month. Why? Because we'll get to celebrate Groundhog Day! That's right, the one month of the year where we find out if it'll be cold for another six weeks, or if we'll see an early spring?

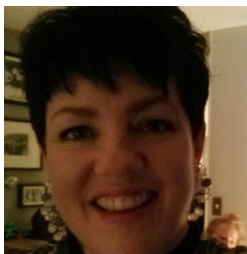
Okay, all the sarcasm aside, yes, I did get the memo that a certain Valentine's Day is also happening. Whether or not you care (to be honest, I'm not a fan) about the holiday, I think it's worth pointing out the idea behind Valentine's Day: romance is fickle. It is inconsistent. The heart of the idea behind Valentine's Day is love. Not just the make-out levels of love, but to basically love and respect one another. It's not to say something should matter extensively for just one day of the year, but all year round. Say hello to a stranger, offer someone a hand with their groceries...those are the kinds of things that perpetuate love and respect for one another.

And show us some love, too! What do you think of this month's issue? If you're wanting to take the time to show yourself some love, we have articles to channel relaxation and 'me time.' (wine pairings, anyone?) There's also a chance to show love for other cultures. Check out the travel story to Philippines, and our feature on Black History Month.

So yes, show some love for us. Show some love for others. Just remember, it all starts with loving yourself.

— Ria Renouf  
Associate Editor

## NAMES & FACES



### DEBORAH POWER

Deborah wants to live in a world where all words are pronounced correctly, puppies are born house-trained and pies have zero calories. As a Journalist, she's been spotted on campus trying to find a parking spot near SE10 and drinking copious amounts of Railtown coffee from The Stand. When she's not wrangling her son, 2 dogs, 2 cats and husband, you can find her doggedly digging through way too many social media platforms for all things news-ish and mindfully cultivating her eccentric older-self.

### MONTANA CUMMING

Montana is a second year broadcast journalism student at BCIT, seasoned writer for *Link* magazine, and strong proponent of animal videos. Having helped out in newsrooms across Vancouver, such as CKNW, News1130 and Global BC, she has taken a focus to writing about culture and media. You can follow her @montana\_rc to catch more updates about her work.

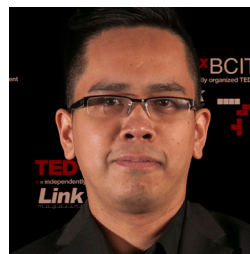


### MATT LANDELS

Matt is a computer wizard and the current graphic designer for *Link*. He studies at BCIT in the Digital Design and Development (D3) program and spends most of his time concocting new web applications. You can find him designing next month's issue in the deep, cold caverns of SE14 with a backlit face and a bowl of ramen noodles.

### JOEY WILSON

Joey Wilson is a Broadcast Journalism student at BCIT because he loves telling stories and sharing his experiences. With a background in culinary arts and kitchen careers, he loves food, movies, and music.



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## #SHOWERtoEMPOWER Social Media With a Cause

One BCIT student is counting on the popularity of social media nominating challenges to make a difference to people on the Downtown Eastside.

First year Radio student, Rheanna Neil started the new movement #shower2empower through a YouTube video where friends nominate each other to carry out an act of kindness for someone in need. It may be a warm meal, clothes, or even giving someone a place where they can shower.

"People think it's too hard to help out the homeless, but in reality it's really not," said Neil. Her goal is to not only create more awareness about the homeless population in Vancouver, but also to end homelessness by having people work together.

She says that with random acts of kindness, mayor Robertson's goal to end homelessness can be met.

"If each person in Vancouver did something small and then posted a photo to nominate friends, this could just blow up and we wouldn't have a homelessness issue in Vancouver anymore."

She hopes the movement, like the ice bucket challenge, gains popularity and goes viral. Neil's aim is to get together with mayor Robertson with the goal of creating outdoor private showers in the Downtown Eastside as a step towards eliminating homelessness.

"We have had a homeless issue in Vancouver for far too long," she said.

Shower2empower will be organizing a sock drive on January 17th to encourage people to "give a smile to the homeless one pair of sock at a time."

For more information visit the Facebook page Shower2Empower or go to [linkbcit.ca](http://linkbcit.ca) to watch the video that started everything.

— Estefania Duran

## WAITLISTS INCREASE AFTER GOVERNMENT ESL FUNDING CUTS

Last summer, the federal government announced it was pulling funding for English as a Second Language programs affecting 17 institutions across B.C. The \$17 million dollar cut is expected to affect an average of 9,000 students per year.

BCIT's Professional English Language Development program (PELD) was one of the programs affected by the cuts. PELD caters to ESL students who are hoping to get into full-time programs, focusing on both language skills and academic skills.

ESL programs at all 17 institutions were free to Canadian citizens because of government funding, however students now have to pay between \$334 and \$560 per course at BCIT. Despite the

increase in price however, PELD programs are experiencing an increase in demand and the program's six intakes per year don't seem to be enough.

"We've always had a reasonably high demand, there was a demand even before other institutions made cuts, and now that the institutions made cuts there is nowhere for those students to go," said Andrea Mathews, the program head for PELD.

However, regardless of the higher demand, before the funding program was put in place, PELD was allowed to charge more per course than they do currently. Now that the subsidy is over, the government has applied a tuition cap, making

it more difficult for all schools to stabilize economically from the changes.

"It makes it harder for us to run with a reduced government funding overall, there's no extra money around the institution to make up the shortfall between what we charge in cost recovery and what we will be charging now."

Mathews says the school may have to look into the possibility of larger class sizes to make up for funding changes and to meet the new student demand. In the meantime, it means students will continue to be turned down as waitlists continue to quickly reach capacity.

— Estefania Duran

## BURSARY PROGRAM GIVES BROKE STUDENTS A BREAK

Paying for school can be scary, especially with life's unexpected costs. So when you're out the money unexpectedly and owe your school, what are your options? BCIT's Financial aid office gives out scholarships and bursaries, but unbeknownst to many students, they also offer emergency funds for students facing a sudden crisis.

"They're for students who are facing some unexpected expense," says Connie Gibbs, BCIT financial advisor. "It's an unplanned-for expense that you have to meet in order to continue studying."

Emergency bursaries and emergency loans are available to students. Bursaries are non-repayable, and are given in amounts anywhere from \$200 to \$1200. Loans, on the other hand, can be given to students when their student loan hasn't been allocated yet.

"If there is some kind of unforeseen delay and people need to buy their textbooks for instance,

we'd do an emergency loan and then we'd ask the student to repay that within the semester," says fellow financial advisor Alec Gowans.

Last year, BCIT processed 59 emergency bursaries and 63 emergency loans. Gibbs says the applications are not online, but students with financial troubles can book an appointment with an advisor and fill out the form then. From there, the applications are processed within 24 hours, and are typically approved.

Gowans says if a student is in a real state of crisis, it is apparent to him. However, determining what constitutes an emergency is about using discretion. "Occasionally I'll run into somebody where I will point out to them that what they're describing is not an emergency; there hasn't been any single event that they can point to that they couldn't have planned for."

If an emergency with finances has come up, students can make an appointment with the Financial Aid office in the Gateway Building.

— Montana Cumming



## WASTE REDUCTION CAMPAIGN HOPES FOR A GREENER 2015

Would you spend your lunch break picking through your classmates' trash if it meant a greener future for BCIT? That's what Millie Kuyer, President of BCIT Sustainability Initiative, and her team were willing to do last month, when they gathered in the Great Hall to sort through piles of campus garbage. The event was organized to bring awareness to new waste reduction initiatives being implemented on campus this semester.

Cindy MacIntosh, Supervisor of Custodial Services, brought new organics bins to BCIT with the help of Kuyer and her team. The bins are in all cafeterias on campus, and MacIntosh says they hope to expand them to lounge areas by April 2015. The new sorting mechanisms follow a change in the region's garbage disposal policies. As of January 1st, Metro Vancouver has banned all food scraps for disposal as waste, requiring residents to separate out their organics for recycling.

BCIT Custodial Services is ultimately responsible for fines resulting from improper waste disposal on campus, so the implementation of the organics bins was obvious. MacIntosh, however, says that the biggest challenge is to get students to use them correctly.

"Volunteers have literally been standing beside garbages, directing people on how to sort their garbage... sometimes that's what it takes," she said. The Sustainability Initiative has played a key role in educating students on sustainability issues on campus. The club was started last year, when Kuyer and her classmates realized something was wrong with the way we treat our trash.

"We were getting frustrated with how much garbage was being produced... we were trying to think of ways to motivate people to change their actions."

The Sustainability Initiative has picked up steam this semester, and is still recruiting volunteers. They held their first event in January with an organized screening of "Inside the Garbage of the World." Their next documentary screening will be on February 18th.

—Alison Kroeker

## AVIAN FLU OUTBREAK HITS FRASER VALLEY

We all remember the avian bird flu. It's now returned to the Fraser Valley although it may not be as bad as the last bout that hit us.

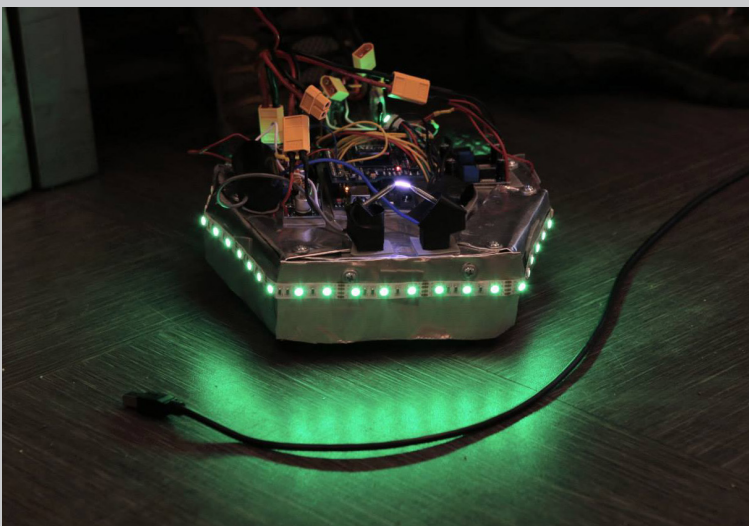
This year, David Anctil, who works on a Turkey farm in Alder-grove says that the CFIA is doing bird surveillance where he works. They come every Tuesday and Friday and take throat swabs of 2-5 Turkeys per barn. They have not been infected with the disease yet, but are in a restricted zone. The CFIA monitors who has gone in and out when making shipments to track who's going in and at what time to reduce the spread of any flu. So far there has been 11 farms that have been hit by this avian flu, the last one coming on December 19th.

Although the flu outbreak hasn't been extremely documented, it may be a concern to the poultry business. Any birds like Turkeys, Chickens that are contaminated have to be destroyed, resulting in losses of money for those farms and loss of their crops that would be otherwise very valuable to them.

Even as you drive in areas where there are barns, there are big signs up with lots of literature warning people that they are entering an area where the bird flu could be, or in areas where they have already been infected and not to enter without proper permission and proper measures being taken to ensure the safety of not only the birds, but also humans as well. Approximately 244,000 birds have died so far and many countries have placed bans on our poultry products since the outbreak began. The strain is the H5N2 which is different from the previous outbreak we had.

The flu outbreak also has a effect on communities in B.C. With not being able to have poultry leave, many farms and also the province may suffer a little bit from the 11 farms not being able to generate any sales or transactions to the bird flu, which in turn can have a negative affect on the economy. Time will tell soon enough weather or not this round of flu has had a major or minor impact.

— Jessica Fedigan



## TINY CARS, BIG FUN

Recently, the very first IEEE BCIT RC Classic took place in the Burnaby Campus' Great Hall. The RC Classic is an opportunity for students in the Electrical & Computer Engineering Technology (ECET) program to apply what they have learnt at BCIT and build a remote control car. This is also a perfect opportunity for students to add valuable experience on their resume. There are three categories for students to compete in. Teams of 2-5 students compete for a Certificate of Recognition and up to \$200 in cash prizes. The 2014 Results by category were:

### *Built From Scratch:*

Abhi Grover & Gurinderpal Dhillon

### *Re-built*

Kurtis Fipke & Cole Harkness

### *Car Aesthetics:*

Nicolaas Dreyer

*Be sure to keep your eyes open for the next event coming this term!*





*“It’s more than just the sport when you’re dealing with the older kids. You’re dealing with their lives.”*



# ICE DREAM

As children, we're told that if we set our mind to it, we can achieve anything. It's no surprise that if you were to ask anyone under the age of ten what they were going to be when they grew up, chances are you would get a large number of kids saying they were going to be professional athletes. Most people have to give up on that dream. Tarrah Harvey was not one of those people.

words **JARED FEATHERSTONE**  
photos **YINAN SHI**



The first-year BCIT student in the Broadcast and Online Journalism program is one of the lucky few that had the chance to pursue her dream career for seven years. That job? Professional ice dancing.

During her career, Harvey travelled the world competing against the best; three Junior Grand Prix events (Belarus, Italy, Croatia) and two Nebelhorn Trophy competitions highlight her competitive career. She and her partner Keith Gagnon were also veterans of seven different Canadian Championships at both the junior and senior levels between 2005-2012.

Despite all the promise and accolades Harvey had accumulated, she made the decision with her partner after 2011-2012 season to hang up the skates and retire from competition.

"After we made the decision to retire, I kind of knew that that was it," says Harvey. "I toyed with the idea of doing some of the shows on cruise ships or with Disney overseas, but I made the decision to move on to my career and move on to the next chapter in my life."

Having decided that competition was no longer in the cards for her, Harvey was convinced by her former coaches to join them in training Canada's next generation of skaters. Initially hesitant about joining the coaching ranks, Harvey could not be happier with her decision to give back to the sport that did so much for her.

"I've dedicated so much of my life to learning everything I can about this sport. How could I not pass it on to other skaters and help them out with their careers?" says Harvey.

Harvey quickly realized that coaching came with its own set of challenges, particularly when dealing with teenagers.

"Sometimes it's a bit of a challenge with the older kids. You're dealing with teenagers and their moods, you're dealing with the two of them and they might not be getting along, there might be some drama," says Harvey. "Some of them are dating, some of them are dating other partners so there's all this drama between them and these other pairs on the ice. So it's more than just the sport when you're dealing with the older kids, you're dealing with their lives."

Despite embarking on her new endeavour of training Canada's next generation of skaters, Harvey still found herself at a crossroads. It wasn't until Skate Canada approached her to help them promote their organization that she had finally found her calling.

"As soon as I was done competing, I started working for Skate Canada as well. So I started working in the broadcasting area, where we were doing live streaming skating events all across Canada and across BC," says Harvey. "I got the opportunity to do some commentary, some interviews and some promotional videos for skating. And that sort of just opened the door for me to this area, and I discovered that I just loved it so much."

Most people are lucky to chase one dream during their professional lifespan. Harvey has had the chance to pursue two, and if she attacks her new career in broadcasting with as much fervour as her skating career, she'll be one to watch out for in the news world.

*Read our full interview with Tarrah online at*  
**[linkbcit.ca](http://linkbcit.ca)**

# Be My Valentinder?

by Sarah Morden

Valentine's Day can be a stressful time for all of us. No one escapes unscathed. If you're in a relationship, depending how long you've been together, you have to gauge your partner's interest in the 'holiday' and if they're 'one of those' then you have to think of something romantic to do. Fair warning: the success of your romantic venture will determine the amount of physical interaction you'll have for the foreseeable future. If you're not in a relationship, the loneliness can kick in early to mid-February and lead you to make some very questionable decisions. Lo, help is nigh for navigating the tumultuous seas of V-Day.



For you single and ready to mingle types who don't want to hatefully stare at all the couples pretending they are having the most romantic and meaningful night of their lives, Tinder might just be your best bet.

Tinder, for those of you who have been living under a rock or travelling in Uzbekistan for the past three years, is a dating service wherein prospective mates judge compatibility based solely on looks. This is not a new concept, as any bar-goer will know, but it cuts out the pain of having to reject some poor soul to their face. Tinder is a bit of a gamble any time you use it... but on Valentines day, it's double or nothing. You'll either get a pathetic, desperate, lonely loser trying to hide from their empty life – or you're guaranteed to get laid. Maybe both.

When using Tinder there are some rules one must abide by in order to avoid the scaries (ie. Those people who spend the night playing with their 'toy' switchblade. Eek.) First of all, if they open with a one liner and your skin shrinks about two sizes or just crawls right off to find another, less cringy home, they're probably a no-go.

Once they have passed the opener, ask them how they feel about holidays dedicated to the love of another. If they respond with a view that is in line with yours, you may have found a way to avoid the uncomfortable situation you're in for next year. Or at the very least, the night. Most importantly, if they have an obvious significant other in their profile pic, like it's their wedding picture; just swipe them away into the shitty ether from whence they came.

As for those of you in a relationship—buy some flowers, chocolates etc., have some dinner, “cuddle”—and if you can't get that right, then see above.

Happy Valentine's Day, or whatever.



# 5 SEX TIPS from DR. JESS

Dr. Jessica O'Riley has a PhD in Sex Education Training for adults. She is both a speaker and councilor working worldwide at couples retreats as well as health and private corporate conferences, and she is the author of *Hot Sex Tips, Tricks and Licks*.

## Talk

Dr. Jess said that most importantly, we need dialogue in the bedroom... once we start exploring what we enjoy and what feels good to us just as we do with food, we'll be a bit more confident in the bedroom and a lot more satisfied... the people who say, 'oh I can always learn *something*,'—they're good lovers.

## Breath kiss.

This is an easy way to slow down and connect. Start at the collarbone, breathe in and out softly before giving a kiss. Then move to the lower back or inner thigh. The key word is play—from soft to hard, slow to fast.

## Believe in the clitoris.

A woman's body is not an oven. Nor is it a doorbell. You can't push some buttons, slide it in, twist, turn. The clitoris knows when you're faking it. Start with 'The Pussy Pocket.' Place your palm over the pelvic bone, feeling the lips inside the labia with the tips of your fingers, and swirl. Don't be afraid—breath kiss her inner thigh, open your mouth as wide as you can and shove it in the labia. Swirl your tongue around, feel inside the grooves and suck. After one finger is inside of her, you can then cross two fingers while sucking on her. If it's her birthday, you can hum 'Happy Birthday' into her labia. Remember, everyone likes something different—ask and be open-minded with your vagina.

## Toys, Pillows, and Hot Sauce.

Don't forget your toys. Choose them together or show them off before you play. You don't have to use them right away. If you're looking for toys, We-Vibe™ offers world class vibrators and toys for couples. What else is sexy? Candles and pillows. Choose various size pillows to have around, especially the soft and silky ones. They can help to raise or position your body to better fit one another. Also good for underneath her hips or knees if she's on her back— you never know. And why hot sauce? Well we all know that hot sauce is sexy.

## "Say, balls, how should I play with you?"

One thing about every penis is that it's the inside that counts. Not the heart—the penis doesn't have a heart—it's the bulb of the penis! A hand job is apparently breakfast cereal for a sexologist. But good handjobs are generally hard to come by if you don't have practice. 'The Claudia' is Jess' easy handjob move. Lather your hands with lubricant, interlace your fingers together and wrap your hands around your penis with your thumbs up and ready to wrap over the bulb when they reach it. Then pump! "Pump to the left, pump to the right, pump in the middle!" When you get the hang of pumping, ask your balls, how can we play now?

— rana sowdaey

## GREAT EXPECTATIONS

Olivia Smith hits the halls of BCIT to find out what they expect on V-Day.

"Personally, I don't really have much expectation of it. But I think that it's great that people take the time off to spend it with their friends and loved ones."

— Ray Sison  
(Electrical Trades Training)

"My expectation of Valentine's Day is to have a crazy busy night at work since I'm a server. But I think it should be celebrated with loved ones and simple small gifts that have more thought behind them rather than a big dollar value."

— Jillian Noort  
(Business Administration)

"Do something that facilitates conversation. Don't watch a movie, play a board game. Don't text; talk. Enjoy the ease of conversation with one another. Enjoy each other's undivided attention."

— Calvin Jay  
(Broadcast and Online Journalism)

"I would just like to do something with the person I'm with. Nothing big or special, just acknowledging it. My expectations aren't high because my birthday is the following week so I'd rather just combine the two."

— Jessica Richards  
(Emergency Specialty Nursing)

"Valentine's is just another day to me but I love anything festive so I celebrate it just because. Except I'm single for life so I guess I'll just binge on Netflix. A weekend getaway to Whistler would be amazing. I definitely want to be treated to food that's out of the student budget range (sorry, not sorry) and hit up a spa."

— Lynn Ogasawara  
(Marketing)

"Chocolate, lingerie, and in bed all day!"

— Aleks Marjanovic  
(Electrical Engineering)

# NOTICE *on* NOTICE: Internet Laws, Lies & Liabilities

by rana sowdaey

On January 2nd of this year, a law was passed under the Copyright Act directed towards the millions of Canadian downloaders.

The provision called “notice and notice,” encourages Internet Service Providers (ISPs) to send out a copyright infringement letter, by request of content owners, to customers who illegally download. You may know someone who received a letter like it. Now, in the coming days, if you’re a downloader you can expect to get one of these letters too.

The letters seem like empty threats but a new Bill, S-4, currently moving through the House of Commons could undermine this provision. David Christopher, Communications Manager at OpenMedia, a nonprofit for online rights and privacy, says the Bill would permit ISPs to actually pass your private information to anyone who accuses you of wrongdoing consequentially allowing them to sue you for a few thousand dollars.

## EMPTY THREATS

Rightscorp is one “anti-piracy” company sending out this letter, threatening you- the owner of the IP address connected to the download, with a \$150,000 liability infringement. According to digital policy expert, Michael Geist, this letter could also offer you a \$20 settlement by mail to avoid going to court.

There are so many things wrong with it. For starters, there’s a \$5,000 penalty cap for copyright infringement under Canadian law- and that’s if the anti-piracy company could get a hold of your information – which they wouldn’t unless you respond to the letter or if the ISPs gave up your information. According to Geist, so far it looks like ISP’s aren’t interested in doing that. Even if the anti-piracy company got a hold of your information, the outcome of the case is still uncertain since it hasn’t really happened before.

The issue is that this “notice and notice” law is sitting in a safe spot which is under threat by Bill S-4. Christopher says, if it’s passed, ISPs could actually have to give up your private information, including your address to anyone who accuses you of stealing their content.

## \$5,000 IN FINES

Christopher told Link that the bill could open doors in Canadian law akin to the U.S style copyright trolling.

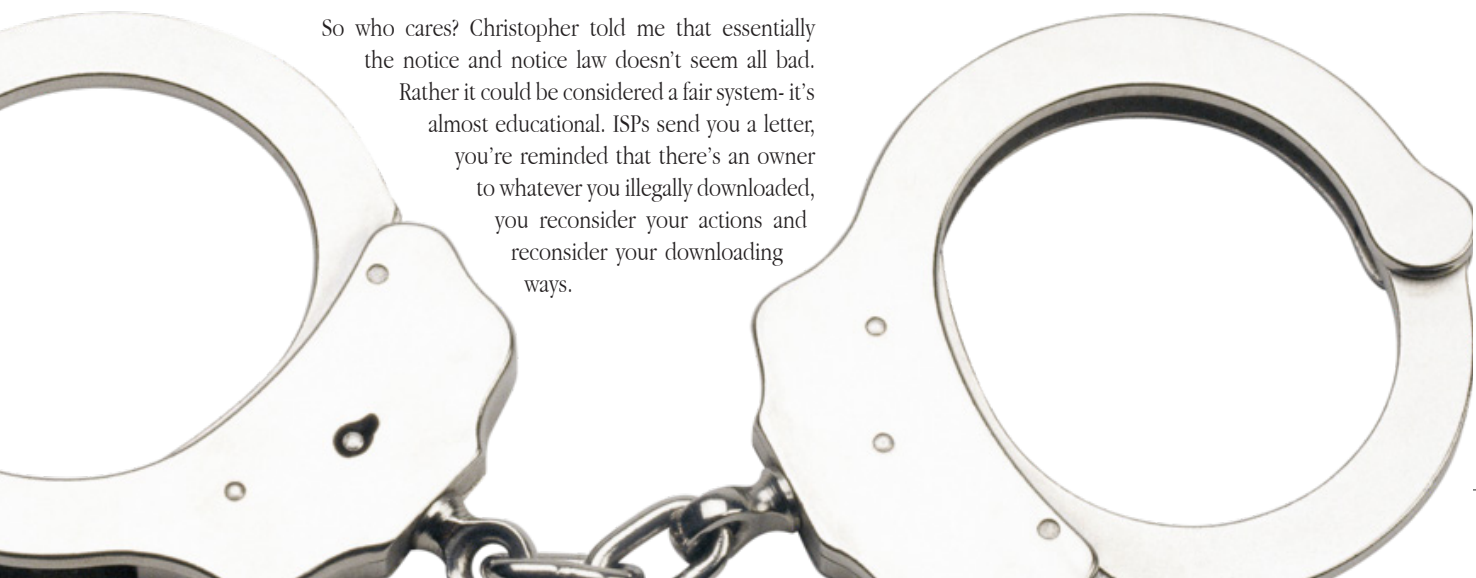
“These are companies, based in America who basically make a business out of sending threatening letters to thousands of people, threatening to take them to court unless they fork over, often ridiculous amounts of money, hundreds or thousands of dollars,” he told Link.

Industry member James Moore is in charge of whether the Bill will be passed. His press secretary in Ottawa said they’re confident the bill will indeed be passed. Although he denied any relationship between Bill S-4 and the notice and notice provision. Geist seems to be putting some pressure on the office, putting media light on the issue. In his blog he points out that if the Conservative members don’t acknowledge that changes need to be made to the Bill- our privacy rights as Canadians are in danger.

Christopher says there needs to be adjustments made to the loop-hole that’ll give rights to companies like Rightscorp. For now, if the Bill S-4 is passed like it is, trolls will be knocking on your door tomorrow.

So who cares? Christopher told me that essentially the notice and notice law doesn’t seem all bad.

Rather it could be considered a fair system- it’s almost educational. ISPs send you a letter, you’re reminded that there’s an owner to whatever you illegally downloaded, you reconsider your actions and reconsider your downloading ways.







# A TASTE OF HOME

*My heritage has taken me on a journey – many times over – to a land that I love: The Philippines.*

by **ria renouf**

The last time I landed in the Central Philippines – the Visayas – was two years prior. My family and I are from a province near the northern coast: Aklan. Muggy, moist and warm, I dreaded the visit because it'd mean gasping for air and searching for air conditioning outlets in the May heat.

The plane touched down in my province's capital – Kalibo. Disembarking, I walked over to the tiny conveyor belt to grab my suitcase. I was intercepted by a man – a porter – who wanted to take my luggage to the waiting jeepneys outside the airport. “No thank you,” I first said in English. Porters are like pitbulls: aggressive, especially when you look foreign. They target Caucasians, because it usually meant bigger tips for helping carry luggage. “Please, ma'am, let me take your bag.” I finally had to interject in Tagalog: “I'm sorry, but no thank you. I'm going home to my family.” He looked shocked that I'd even known a lick of the national language.

On the forty-five minute jeepney ride, I had a chance to think about what kind of life the porter may have had. Thoughts stared back at me as I looked out the window: we drove by small children just sitting and crying on the roads. People with hands outstretched for money and food. I saw some in torn clothes, mud from the rice paddies enveloping their legs. It was definitely a different scene from the bustling metropolis of Manila. My jeepney would slow down and I'd get toothless smiles. Something about that made it feel good to be home, despite the thoughts being borne from sadness.

As we pulled up to my barangay – village, for lack of a better word – I pulled my suitcases out, and was greeted by my Auntie Laila. I always love coming to see her, not only because she's one of the kindest people I know, but because she always has treats for you. Like clockwork, she started offering me rice, ice candy and barbecued bananas. I told her I had to wash up before I did anything else. I was filthy from the jeepney ride, after all.

After getting situated (and after some delicious, home cooked food), I went to visit one of my mom's cousins. He makes something called *tuba* or coconut wine, for a living. I waved to him, a little nervous by the machete he had hanging to the side. I tried to speak to him in broken Akeanon, our region's language.

“Uncle, are you going to climb?”

He laughed, “of course. We're running low on supply. We've had a good batch this year.” He patted me on the head. Didn't matter how old I got – I was still a kid to him. “Be right back.”

As a youngster, I'd tried to copy my uncle, climbing the skinny, rough trunks of the coconut trees. My mom would scold me, saying it wasn't right for a girl to climb a coconut tree, and it was more for my uncles and boy cousins. While I disagreed, I was pretty afraid of heights, so watching my uncle scale the tall, gangly tree so swiftly brought a pit to my stomach. He'd laugh, sing and tap the tree with his hand every few steps.

As he reached the top, I became nervous. I always hated it when he'd reach the top, because he'd always wrap his legs around the tree, take both

hands off it, and, grasping a coconut in one hand and his machete in the other, he'd cut the coconut with one quick swoosh of the oversized knife. He'd cut another, another, and one more before scaling down.

When his feet finally touched the ground, I was relieved. He proudly held the three coconuts in his hands. “Let's go make some wine.”

It was like a factory, watching him dissect the coconut to draw out its sap. He and his friends add different kinds of tree bark and yeast to the mixture. I asked why they did this. “It doesn't go bad as quickly and it stops the coconut from fermenting.” When he was satisfied with the mix, they put it into small bamboo jugs and stowed them away. It'd be a whole seven days before we saw this batch.

As the day drew to a close, my uncle poured me one of the last glasses of tuba. I watched the pale yellow liquid flow into the cup, excited to try this batch. Putting the glass to my lips, I tossed it back. It was just the right kind of sour, in the same way sour candies hit your tongue. I wanted more – but, we were running low. Polishing the last few drops off, I thanked my uncle, gave him a hug, and headed back to my place. It was nighttime, and the stars in the sky were shining vividly.

There was no doubt about it – it was always good to get a taste of home – and I looked forward to more of it as my visit continued, even if it meant muggy air and sub-par air conditioning!



# WESTERN ENGINEERING COMPETITION 2014

The atmosphere was palpably tense at the Western Engineering Competition (WEC)— a volunteer-run event where different teams from 12 universities across Western Canada participate in multiple engineering challenges.

by Roshini Nair

“Shhhh!” ... I’m in a hallway on the fourth floor of the Macleod Building on UBC’s campus. A row of rooms, their windows covered in black paper and their doors tightly shut, is eerily quiet. Each room is occupied by one of the 12 teams participating in the ‘Consulting’ category.

Teams of four are feverishly working on solving a mysterious problem. They’re not allowed to use their phones or email or talk to me. Even their lunches, in labeled white boxes, are delivered individually by volunteers at 12:30pm.

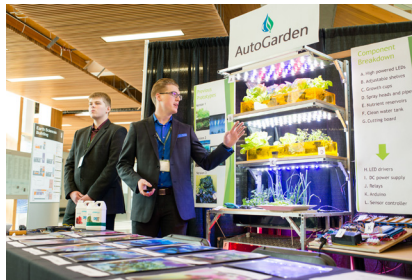
For the consulting engineering students, stakes are high. They are working on an engineering problem that they will present to local engineering firms. A favorable presentation could mean industry contacts and opportunity.

Since I’m not allowed to talk to anyone on this floor, I head downstairs. There are multiple categories underway in the competition with engineers from all years participating.

The senior design competition is one floor down. This year’s challenge is inspired by online shopping and autonomous parcel delivery: develop a robot that can bring a package from the street and take it up to the third floor of a residence. Teams have 10 hours to plan and build their robots.

I meet with BCIT’s senior team. The team of four includes 4th year BCIT engineering student, Yinan Shi. They come up with a plan and create a (fake) budget. Using this budget, they go to the competition “shop” and buy components for their robot.

The team is focused. Winning the qualifying BCIT competition landed them this spot at this competition, and winning the Western round could take them to national competition. But that doesn’t mean the competition is devoid of fun. Shi says that in previous years, other teams had been mischievous, buying up the entire



stock of certain components to sabotage other teams. Last year, BCIT’s good cheer won them the team spirit award.

Downstairs, the junior design teams are working on their problem: create a structure that can get an egg around a cardboard box only using water power.

Teams come into the testing room one at a time, carrying their delicate structures to the front. Water spills from everywhere, as they test their preliminary designs. It’s kind of like the board game Mousetrap. One team, from UVic, places an egg at the start of their structure and gingerly start pouring water onto their water wheel.

Hovering nearby is Kayden Peters, the Junior Design Director. A 4th year co-op student in environmental engineering, Peters is a former winner of the national Canadian Engineering Competition. Today, he zips around on a scooter, supervising the proceedings.

He came up with the egg challenge with the WEC team, and says he likes to throw in a few tricks – like putting random materials in the “store” where all the teams buy their materials. “I’m disappointed nobody’s bought the whoopi cushion!” he jokes.

From the extremely elaborate Styrofoam cup water wheels to the minimal cardboard tube tracks favoured by some junior teams, I ask him which structure is most likely to succeed. He says it’s best to follow that classic engineering maxim: K.I.S.S. Keep it Simple, Stupid.

I see another team placing an egg on their structure. The egg wobbles around precariously. Thankfully, at least in the preliminary round, the eggs are hard-boiled.

BCIT’s junior design and communications teams won second place in their categories. They will be heading to Newfoundland later this year for the national competition.

*top to bottom: Tyler Seibold and Jamie Haakons | Daine Strankman, Yinan (Scott) Shi, Josh Morrill, and Mark Naismith | Navtej Heir Matteo Leemet, Alex Tivy and Skylar Zhang | Josh Morrill, Yinan (Scott) Shi, Nathan Lafleur, Aaron VanEyck, Jamie Haakons, Daine Strankman, Mark Naismith, Charles Gallager, Chelsea Letourneau, Ellis Rennie, Alex Zapantis and Parco Lai*



# TED<sup>x</sup> BCIT

x = independently organized TED event

OUT & ABOUT

photography by Steph Brosky





# BLACK HISTORY MONTH

British Columbia's vibrant multiculturalism is one of its defining features. Until fairly recently however, our history books haven't been the best at acknowledging the important role that our province's many cultures have played in its development. That's slowly changing, and we have begun the work of honouring the contributions of many of BC's visible minorities and recognizing the wrongs committed against them.

But the history of black British Columbians has received far less recognition. How many of us know, for example, that BC's first premier was himself of mixed heritage, the son of a Scottish merchant and a creole mother? Or that in 1858, at his invitation, 800 black settlers came to BC from San Francisco, playing a key role in keeping the colony from American annexation?

About the turn of the 20th century, much of BC's black community moved to the Lower Mainland. We bring you some selected snapshots from that history.

by Simon Little and Laura Taylor



# HOGAN'S ALLEY

This month marks the 20th year since Canadian parliament officially deemed February as Black History Month. With recognition being a relatively recent development, local black history can often be overshadowed by the American narrative during Black History Month. Vancouver's Hogan's Alley is one part of the city's history that advocacy groups like BC Black History Awareness Society are fighting to bring greater to recognition in local historical consciousness.

In 1915 black settlers were migrating from the Prairies to the West, with promises of better economic conditions. A large community slowly settled in Strathcona, part of Vancouver's diverse East End. A 1957 City of Vancouver report attributes this to the proximity of two new CN railroads, which employed predominantly black men as sleeping car porters. The community's location was also due to hostile housing discrimination in other parts of the city. Hogan's Alley ran through the heart of this new district between Union and Prior Street just past Main. The Alley, though small, was a lively hub of blues clubs, restaurants, gambling and religion.

The Alley was a walking route to the African Methodist Episcopal Fountain Chapel, the first church with a predominantly black congregation in Vancouver. Surrounding the church were small cottages, southern style restaurants and speakeasy- type nightclubs.

Venues in the East End were unable to secure liquor licenses until the late '60s, so many operated as illegal bottle clubs. In its heyday, Hogan's Alley was known for its blues bars and vibrant, close knit community. It was also home to the only official all- black nightclub in Vancouver: The Harlem Nocturne. Police raids were notoriously commonplace in the bars and clubs that ran along Hogan's Alley.



The Alley, like many other neighborhoods close to Vancouver's ports, was also known for its gambling dens and brothels. Around the 1930s, the city started a long debate about whether Hogan's Alley was a slum. In 1967, the NPA civic government started construction on a freeway (which later became the Georgia Viaduct) that would run through Hogan's Alley and parts of Chinatown and Gastown. Protests stopped the construction through the proposed route and saved Chinatown, but Hogan's Alley had already been demolished.

Wayde Compton, who heads the Hogan's Alley Memorial Project, said of the Alley's demolition: "The city's intention was to completely destroy it as part of an 'urban renewal' plan. The plan was aborted halfway through. But the damage was done." Now, almost nothing is left to distinguish Hogan's Alley except a shrine to Jimi Hendrix at the Alley's former edge. The shrine marks the address where some believe Nora Hendrix once lived, Jimi Hendrix' grandmother. Nora was a vaudeville performer and performed with her son Al Hendrix, Jimi's father. Yet, the demolition ended any chance at preserving Vancouver's first and only predominantly black neighborhood. Recent years have seen more effort to preserve the memory of Hogan's Alley by erecting a plaque in the former area and releasing a commemorative stamp.





# EMERY BARNES

Born in New Orleans, Barnes began his career as an athlete. He was drafted by the Green Bay Packers, but soon moved to BC where he had several successful years as a BC Lion. But it was in the arena of politics that he'd make his mark. A passionate campaigner for social issues, Barnes, along with Rosemary Brown became the first black politicians elected in BC in 1972. In 1994, he became the first black person to hold the position of Speaker of the House anywhere in Canada. His daughter, Constance, recently served two terms on Vancouver's Park board.

# JOE FORTES

One of the city's most beloved historical figures, Fortes arrived in Vancouver in 1885. He worked a number of side jobs, including bartender, but his passion was swimming and kids. Fortes spent his free time at English bay teaching children to swim as the unpaid de-facto lifeguard... Until the city gave in and appointed him its first official one, eventually building him a proper home to replace his tent by the beach. He is credited with saving 29 lives, and upon his death 10,000 people lined the streets for his funeral, with the city observing five minutes of silence for him. A fountain in his honour still stands in the West End with the legend "Little Children Loved Him."



courtesy Vancouver Archives



# HARRY JEROME

The first Canadian to ever hold a world record in Track and Field, Jerome was raised in North Vancouver. He won bronze in the 100m in the 1964 Olympics, and later gold at the Commonwealth and Pan American games in 1966 and '67. Over his career he held half a dozen world records - at one point, four simultaneously. In 1971 he was inducted into the Order of Canada, and was later named BC athlete of the century. A tireless advocate for kids in sport, he later taught at East Vancouver's Templeton High School.





# MUSIC

While mid-century Vancouver was multicultural, institutionalized racism was still rampant. Black musicians were barred from performing in many of the city's 'reputable' nightclubs. Despite this, a thriving music community evolved. In 1956, in a back alley off Broadway and Main St. the original Cellar Jazz club opened – it ran for 7 years, and was at the time one of the premiere clubs in North America, drawing talent like Charlie Mingus and Ornette Coleman. A year later, fed up with being kept out of house bands in the West End clubs, Ernie King opened the city's first all black club, the Harlem Nocturne, on the edge of Chinatown. Unable to get a liquor license, it was a popular target for police raids.

Long before becoming a seedy peeler bar, the Penthouse Night Club was another hot spot for jazz and roots music, hosting big names like Louis Armstrong and Ella Fitzgerald. The city's premiere hotels at the time, the Hotel Vancouver and Hotel Georgia denied lodging to travelling back musicians – Louis Armstrong was barred from the Vancouver in 1948. The Penthouse's owners, the Fillipone family didn't just book them – they put them up in their home next door. It wasn't until 1958 when the manager of the Hotel Georgia couldn't bring himself to deny a room to Nat King Cole that the barrier fell.

Vancouver also produced Canada's first Lady of Jazz, Eleanor Collins. She became the first Canadian to have her own TV series in 1955, and the first person of colour in North America to host a television show, beating Nat King Cole by a year. At 93, she still performs and earned the Order of Canada in 2014. Vancouver also had a brush with fame, playing sometime home to Jimi Hendrix. Hendrix's grandmother Nora worked in a popular soul food restaurant in Hogans Alley, where many say young Jimi got his exposure to musical styles. After leaving the army in 1962, he returned to Vancouver to practice music for a winter, even playing some shows on Granville street. A shrine in his honour now sits at the Corner of Main and Union st. where Vies Chicken and Steak once operated.

— Simon Little



*Take a tour of the Black History Month Virtual Museum and learn all about important moments in Canada's story.*

*visit [Canada.ca/BlackHistoryMonth](http://Canada.ca/BlackHistoryMonth)*



## FROM KENYA to CANADA: A Modern Day Snapshot by BCIT's Ivy Mageto

I'm originally from Kenya, East Africa and I believe one of the hardest things in life that I had to do was leaving my friends and life in Africa to move to Canada. Well actually it was exciting as well, just because I was eager to see what the world looked like on the other side. I had spent all of my life watching North America on television but to actually move... a mixture of emotions basically.

Having to start all over again, new school, new friends, new faces, new environment... In general, it was difficult. Even the food I had to get used to. I remember my first day at school walking down the hallways and one thing I noticed was the way people kept looking at me. I then realized it was due to my dressing. I wasn't up to par with fashion. I just dressed like I was back home in Nairobi, Kenya. Another thing was having to learn to pronounce words like an actual Canadian so that people would actually understand what I said. Goodness it was tough, but I appreciate the fact that everyone was so friendly and supportive in helping me adjust and yes it did take a while to get used to but I'm glad I finally did. It's been five years and Canada already feels like home.



*photo: yinan shi*

# STARVING

Eating disorders may not be something you think about every day, but for those who live with Anorexia, Bulimia, Binge Eating or an Eating Disorder Not Otherwise Specified (EDNOS) those thoughts are a daily struggle.

by samantha pinter-thompson

Eating disorders are occasionally joked about in popular culture, but they are no laughing matter. The Canadian Mental Health Association estimates that as many as 10% of people who experience anorexia will die as a result of health complications or suicide. And according to anorexia survivor Meg Sayle, when eating disorders are depicted in pop culture, it is often with little accuracy. She says that the media is particularly guilty of perpetuating the damaging notion that someone has to be underweight to be anorexic.

“The stigma that I felt very strongly from society and the media surrounding my eating disorder was the idea that someone with an eating disorder has to be a bone rack. They are mental disorders and the fact that the main image surrounding anorexia is someone completely skeletal is an insult and a trigger to those who suffer and who don’t fit the image that people portray.”

That is a sentiment which is echoed by Vancouver eating disorder counsellor Kaela Scott. She says that she deals with a number of clients who don’t recognize they have a problem because they don’t look the way eating disorders are traditionally depicted in the media.

“In terms of the stigma that people with anorexia and bulimia often face, one of them is that you have to be bone thin in order to actually be sick... which is absolutely not the case. Most people with anorexia or bulimia don’t actually carry that frame. Obviously some do, but not all do. How thin you are doesn’t determine how sick you are.”

On a day-to-day basis, Sayle says that stigma surrounding eating disorders affects her recovery.

“I often struggle with people not understanding eating disorders. Many people assume that when you gain the weight back (if you needed to), you’re cured. Or if you eat a certain food, or a certain amount, you must be fine.”

# STIGMA

*“They are serious mental disorders and no matter who they affect, the only option besides recovery, is death.”*

Those dealing with eating disorders who are of an average weight can still face devastating health consequences. An Australian study saw a 6x increase over a six year period in the number of patients who met all the diagnostic criteria of anorexia, except being underweight. The researchers also noted that the complications of malnutrition could occur at any weight.

While the physical impact is incredibly serious, the effect of eating disorders on a patient’s mental health cannot be understated. According to the American Journal of Psychiatry, almost 50% of people with eating disorders meet the criteria for depression. As Sayle experienced firsthand, society’s misconceptions surrounding eating disorders, weight and mental health only serve to hurt people who are already hurting.

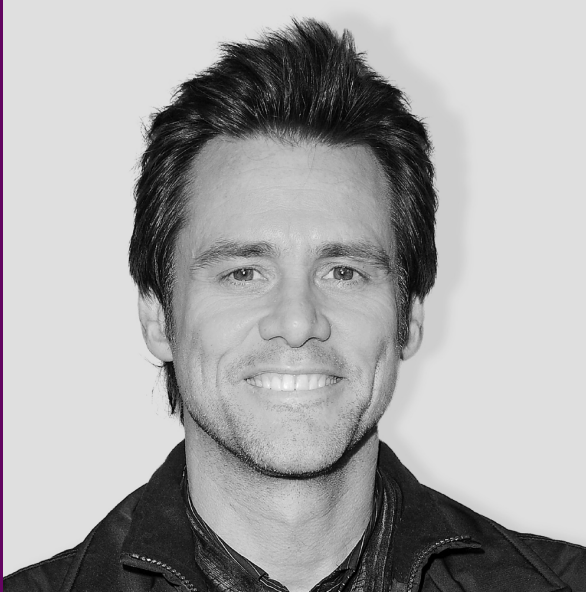
“The stigma stops the world from truly understanding the severity of all eating disorders. They are not a size, a shape or an image. They are serious mental disorders and no matter who they affect, the only option besides recovery is death.”

*If you’re struggling with an eating disorder, there are plenty of resources at BCIT to help you. Visit the Health & Wellness Program Coordinator in the Uconnect Resource Centre (SE2) or email [healthandwellness@bcitsa.ca](mailto:healthandwellness@bcitsa.ca).*



# SPEAK UP SPEAK OUT

VISIT [WWW.BCITSA.CA](http://WWW.BCITSA.CA) FOR MORE INFO  
OR VISIT [FACEBOOK.COM/SPEAKUPSPEAKOUTBCITSA](https://FACEBOOK.COM/SPEAKUPSPEAKOUTBCITSA)



HAVING  
**MAJOR DEPRESSIVE DISORDER**  
DOES NOT DEFINE ME

## MENTAL WELLNESS WEEK

**February 18 - 20**

**Wednesday, February 18**

8:00 am - 9:00 pm (Great Hall)  
**KIND Breakfast Club**  
Free healthy breakfast and cartoons  
(first come first serve)

10:00 am - 2:00 pm (Great Hall)  
**Kid for a day**  
Ball pit, games, activities, prizes,  
free henna, photobooth, and more.

2:30 pm - 3:30 pm (Town square D)  
**Mindful meditation\***  
Learn how to meditate and  
de-stress

3:00 pm - 4:00 pm (Council Chambers)  
**QPR Suicide  
Prevention training\***

**Thursday, February 19**

10:00 am - 2:00 pm (Great Hall)  
**Mental Health Resource  
& Volunteer Fair**

10:00 am - 2:00 pm (Council Chambers)  
**Nap Room**

12:00 am - 1:00 pm (Great Hall)  
**Stand Up for Mental Health**  
Free comedy show

12:00 am - 1:00 pm (Council Chambers)  
**Mindful Meditation\***  
Learn how to meditate and de-stress

**Friday, February 20**

11:00 am - 2:00 pm (Great Hall)  
**Doggy De-stress Day**



**1 IN 5 CANADIANS  
WILL EXPERIENCE  
MENTAL ILLNESS**

Wear a button  
Show support !



\*Sign up @ the Uconnect

**BCIT  
SA** | Student  
Association

Burnaby Campus  
Great Hall (SE2)

Wednesday February 11, 2015  
2:00pm – 4:30pm

## BCITSA TECHNOLOGY INDUSTRY DAYS



**EMPLOYERS ARE HIRING!** Bring your **RESUMES** and be prepared to discuss **OPPORTUNITIES**.

Want to be successful at Industry Days?  
Attend drop-in hours with a Career Specialist  
or sign up for a workshop at: [bcitsa.ca/careers](http://bcitsa.ca/careers)

**BCIT  
SA** | Career Services  
meet learn connect

Join the  
BCITSA group  
on LinkedIn



# That's AMORÉ

Growing up in an Italian family, it was hard to avoid wine. In fact, wine was probably one of the first words I spoke as a child. Aside from being Italian, I'm also Catholic so it's kind of mandatory that I drink wine. A glass of wine on its own is great, but when paired with the right food, wine can be a taste enhancer. It's all about understanding what flavours work together. Let's go over the basic rules of white and red wines.

by **Francesca Lucia**

White wines pair best with lighter flavours. Fish, poultry, veal, lighter cheeses (such as brie), nuts, and fruit really complement the taste and aroma of white wines. One of my favourite dishes is parmesan crusted halibut. I love it even more when paired with the right white wine. My bottle recommendation: **Fantini Farnese Pinot Grigio 2013** (Italy \$10 - \$12 range). This is a smooth easy drinking wine with aromas of green apple and hints of citrus. When paired with this fish, the strength of the parmesan gives the wine a fuller and lingering aftertaste.



Spicy food pairs best with sweet, fruity, lighter wines. The sweetness balances the heat and spice, bringing out the other flavours in the dish. If you're having spicy Asian cuisine, pair it with a Gewurztraminer. This type of wine can be difficult to drink on its own because of how sweet it is. However, when paired with spicy food, it tames the spice, and in turn, it gives the wine a more crisp taste. My bottle recommendation: **Quails Gate Gewurztraminer** (Okanagan, \$18 - \$20).



Red wine pairs best with beef, pork, aged cheeses, and red sauces. You want to pair red wine with other rich flavours. There is a reason why red wine is more popular among Italians – it pairs best with spaghetti sauce! Red wine is the way you go when you are about to enjoy a bowl of pasta tossed with tomato sauce. My bottle recommendation: **Finca Flichman Malbec Roble 2013** (Argentina, \$10 - \$12). This Malbec has aromas of black cherries and plum with hints of nuts and a dry finish. The dryness of this wine works well with the acidity of the tomatoes in the sauce, giving it a bolder flavour.



Looking for a red instead? Lighter red wines, such as a Shiraz not only are fruity, but also have some spicy notes. This wine pairs best with a curry spice, opposed to the heat you get from peppers. My bottle recommendation: **Peter Lehmann Shiraz** (Australia \$20 - \$22).





by Francesca Lucia

## FRITTATA MUFFINS

Prep time: 10 minutes

Cook time: 15 minutes

### Ingredients:

- Non-stick vegetable oil cooking spray
- 2 eggs
- 1/4 cup milk
- 1/4 cup chopped tomatoes
- 1/4 diced onions
- 1/2 chopped zucchini
- 1/2 cup shredded cheese
- Pinch salt & pepper
- Teaspoon oregano

### Directions

1. Preheat oven to 400 degrees F
2. Spray one 6-cup muffin tin with non-stick vegetable oil cooking spray
3. Whisk the eggs, milk, salt, pepper, and oregano in a medium-sized bowl. Stir in the tomatoes, onions, zucchini, and cheese.
4. Fill the muffin tins almost to the top. Cook for 15 minutes.
5. You can serve these hot or prepare them ahead of time, refrigerate, then reheat when ready.

## BREAKFAST BURRITO

Prep time: 10 minutes

Cook time: 5 minutes

### Ingredients:

- 1 egg
- A splash of milk
- Pinch of salt & pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/2 cup mixture of chopped tomatoes, chopped bell peppers, and diced onions
- 1 Tablespoon sour cream
- 1 Tablespoon salsa
- Shredded cheese (I put lots in!)
- Large corn or flour tortilla

### Directions

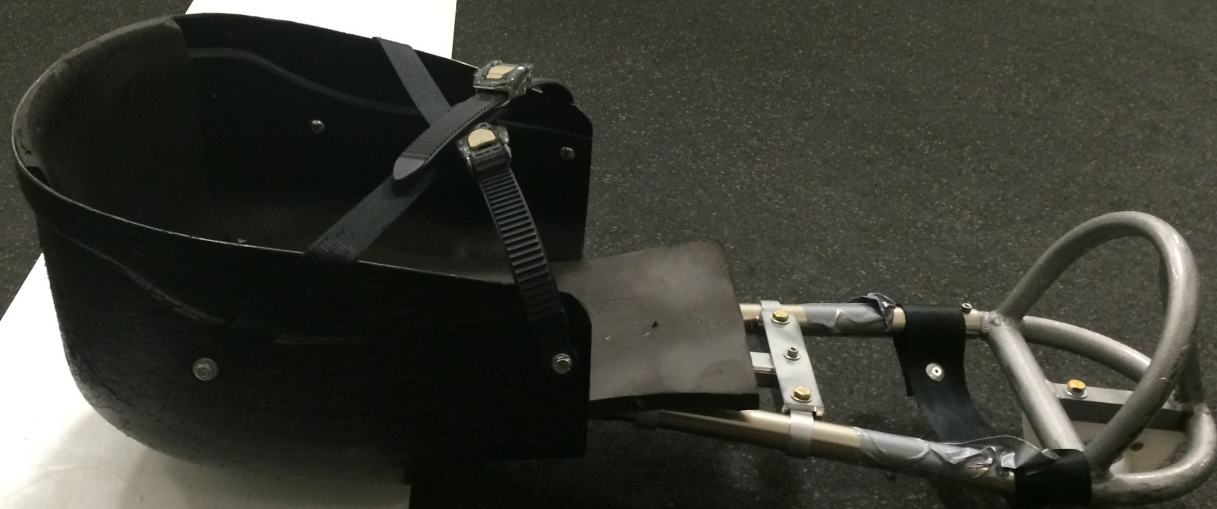
1. Whisk egg, milk, salt, pepper, garlic, and dried oregano together.
2. With egg mixture, make scrambled eggs
3. Spread sour cream and salsa on tortilla
4. Add eggs to the centre of the tortilla, then top with cheese right away so it melts
5. Add tomatoes, pepper, and onions
6. Fold wrap into a burrito and enjoy!



**CUSTOMIZE IT!**

Switch up your  
veggies, add ham, or  
a kick of hot sauce!

with ben dooley



**M**y name is Ben Dooley and I have Spina Bifida, which has left me paralyzed and in a wheelchair. I've been a huge hockey fan my entire life and hockey has always been a part of my life. I always wanted to mimic my heroes like Joe Sakic and Todd Bertuzzi so when I heard about this sport called sledge hockey, I was pretty excited to try it out. Lucky for me, the BC provincial team practiced 15 minutes from my house. So, I headed out to the rink with my childhood best friend to try it out for the first time. I probably made a fool of myself at that first practice, I was an eight year old kid playing with the best players in BC, but I was hooked. 10 years later, I'm still playing sledge hockey and I plan to play until my arms fall off.

The BC provincial team has done pretty well for itself, winning the Western Canadian Championship 5 times and sending two players to the Men's national team and two players to the Women's national team respectively. Unfortunately, nothing is free and due to rising costs and lack of funding following the 2010 Paralympic Games, the team has fallen on some hard times. In an effort to boost publicity, they decided as a team to open up their Wednesday night practices to the public for drop-in in an effort to save the players some money and get the turnout rate back to where it used to be.

In January 2015, the drop-in program started up. The first two sessions have seen a turnout rate of a total players. One of those players is 16 year old Aidan Battley who was born with achondroplasia, a type of dwarfism. Aidan has been playing sledge hockey for three years with a Learn to Play program. When he heard about the drop-in, Aidan jumped at the opportunity to play with some of BC's best players. When asked what draws him to sledge hockey, Aidan says "I enjoy the fact that's it so accessible and that so many people can play it and it's the most fun you can have on the ice." He enjoyed that the drop-in was a more laid-back setting and it gives him the opportunity to learn from some of the best players in BC. Aidan hopes to see sledge hockey regain some of the popularity it once had so he can continue on his path to super-stardom and be the next great sledge hockey player in Canada.

*If you want to try sledge hockey or have any questions about the drop-in program, you can contact SportAbility at 604-599-5240 or via email at [sportdev@sportabilitybc.ca](mailto:sportdev@sportabilitybc.ca) or you can visit their website at [www.sportabilitybc.ca](http://www.sportabilitybc.ca).*

## WHAT IS SLEDGE HOCKEY?

Sledge Hockey is very similar to stand-up hockey, except the players use their arms for everything. Passing, shooting, skating, it's all done with the arms. Sledge Hockey is played on a sledge that can be customized to the player's body. There are two blades underneath that are spaced apart depending on the player's balance level. The closer they are, the harder it is to balance but the easier it is to turn. A player plays with two sticks that are equipped with picks to help the player manoeuvre (or to abuse the opponent). A goalie has picks on the blade of his stick and on his catching glove to help manoeuvre the ice.

Players are required to wear cages on their helmets for their own protection, but do not wear jocks or hockey pants.

At the international level, games usually consist of three 15 minutes periods instead of three 20 minute periods. All the penalties are the same except sledge hockey has a penalty called "T-Boning" which occurs when two players collide in the shape of the letter T. In the end though, hockey is hockey and these players are just as competitive and athletic as their able-bodied counterparts.



# THE COACHES GRAVEYARD

by ria renouf

Staff get fired all the time – but there's no doubt that it sucks to be a head coach. Especially in the NHL and especially in this season.

Our most recent casualty is Toronto Maple Leafs coach (pardon me, ex-coach) Randy Carlyle. Up to his last day, the team was sitting at 21-16-3, and they'd just come off a loss to Winnipeg. The reason for his firing? Inconsistencies, according to GM Dave Nonis during a press conference. And Randy's not the only one.

There were also a string of December firings: the Ottawa Senators fired Paul McLean on the 8th, the Edmonton Oilers fired Dallas Eakins on the 15th, and the New Jersey Devils fired Peter DeBoer on Boxing Day.

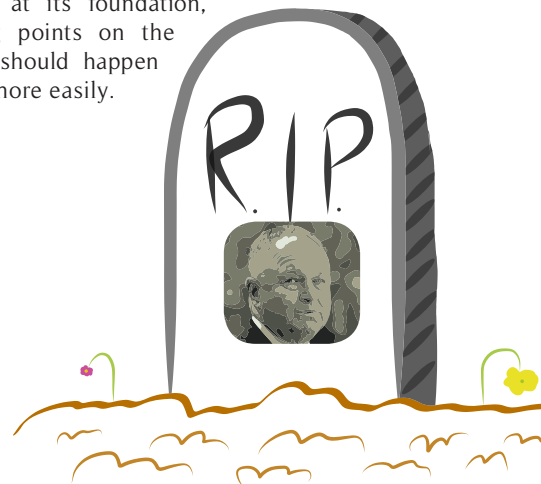
Are these all the right moves? I would argue yes. Coaches are a major cog in the clock of a hockey team. However, they are not the only variable in the

equation. For example, players could be just as responsible – and the Toronto Maple Leafs are an example of this.

Not too long ago, there was a situation where Leafs forward Phil Kessel was called 'hard to coach' by former Leafs coach Ron Wilson. When a journalist asked Kessel about Wilson's comments, Kessel lost it, leaving the scrum and calling the reporter an "idiot." Now, while the comments (and the way Kessel was approached about them) might have been inappropriate, Kessel is rumoured to be being shopped around. And with a lot of the playing from most of the team coming up incredibly weak – including Captain "doing nothing" Phaneuf — it's no doubt the team admin is watching each and every one of its players like a hawk.

I know we say a team is a team, and that everyone is responsible for the team, but what that actually means is everyone is doing their job. We have

to think of the entire situation in the way we would a boat: you have a captain, first mate, engineers, stewards and deckhands. Your coach is pretty much your pilot and hey, if he can't get the coordinates right – that ship is going to sink. The best kinds of coaches are the ones that love their job, their team, and are committed to getting it right. Furthermore, coaches of the struggling teams need to care about the group's morale. When the team is happy, at its foundation, putting points on the board should happen much more easily.



## Mug Monday Madness

**\$4.00**

**Mushroom  
Cheese  
Burger  
with fries**

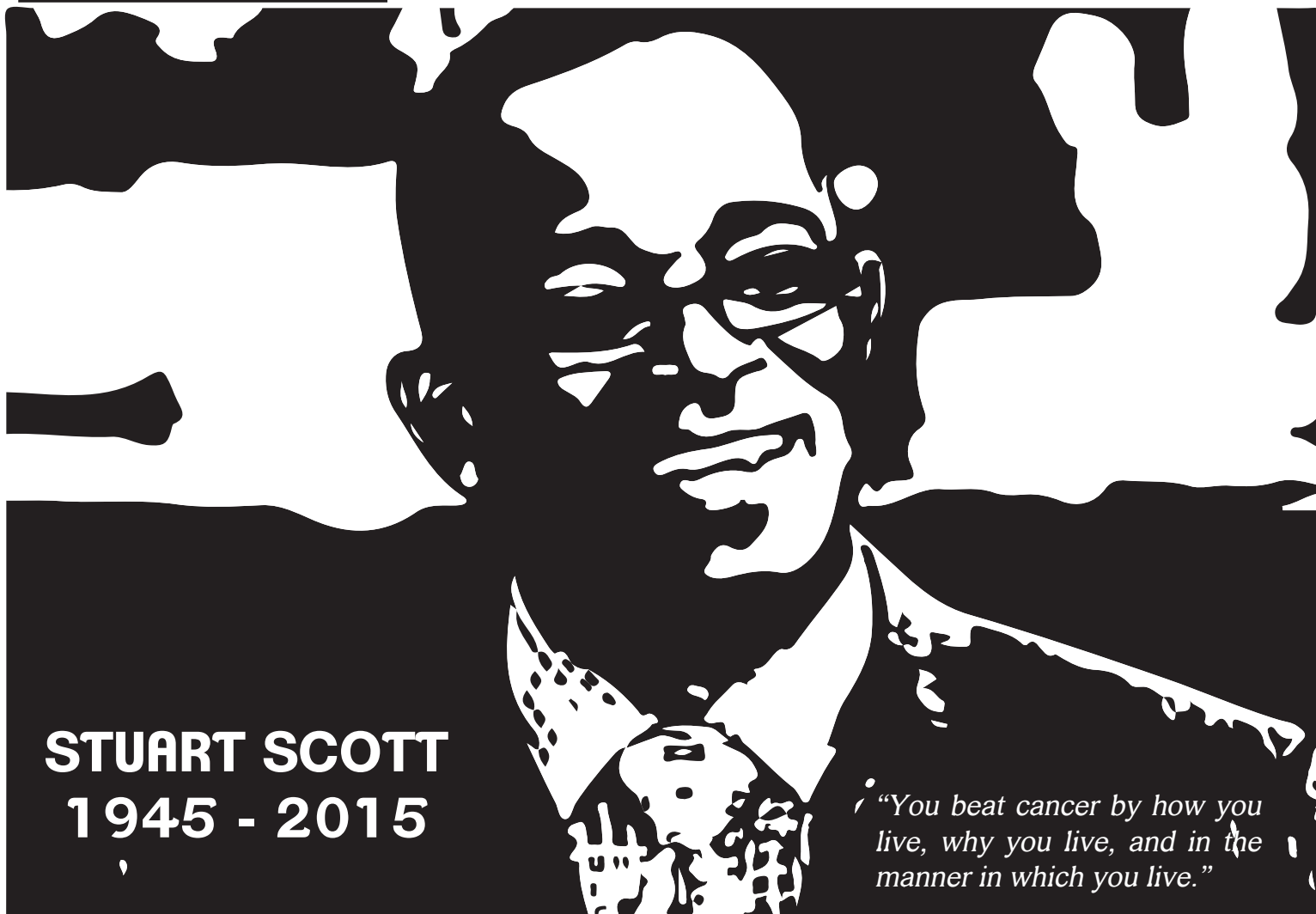


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sleeve of  
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**STUART SCOTT**  
**1945 - 2015**

*"You beat cancer by how you live, why you live, and in the manner in which you live."*

**"BOOYAH!"** Just one of the many phrases people may remember from sports broadcast icon Stuart Scott. Throughout his career, Scott covered numerous NBA and NFL games for ESPN and was also a lead for ABC's broadcasting of NBA games.

In 2007, following an appendectomy, Scott was diagnosed with cancer. The cancer went into remission, but unfortunately Scott would be diagnosed with cancer again in 2011 and then again in 2013. In 2014, Scott was awarded the Jimmy V award at the ESPY's for his courageous strength and determination to beat the illness. Scott died on January 4th, 2015 after his courageous fight. He left behind his two daughters, Taelor and Sydni and also his ex-wife Kimberly Scott.

Scott was one of the most unique sportscasters. With his many catchphrases and calm demeanour, he knew how to interact with any athlete and knew how to handle any situation thrown his way. When he passed earlier this month, many athletes were devastated. He knew when to ask the hard questions, but did so in a professional and calm way. You can't find many people who can do their job quite like Stuart Scott did his. Many journalists expressed how much of a loss it has been to the journalism sector, not just in the United States, but around the world.

Scott talked in his broadcasting just like many fans may talk to each other at home or out at the bar watching the local game. Scott was also noted to have brought a different approach to broadcasting, blending hip-hop culture

with sports. He had originality and was charismatic to watch on TV hosting the NBA finals. He had that charm that no one else could replicate.

Scott had had four surgeries in the seven days prior to the Jimmy V award ceremony, but no one would have known because he had the same charisma he always had. He had one of the most moving speeches of recent memory, and this line is the most memorable: "When you die, it does not mean that you lose to cancer. You beat cancer by how you live, why you live, and in the manner in which you live."

Stuart Scott is a journalist who will never be forgotten. He always said other people were, "as cool as the other side of the pillow," but no one else will be cooler than Scott himself.

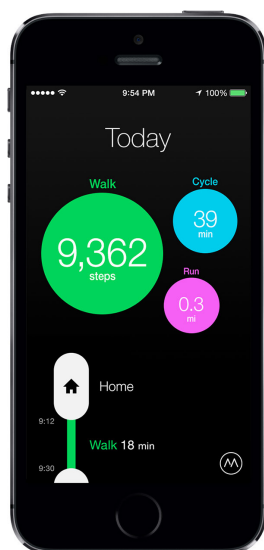
— jessica fedigan



# FITNESS FEBRUARY

You've decided to stick with your New Years' resolution of staying fit. Congratulations! If you're looking to take your workout to the next level, here are some tech suggestions that work within those plans.

by Jon Hall and Ria Renouf



## 'MOVES' app (free)

**PROS:** It's free! Both for iOS and Android.

**CONS:** It devours your battery! Also won't properly track your progress unless you have location services enabled for the app because it uses GPS data - meaning they also get to know exactly where you are at all times. A note: The only modern phone on the market with a hardware pedometer is the Nexus 5.

## FitBit (\$100-\$280)

**PROS:** Minimalistic, incredibly fashionable, display can be read even in the brightest sunlight. Tracks steps, calories burned, and even functions as a watch (Unless you have the Flex).



**CONS:** Cost. It's incredibly expensive for what basically equates to a watch-pedometer (read: Way out of a student budget). There are also a number of complaints for the Flex and Charge clasps being poorly designed, which you think would have been addressed for a product setting you back a month's parking at BCIT.

## Wii Fit U (\$90)



**PROS:** Those of you who are familiar with the original board will be happy to know not much has changed. This one comes with a pedometer and the newest game apparently makes better use of the board with improved aerobic and balancing games.

**CONS:** It remains more of an entry-level exercise tool; not quite recommended for people wanting an intense workout, or, a lot of guidance. Also, measurements taken by the board are more of an estimate - and aren't accurate.



## Ozeri Razor Pedometer (\$26)

**PROS:** It's small and accurate, and works as a stand-alone

pedometer. No app or smartphone needed to operate it. Great for walkers and runners as it tracks steps taken and distance moved. It also clips onto your clothes and the battery life can go for months.

**CONS:** It's been knocked for finicky buttons, and it only has room to keep up to one week of data on it.

# VANCOUVER'S YOUTHQUAKE JEWELLERS

by deb power



The new breed of independent jewellers in Vancouver is legion. They are young, innovative and adept at marketing their wares through social media. The pieces are evocative of Iron Age artifacts in their strength and beauty. These artisans inhabit the very breeding ground for the big design houses of Gucci, YSL and Prada. Their ideas are being watched and re-imagined for the wealthier collectors. Musty terms like 'youthquake' and 'hippie' resurface around them.

Andrea Rokosz creative force behind of the 'Army of Rokosz' line of jewelry is of the same mind as her galvanized predecessors in feeling that young people have become dissatisfied with the prevailing mainstream social values, considering them to be shallow and materialistic. Rokosz sees the positive in: "...redefining and recreating ourselves every day. Finding who we are and what represents us now as individuals."

A piece that could be considered a signature of her collection, the Ouroboros Bangle, is the embodiment of that philosophy. The Ouroboros is a traditional symbol, widely known as a snake eating it's own tail, often associated with rebirth and regeneration, or ancient practices like alchemy. Other definitions include the concept of re-birth, wholeness and infinity. The piece is indicative of many by these young designers that harkens back to a simpler time; a time defined by ancient people that embraces the earth, moon and sun as their tokens of worship. They invoke the objects created by Stone, Iron and Bronze Age iconography.

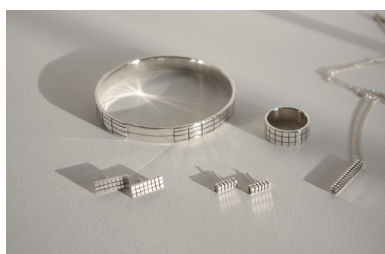
Ali Munn is another of this group. Her work is not dissimilar to Rokosz's in its reflection of strong, primal aspects. Her philosophy is stated on her web site: "Aiming to create treasured pieces that reflect traditional jewellery processes as well as experimental techniques, Ali creates sculptural pieces often with the addition of precious stones and hand engraving as accents."

Anita Sikma injects her take on a new look at the traditional with more of a focus on formal contrast and mechanic symbolism. "In an age of mass reproduction, Anita Sikma's jewelry asserts the power of the artifact. No two pieces are alike."

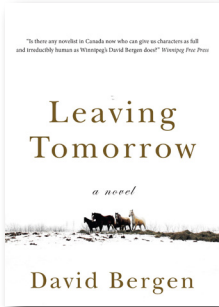
Karen La is the creator at 'Broken Promises'. "Taking inspiration from minimal art, Broken Promises' collections sees Karen La restricting her designs through the use of primary forms and linear lines." Her silhouettes are reminiscent of ancient flat hammered Egyptian jewellery with a strong emphasis on plain, powerful shapes using basic metals connected with multi-width/length chaining.

Alexandra Dodds' smooth, shining surfaces rounds out this eclectic tribe with her mastery of precious metals. A European background and training allow her to experiment with traditional techniques like lost wax casting and granulation. Pieces with names like The Hollow Golden, Lichen Rings, One Hundred Thousand Years Ring and The Stone Age tell a story that brings the past forward in an ongoing creation of objects of art that link humans to the earth and all its inherent treasures.

counterclockwise:  
Army of Rokosz, Karen La, Alexandra Dodds







**Leaving Tomorrow**  
David Bergen  
(simon & schuster/TED)

I've read many of the greats, from Stendhaal to McCarthy. Rarely have I ever encountered such real and relatable characters as the ones in David Bergen's *Leaving Tomorrow*. It was so engaging that I finished the book in a three-day haze, while it took a week-long detox to recover my own sense of reality.

Bergen dreams up the story of a young man in a small Albertan town convinced that there is no room for him in life. But as he moves to Paris in his twenties, he

realizes that it's less about finding a fit, and more about accepting his own place in life.

His battles are a flurry of inverted frenzies, while his romantic tales are just as so. This leaves an opportunity to create an intimate relationship between the reader and the character, which facilitates a close charismatic introspection. The reason behind this is Bergen's in depth telling of Arthur's life from his birth to his early twenties. You watch the protagonist grow, experience his trials

and tribulations, and feel for his desperate plea to find a foothold in the world. Anyone who is originally from a small town will get along with this story quite well. Bergen latches his characters onto your own experiences, and then propels you through the pages with such intimacy that you won't want to put it down until it's over. *Leaving Tomorrow* is truly an exciting and thoroughly satisfying read that will have you making footnotes, and then yelling at your friends about it for days.

- Calvin A. Jay

## LISTEN



**American Beauty/ American Psycho**  
Fall Out Boy  
(island records)

Former emo kids rejoice! Fall Out Boy released their sixth studio album, *American Beauty/American Psycho* and it's an explosion of awesome.

Similar to their last album, *Save Rock and Roll*, each song has a ridiculously catchy beat. There is no denying their style has changed and become more, dare I say it, mainstream. The tracks are definitely more 'poppy' than past albums like *Take This To Your Grave*, or *From Under the Cork Tree*. However, one thing that remains consistent is lead singer Patrick Stump's vocals. Angelic as always.

Artists change their sound all the time, but it's rare to see a band actually make it work. However, Fall Out Boy seems to do this with ease. The fast-paced tracks make your heart want to explode, but thankfully the band sprinkles a few calmer songs like 'Jet Pack Blues' to keep you from an overload of heart palpitations. This high-energy album makes you feel like you just snorted a rail of ... um, something. It's an exhilarating listen from beginning to end.

Devoted FOB fans can get the album in stores, or stream the tracks online on their YouTube Channel. They decided

to upload every single track to their channel after the album was leaked before the release date.

And to the haters, sorry but you'll probably be hearing the band every now and then since ESPN announced that "Centuries" would be the official 'anthem' for its coverage of the College Football Playoff.

*Favourite Track: "The Kids Aren't Alright"*

- Hillary Nguyen-Don

## WATCH



**Inherent Vice**  
(dir. paul thomas anderson)

Paul Thomas Anderson directs success in what many thought could not be done. Joaquin Phoenix plays Larry "Doc" Sportello in his adaptation of Thomas Pynchon's 2009 noir novel. Set in 1970, it's packed with sex, drugs, scandal, kidnapping and mystery. Anderson is known for his movies being lengthy, dramatically sequenced, and strong in story development as the plot continues to unfold keeping the audience's full attention the whole way through. We saw this style in *Magnolia*,

*There Will Be Blood* and *Boogie Nights*, and it seems to wholly grasp the complex narrative and compelling dialog from Pynchon's work in a way that shines through.

The story starts with an old flame of P.I. Doc showing up to his office, pleading for help with a high-profile scandal involving her boss, Wolfmann, and his wife. This eventually spirals into her and Wolfmann's disappearance, a run in with an old Chinese drug cartel, Nazi bikers,

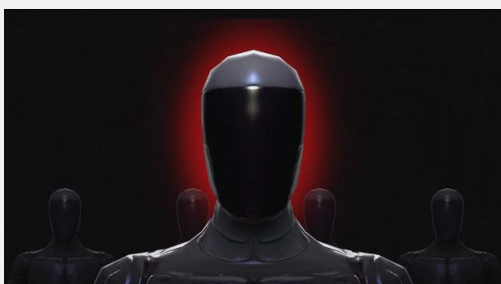
LAPD, and a strange cast of characters. The comedy is humble and quiet, matter-of-fact, yet hilarious. Josh Brolin as detective "Bigfoot" Bjornsen always has a steely look on his face during his performance when most of the humour is present. Doc's enigmatic ex is tautly played by Katherine Waterston, who brings the sense of mystery and erotica to the film. Add to that the continuous haze of marijuana smoke, scantily clad women, and a score of violin crescendos to build the suspense, *Inherent Vice* is finely crafted storytelling.

— Joey Wilson

## The Indie Beat

w/ Mat Paget

*There's a lot more to videogames than just Call of Duty and Grand Theft Auto, but most people don't realize that. I'm here to introduce the unaware masses to a type of game that's setting the world on fire, whether it knows it or not: the indie game.*



For more on what's hot in video games, follow @MatPaget on Twitter.

In the first month or two of a new year, I find myself thinking about some of my favourite games of the previous year. One of those was *The Fall*, a Vancouver-developed side-scrolling adventure game that features inventive combat, a sinister atmosphere, and a story that's worth seeing to the end. You control A.R.I.D., a female A.I. on board a pilot's combat suit, after the human inside of said suit is knocked unconscious from a fall into a mysterious underground facility. Knowing the human is in critical condition, A.R.I.D. must find a medical bay quickly; throughout the facility, she's pursued by a "Caretaker," an A.I. who believes she's operating under faulty programming. The creepy, desolate locales you'll come across lend to the morbid mystery of *The Fall*'s story exceptionally well.

The game starts off in true adventure game fashion, having you inspect and interact with various objects in the environment. You collect items, use them with other items and objects, and solve puzzles. Eventually, you'll come across a gun and will be confronted with several instances where you'll have to put it to use. The combat isn't the game's draw, but it is quite good for being as simple as it is -- it incorporates a cover system in a way that's both smart and satisfying when you utilize it effectively. It's every aspect of *The Fall* that makes it one of my favourite games of 2014, one that more people should discover for themselves.

## THE FALL

(over the moon)

PC / MAC / LINUX / WiiU



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