

September 2014

BCIT and BEYOND

Link

magazine

A MODEL STUDENT

From Beijing to Broadcast, Lauren Sundstrom switches gears with her career and now the hallways of BCIT are her latest catwalk.

17 THINGS I WISH I KNEW ABOUT BCIT • BEST FALL HIKES • STAND-UP FOR MENTAL HEALTH
EASY RECIPES FOR STUDENTS • LIONS vs. WHITECAPS • LEARN HOW TO PARK

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online at **www.linkbcit.ca**

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Association of BC



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LOOK WHO'S BACK

September at BCIT: is there anything.... busier? Starting back at school, especially this one, can seem like it's finally time to say goodbye to fun times and friends. Not so. That's what we're here for: to keep you going and remind you that now, more than ever, might be the best time to connect socially with the world around you. Who knows, you might just find out something remarkable, like how that person beside you in class was once a high-fashion model (p.8) or that they have a killer recipe for pesto (p.22). Maybe they'll tip you off to some incredible hikes (p.14) or show you where you can go to learn how to laugh away your stress (p.10). BCIT has some of the most fashionable, fun and friendly people in the Lower Mainland, and we want you all to know it. Here to help are two fresh new editors Simon Little and Ria Renouf, eager to *ahem* *link* you all up with the latest news, hottest trends, extraordinary students and everything in between. So go on, take a break and relax every now and then — we won't judge.

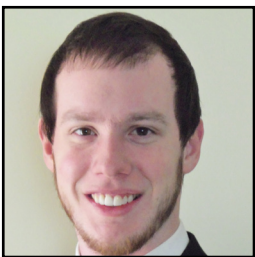


RIA RENOUF is a 2nd year Broadcasting and Online Journalism student. Driven and energetic, she's always ready to take on any reporting job. Ria's passions are in culture reporting; favourite topics include technology, music and movies. Ria enjoys watching anime, reading manga and books, admiring fast cars, playing video games and obsessing over Scottish band CHVRCHES. She looks forward to working with Simon and all of *Link* magazine's contributors.



SIMON LITTLE Before turning to serious journalism, Simon earned an honours degree in political science, and still treats elections as if they're the playoffs. He nearly started a brewery, and remains a committed beer geek with a well-stocked cellar of vintage brews. He's a cycling activist, who co-founded East Van Bike Polo and once pedalled from Amsterdam to Istanbul. Now, he writes about these things and others, and he can't wait to bring you this year's *Link* magazine.

FACES TO NAMES



MAC DALGLEISH

Mac Dalglish is a second year Broadcast and Online Journalism student and a member of both the Football Writers Association of America and United States Basketball Writers Association. He is an insider for Shaw TV's weekly show Touchdown BC, publisher of www.monarchofthecan.ca, a communications assistant in the SFU Athletics Department and has interned at CKNW 980AM and Team 1040AM in sports.

JON HALL

Jon Hall is a second year Broadcast & Online Journalism student who is more likely to be seen running to his car to cover a story than actually be seen on campus. A lover of video games, music, and beer, Jon aspires to have his face on radio.

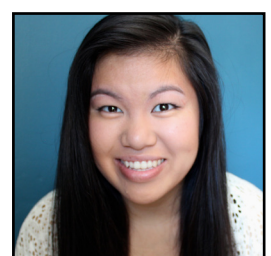


JARED FEATHERSTONE

Jared Featherstone is a sports journalist from BCIT's Broadcast Journalism program. He is a regular contributor for The Hockey Writers as well as *Link* magazine covering the Vancouver Canucks. Feel like talking hockey? Tweet him [@stonefeath](https://twitter.com/stonefeath) or he'd be happy to oblige a meeting of the minds involving hops and barley.

HILLARY NGUYEN-DON

Hillary Nguyen-Don is a music snob who likes to attend local shows of bands that you have probably never heard of. In her spare time she likes to read books, and stalk celebrities in Vancouver. Now, she is an entertainment writer for the *Link* magazine and will be interning for ET Canada in March. Follow her on Twitter [@hnguyendon](https://twitter.com/hnguyendon).



EVERYTHING YOU NEED TO KNOW ABOUT: *PARKING AT BCIT*

by Simon Little

So you've signed on to get 'edumacated' out here in Burnaby... which probably means a commute. But you don't live near a Sky Train. Or maybe your program means you pack a lot of gear. Or maybe you just enjoy the quiet solitude of your own ride. Either way, you'll need somewhere to park. Here's what you need to know about where to stash your wheels when you're at BCIT.



The Impark Lots

These are the only actual parking facilities on campus, so it will likely end up being your go-to. Nobody loves them. At \$5.25 a day, or \$26.25 per week (\$105 a month) if you buy a pass online, it certainly isn't cheap. And rates seem to go up every year. Keep your stall receipt because Impark, who run the lots, are also known for issuing bogus tickets. Of course, they issue legitimate ones too – and at \$80 bucks a pop, you'll want to make sure you've paid. Parking here gets you to class on time.



\$\$\$

The Shriners' Lot

Known to some students as the 'secret spot,' the Gizeh Shriners lot on Wayburne Drive is a little more of a walk to campus. You can roll the dice and try to park there for free, but be warned, they do tow. The bright spot is, a monthly pass here is a paltry \$35. And you are supporting a charity, so pat yourself on the back.



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Street parking

Yes, there is very, very limited free street parking in the blocks around BCIT – but you'll probably only get it if you get here really early in the morning. Beware of areas marked '2hr parking' – they are patrolled and enforced (I have the parking tickets to prove it). You might think you've found a loophole by parking in front of homes with no signage. Not so. Burnaby has a bylaw that limits parking in front of someone else's house to 3 hours... and the residents of this neighbourhood WILL call you in. Be warned.



BIKES:

Bike racks are scattered about all campuses, and the Downtown and Burnaby campuses have bike lockers available for monthly rental. They're free at Great Northern Way campus. All campuses have shower facilities.

MOTORCYCLES:

Several of the campus lots have motorcycle specific parking. Weekly permits are \$20.

ELECTRIC VEHICLES:

The campus has installed EV charging stations as part of a research project in Lot D. They're anticipated to be available for student use sometime in 2015.

This past January students voted to approve an expansion of BCITSA's Career Services. While construction on the new centre will not be complete until September 2015, the new services and resources will be available out of the existing Career Centre on the third floor of SE2.

Tara Mollett—the new Student and Career Services Manager—wants to remind students that career services are here to help those in all schools and programs. Available services include: Career workshops, Drop-in hours, Employer information sessions, 'Industry Days' career fairs, networking events and opportunities, Peak Leadership, plus tutoring and mentoring.

"We are here to help with every aspect of your job search, from writing your resume, learning how to network effectively and facilitating events to help you meet face to face with potential employers," says Mollett.

In addition to Mollett, the BCITSA has hired a manager of Student Development Services and a Career Specialist, with more support to be hired throughout the year. Mollett says the newly hired staff are working on bringing workshops and drop in services to BCIT's satellite campuses.

"I think it's great," says BCIT student Robin Batchelor. "I know that in a lot of industries, particularly in Vancouver it's hard to get employment after graduation, so the fact that they're doing this reassures me of my future heading into the workplace."

— Cory Correia

HOME AWAY FROM HOME

Aboriginal Services at BCIT

Since 2011, Mi Chap Tukw (located in SW1 #1521) has welcomed Aboriginal students with open arms, offering a sense of inclusion and belonging on the Burnaby campus. Here, students can learn about, and also participate in, ceremonies celebrating the diversity and richness of Aboriginal culture.

Since opening, Aboriginal Services has worked hard to expand its involvement on campus so that all students can learn about Aboriginal heritage. With the fall semester beginning, things are in full-swing, with new and exciting projects on the go.

Derik Joseph, an Aboriginal advisor at BCIT since 2008, couldn't be more

excited for what this year has to offer. "This year we are really implementing student perspective into all of the things we do at Aboriginal Services," he told *Link* magazine. Joseph points to the newly formed Aboriginal Student Council, Peer-2-Peer Mentorship program, and upcoming workshops as examples.

"They all incorporate indigenous perspective," said Joseph, "as it is the student that leads the direction of the great services here at BCIT, it should also be the student who can pass on the information to others through story."

Although Aboriginal Services was built for Aboriginal students, many people don't realize that it's meant

BITS & PIECES

for *all* students. This is one thing Joseph can't stress enough. "Our doors are open to all students. If you are interested in Aboriginal culture or have questions to ask about our student services, please feel free to drop by and say hello."

The centre also hosts community elders, who are available to talk three days a week, something Joseph says he's particularly excited about. "Our Elders are really BCIT's best-kept secret for cultural advising." Throughout the year Aboriginal Services puts on a number of events here on campus, so don't be shy—stop by and say hello. You will be amazed at what Mi Chap Tukw has to offer.

— Austin Goode

A PROMISE IS A PROMISE

Make a promise. Capture it on a card. Share it with the world.

It's a movement hoping to change the world – one card at a time.

Two years ago, **because I said I would** campaign founder Alex Sheen gave his father's eulogy, to whom he wrote his first cards. Now his group encourages change and acts of kindness by sending out promise cards to people anywhere in the world at no cost.

Fostered through the viral nature of social media, the **because I said I would** campaign has mailed over 1.35 million promise cards to people in over 105 different countries.

The campaign website explains that the cards inspire people to remember

the importance of their promises and commitments and "to better humanity through promises made and kept."

It features stories and pictures from people with their promise on a card, white except for one line, "because I said I would."

Promises from supporters vary from quitting smoking to taking better care of their children. Some touch on living life better or changing perspectives about suicide.

If we know anything about social media, we know of its capacity to shape an online social movement. The success in the campaign relies on the connectivity between the

#becauseisaidiwould
becauseisaidiwould.com

individualized story and the campaign story at scale. Writing on the card seems to connect the individual action of a person's promise to a greater responsibility owed to the card or campaign. Whatever it is, it seems to be working.

Early this summer, the group opened its first store front in Ohio. In 2013, the campaign raised money to send 100 kids with cancer to Disneyland. Sheen also walked 240 miles across the state of Ohio to raise awareness for three female rape victims and has since spoken at two different Ted Talks.

— Rana Sowdaey

CONTROL THE CONTROLLER

Gaming on a deadline

When enrolling at BCIT you know you're going to be working harder than ever before – and for us gamers, the terrifying prospect of giving up our favourite hobby comes to mind. While BCIT's legendary course-load is quite large, making time for video games is relatively simple. The catch is you won't be spending the same number of hours guiding your avatar to victory as you did before you enrolled. When you have deadlines and group work schedules, it's better to structure your game time in short blocks.

"Some genres lend themselves more to casual play," says BCIT Communications instructor Frank Schnurr. "With first person shooters, especially multiplayer, a game can last a certain amount of time like ten minutes or less. In a role-playing game you can literally spend half an hour just sorting your inventory."

It's not just RPG's that can devour your time. Some strategy games (like *Civilization 5* or *Sins of a Solar Empire*) can take upwards of five hours to complete a single match. Other strategy titles like *Starcraft 2* or *Frozen Synapse* can play out in 10-15 minutes or less. Platformer and adventure games are other genres that you can spend a short amount of time playing to have fun and make progress.

If you're dead set on playing a more addictive game like *Skyrim*, *GTA 5* or *World of Warcraft*, try setting a timer or telling your friends to kick you out after 20 - 30 minutes. While it may be tempting to get just one more level or find that last piece of loot you've been hunting for, it shouldn't be at the expense of your GPA.

— Jon Hall

“you can
literally
spend half
an hour just
sorting your
inventory,”

TOP 3 GAMES in a PINCH

SHOVEL KNIGHT

(Yacht Club Games; WiiU, 3DS, Windows PC)
Save your girl, save the world. Can you dig it?

TEAM FORTRESS 2

(Valve Software; Windows and OSX)
Fast & frantic class-based first person shooter.
Available free on Steam!

ESCAPE GOAT 2

(Magical Time Bean; Windows, OSX and Linux)
Solve puzzles to save the souls of sheep in order to learn the dark secrets of a mysterious tower.

17 THINGS I WISH I KNEW DURING MY FIRST WEEK AT BCIT

BY RIA RENOUF &
SIMON LITTLE

Starting out at a new school can be a pretty intimidating experience. That goes double if this is your first time around the block. But we've got your back. We put our heads together to cook up this list for you of everything we wish we'd known when we landed here, fresh and green.

Yes. You really do work 'that hard' here. That look of horror/concern people give you when you tell them you've signed up for BCIT isn't a joke. You are now, what a drill sergeant might call "fresh meat for the grinder." Get ready for long nights, lots of coffee, and a hermit lifestyle. But hey, cheer up! You're surrounded by people sharing a common experience, and you're going to get to know them really well. (Like really well.) And, when you come out the other side, dazed and confused, you're going to get an actual job. Tell *that* to your friend working on their English Honours degree.

When you have a chance to take a break, **TAKE IT.** Yeah, it's full tilt here. But that doesn't mean you can't ever relax. When offered the chance to bolt out of town, go see that new movie, or hit up that party that *just can't be missed*. **DO IT.** Because your mental health is, at the end of the day, the most important thing. Make sure you get a chance to blow off some steam now and again.

Oh yes, speaking of steam. There's a steam room in the Rec Centre. Just sayin'.

Also steam related: the school's Aboriginal Services host a sweat lodge that's open to anyone. Check their website for dates and details.
www.bcit.ca/aboriginal/

Your health plan covers teeth cleaning and free insoles. For real! Check with Uconnect (SE2).

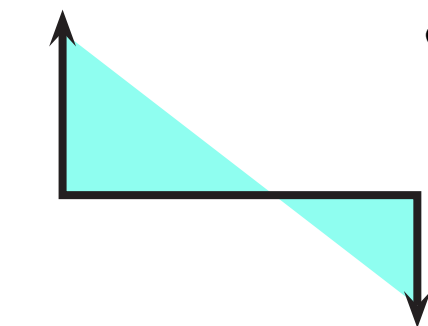
Eating healthy as a student is bloody hard. If you struggle with this like we do, check out the Harvest Box program. \$8.50-\$12.50 will get you a 10-12 lb box of local fruits and vegetables. The boxes come twice a month in September and October, and then monthly after that. Visit the UConnect office for more details. Oh, and keep an eye out for our awesome recipes throughout the year.

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\$2

Taco Tuesday. We add this one with trepidation - because once everyone is tipped off to the Austin Grill, the lineup will get way longer than it already is... But damn it, we're here for you BCIT, and you need to know about this. \$2 tacos. NE1. Now you know.

Professor Mugs. Because...Professor Mugs. This pub will save your life when the stress is on. They even pour craft beer! Be warned, the pub doesn't open until 11 am.

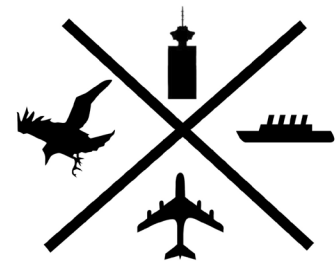


Many of you are Timmies loyalists... but for the rest of us: they serve JJ Bean coffee at The Stand! And if you drink as much coffee as we do, those coffee cards make a financial difference. (Also - some of the BEST gourmet drinks are served at BCIT. The Coffee Pod by the library makes a *killer* Raspberry Mocha.)



Downtown Campus has a beautiful brand new student lounge in room 601, on the 6th floor. It has 8 microwaves, a vending machine, and a hot water tap for all those Mr. Noodles students eat.

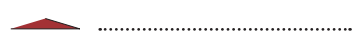
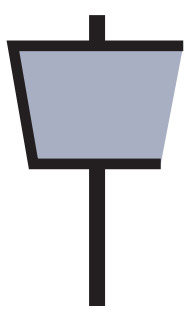
That **black**, ominous cloud in the sky? It's BCIT's trademark flock of an estimated 20,000 crows. They've been around since the 1970's, and are on a pit-stop during their trip to their daily roost just down the street at Still Creek.



Marine Campus: Many students like to grab a beer and relax at Sailor Hagar's Pub. It's a two minute walk from the marine campus. They also have the best waffle fries there and a beautiful view!

Aerospace Technology Campus: Students can rent gaming equipment like pool cues, ping pong paddles, footballs, basketballs, soccer balls and much more from Stores on campus in the Hangar - just make sure to bring your student ID with you. You can also borrow video games and consoles, like a Wii or Playstation to use on the TV cabinet, on the second floor of the Hub.

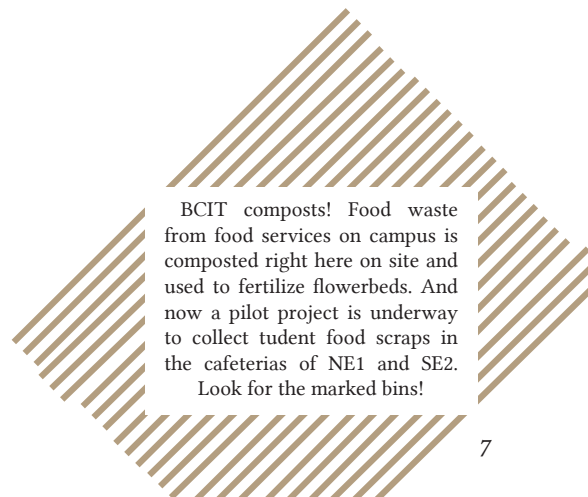
STAY ORGANIZED! Learn to love Google Calendar and Drive, or use that agenda they gave you on the first day of school. Not only will it keep you organized, it's jam packed with actual student resource information. (you can get an *Agenda in the Uconnect-SE2*)



There's all sorts of wacky sports stuff you can do here. For example, we've got a frisbee golf course at the Burnaby campus' South field, and discs are free to borrow at Rec Services. There's a weekly archery day. You can even rent snowshoes, camping gear, even Kayaks - complete with gear - all on the cheap!

SW16

- If you get to know the campus as early as possible, you won't have to *Amazing Race* everywhere.
- If you don't want to "get to know the campus," at least know where **Safety and Security** is, so they can tell you where to go.



BCIT composts! Food waste from food services on campus is composted right here on site and used to fertilize flowerbeds. And now a pilot project is underway to collect student food scraps in the cafeterias of NE1 and SE2. Look for the marked bins!



*"IT'S ABOUT WHAT YOU PUT ON THE TABLE,
AND YOUR SKILLS
AND YOUR INTELLIGENCE."*

A MODEL STUDENT

Many, many roads lead to this school. It's a campus so packed with crazy back stories that you can never really be sure who's next to you in line at Timmies. Take **Lauren Sundstrom** for example. A former international fashion model, she's since traded the runway for the airwaves, now training as a broadcast journalist. We recently sat down to chat, and she was gracious enough to pull back the curtain on the mysterious world of her former career.

words by **simon little**

*"I WORKED 16 HOURS IN SHOES
THAT MADE MY FEET BLEED"*

What is the biggest modeling myth?

People think that it's super glamorous. In Istanbul, I lived in a two-bedroom apartment, and it was shared by five girls. It gets dirty. It gets cramped... Then going to castings, riding around in a hot van [without] air conditioning in 40-degree weather in Beijing is not glamorous. Another misconception is we make bucketloads of money. Both of the times I traveled I didn't make any money at all. I didn't have debts to pay to my agency, which was a good thing, but I didn't come home with anything in my pocket.

How much pressure is there to maintain a particular body type?

There's huge pressure. The largest measurements you can have are 34-25-35. My agent specifically told me, 'you're not allowed to eat carbs anymore. You have to eat vegetables, do cardio...' I definitely started counting every calorie. And if I needed to drop some weight before I took off for another market I would be eating around 1000 calories a day or less. When people say 'I want a body like a model,' they don't realize this is all models do. All they do is count calories and go to the gym. Because their next paycheck is coming from the way they look. So the fact is that somebody can't be doing that while working a regular job. It's just not going to work.... I will say that with [Nobasura] – they're super cool. Right now my measurements fall slightly outside of that, and they were like 'we don't want you to lose any of that... we're fine with how your weight is now.'

What do you wish you knew before you started?

I didn't know just how difficult it would be to exist in China, how difficult it would be working on set. Affording to have groceries for the week because our pocket money was so little... I wish that I had had a little more knowledge, been a little more worldly... I don't know how some of these girls are able to travel when they're 14 years old.

What's the hardest part about working on set?

If you're not into the clothes or the style that they're looking for. Sometimes you get these really great shoots where everybody has amazing creative minds and everybody is cohesive in what they see and what they want produced. And so, when that vision isn't always matching up, it feels like work. And sometimes the shoots can go on for hours. My very first job in Beijing, I worked 16 hours in shoes that made my feet bleed. Towards the end I just burst into tears. And they couldn't comprehend why I was crying because they were used to a certain way of working.

Those are the negatives, but what did you love about the job?

Creating cool things. ... When you're working with a group of individuals who all are super creative and just love beauty and creating beautiful images – it can be a really magical thing. When you see an image of these models in magazines- that is not the model. That is the creation by hair stylists, makeup artists, photographer, lighting, creative art director ... So many things go into making this image ... I don't see myself, I see it as a cool creation by a group of people.

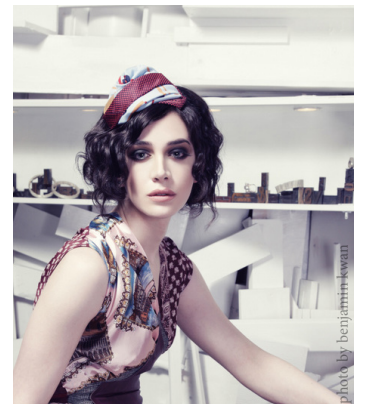
Have you noticed parallels between modeling and journalism?

There are some beauty standards if you're going to be on television. Definitely different beauty standards, and definitely more inclusive. But ... you're probably more likely to get hired if you look a certain way. So I still see those biases. But what I like about it is ... if you're not on camera, it doesn't matter what you look like. It's about what you put on the table, and your skills and your intelligence.

Final question: Can you do the Zoolander face?

;o

Do you know an extraordinary student at BCIT whose story just needs to be told? Write to us: editor@linkbcit.ca





STAND-UP FOR MENTAL HEALTH

David Granirer's program invites people with mental health issues to learn stand-up comedy and then take their act on the road... to recovery.

words and photos by dan post





This past summer, David and his group of comedians from Stand-Up for Mental Health took over BCIT's Great Hall and I had the chance to speak with them afterwards, to learn more about the program.

How many people have passed through your program since you started?

Well I started in 2004, and I would ballpark it at about four hundred. That's all across North America and in Australia.

I have a question about the humour itself – is most of the humour based on self-deprecation?

Yeah, so it's mostly self-deprecating – you know, we're not here to make fun of anyone, we're not here to put people down, basically what we do is we talk about our own mental health journeys. What we've been through, our experiences. So since it's about us, yeah, a lot of it is definitely self-deprecating.

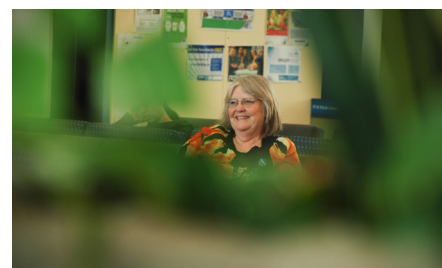
Do you find that's the easiest route for people to take right off the bat?

Well rather than saying "be self-deprecating," I say, "what do you want to talk about in your act? What's funny to you?" I'm not actually saying, "What's funny to you," I'm actually

saying, "What's important to you?" Because that's where the comedy comes from, it's not actually saying stuff that happened, it's starting from a place of truth and what did happen and what's important for you about this.

Do you feel that the people who see this kind of act, re-evaluate their perceptions of mental health, as your website says?

Well, what I've heard often as I hear people leaving our shows is, "man, I saw that guy on stage, and he has schizophrenia and he's hilarious!" How often do you hear the words 'hilarious' and 'schizophrenia' in the same sentence? I've even had psychiatrists and psychologists come up to me after shows and say, "I had no idea my clients could do that." So, you know, I think that it's something where people see the strengths and they also see people with mental illness as likeable, friendly, funny, creative – all the things you don't associate with mental illness.



"HOW OFTEN DO YOU HEAR THE WORDS 'HILARIOUS' AND 'SCHIZOPHRENIA' IN THE SAME SENTENCE?"



I've also noticed some negative feedback, things like, "it's a great coping mechanism, but it's not a healing mechanism." I've seen that debate going on.

Well put it this way: I'm not claiming that this cures mental illness. I think that would be a lie. However, I would say that there seems to be a lot of benefits both in terms of people's confidence and self-esteem. I've had people come into the class and now what happens is when something goes wrong, rather than isolating themselves, they say, "I've gotta write some material about this." And so they come into class, and say, "you know, I'm going through this horrible separation with my husband...I need to write some jokes." And that's a great coping mechanism. And it gives people a sense of meaning, a sense of purpose. Because this isn't just about them, it's about reducing stigma in the community at large, and there's something very powerful – empowering – about getting up on stage, and making a group of four hundred people laugh.

I've always felt that the best things I've done in my life started with those butterflies, and if I've got those feelings, it's a signal to me that that this is good – but how do you get people over that hurdle?

Well you don't, actually. You know, I've been doing comedy for twenty years and I get nervous before every show. And I basically tell people, "You're going to get nervous before every show. Probably your first few shows, you're going to be terrified." I've never found any of those techniques that are supposed to cure performance anxiety to – I've never found any of that stuff to work. So I basically say, "you know, if you can remember to just put one foot in front of the other before you walk on stage, and you can remember to breathe, then you're actually doing really well." And then I also tell people, "By the time we get on stage, we're going to be over-rehearsed. So many times, you know, it's not even funny to them anymore. And by the time you do that – by the time you get up on stage, it's like something kicks in, because it's sort of been burned into your brain."

*Pictured [r to l]:
Jari Wilkman;
Paul Decarie; Molly Stuart;
David Granirer*

To find out about the next event or to donate to David's program, please visit www.StandUpForMentalHealth.com



SUMMIT CITY

4 GREAT LOCAL HIKES TO GET YOU OUTSIDE
IN SUNNY SEPTEMBER

by simon little

Dog Mountain (5km; 2 hours)

Easy to get to, easy to do, this hike accommodates beginners. Starting at the Mt. Seymour ski hill parking lot and ending at a rocky bluff with a stunning city view, this one is a winner when you're short on time (or energy). Added bonus: it's open in the winter as a snowshoe trail. Keep it in your back pocket as a winter adventure date idea!

Petgill Lake (11.5km, 6 hrs)

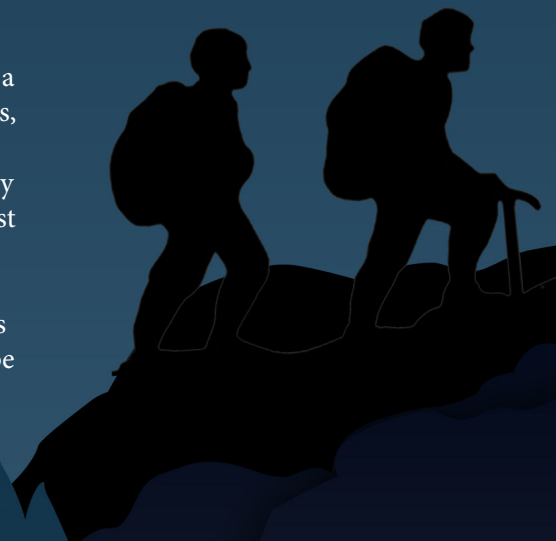
A little longer and a little further out of town, this trail offers a unique view of Howe Sound. The hike isn't too steep, and links overgrown logging roads and serene forest trails. The lake itself isn't much to write home about, but five minutes farther on the trail is an amazing view of the Squamish river mouth and the Stawamus Chief. Park at Murrin Provincial Park on the Sea to Sky, and find the trailhead about 100m North on the other side of the highway.

Eagle Bluffs (8km; 4 hours)

If views are really your thing, this is your local hike. But you'll have to work for it. Starting at the Cypress ski hill, the first leg of the trail under the Black Mountain ski lift is a grind. Once you've hit the summit, it gets easier. Stick with the trail and descend to the bluffs for an unparalleled panorama stretching from Mount Baker to Vancouver Island. Bring your camera or you'll kick yourself.

The Lions (16km, 8 hrs.)

Not for the faint of heart, this is the toughest hike listed here. It's rare to get a year without snow on these iconic peaks, so this might be your chance. Starting in Lions Bay, the trail is steep with many switchbacks, passing through both forest and rockslides. Your thighs will burn, but summiting this landmark will be unforgettable. If you plan on doing this hike, make sure you're prepared - and be sure to keep an eye on the orange trail markers.





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CAMPUS SQUARE (BURNABY)

(3-8PM) 19+

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FREE PROFESSIONAL HEADSHOTS — MONDAY, SEPT. 22

GREAT HALL (BURNABY)

(10 - 2)

First the bad news: your profile picture sucks. Now the good news: *Link's* very own staff photographer Yinan Shi (who shot the cover of this issue) will be shooting professional headshots for your portfolio, free of charge. Just show up, sit down, then walk away with something perfect for LinkedIn.

Presented by BCITSA Careers

CLUBS FAIR — WEDNESDAY, SEPT. 10

GREAT HALL (BURNABY)

(10 - 2)

Joining a club could be the best thing you ever do at BCIT, and there's likely the perfect club out there for you — you just don't know it yet. From Architecture to Archery, Bitcoins to Biotech, there are over 35 clubs to call your own, so don't be shy, come on by.

BCIT FAB 50 CELEBRATION — SATURDAY, OCT. 4

12-4PM

BURNABY CAMPUS

Come celebrate BCIT's 50th anniversary and party like it's 1964! With a retro theme, look back at BCIT's past with displays of vintage photos, equipment, machinery, and memorabilia. There will be guided tours, entertainment, food, and fun activities for kids. Everyone is welcome!

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FALL LOOKS – 2014

by Lauren Sundstrom

As summer comes to a close and the new school year starts, BCIT students are trading in swimwear and sunglasses for textbooks and study sessions. The colder, wet autumn months are signaled on campus by a sea of Gortex, rain boots and tired bodies slumping to class. Although I can't help you with the exhaustion, I can help you trade the Gortex for something slightly more stylish, making you the talk of your mechanical engineering class. Without further ado, here are some of the top trends for fall/winter 2014 that you need to invest in immediately.



SHEARLING.

Shearling was featured prominently on the runways this year with big, plush coats guaranteed to keep you warm. Add some colour blocking and the Tim Hortons crowd won't be able to stop admiring your on-trend look. Not exactly weather proof, but hey, fashion occasionally needs to trump practicality.

KNITWEAR.

SURPRISE. Knitwear for fall! Who would have thought? Though slightly unoriginal, knitwear and big, comfy sweaters were on display at The Row, Michael Kors and Celine. Although you may not want to wear knitwear head-to-toe (Marc Jacobs, I'm looking at you), who can resist throwing on an oversized sweater and still be considered BCIT's premier fashionista? Being trendy has never looked so comfortable.



NORMCORE.

Normcore might not be familiar to everyone, so I will give you the brief explanation I feel it deserves: it's an "anti-fashion" fashion trend. It involves being as basic as possible by wearing clothes Betty from Saskatoon would – practical and non-fussy. Think TAIGA fleeces. The runway looks were more what I would describe as tailored, sophisticated, and clean, but there's no denying what this trend is at its core (it's normcore, if you will) – clothes you would find in your dad's closet.

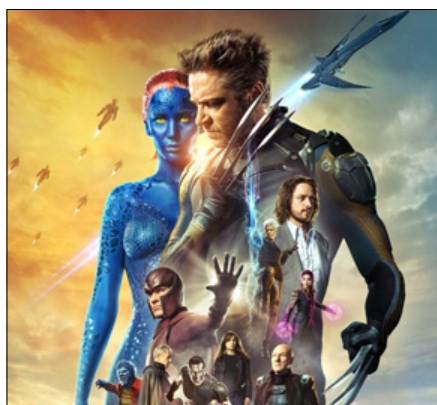
Now that you know how to dress, I implore you not to show up to class in your dumpy raincoats (unless you're being super normcore, in which case, bravo). Swap the Gortex for something chic. Go ahead. If ever there was a place to show off your fashion prowess, it's at BCIT.



5 Best Summer Movies of 2014

according to Ria Renouf

SPOILER ALERT



GUARDIANS OF THE GALAXY

With strong writing and direction, and an adventure-packed plot, it's worth watching *GoG* in theatres. Retro throwbacks like the Walkman and the killer soundtrack are some of the threads binding this perfect quilt of a movie together. The strong, quirky characters each add to the story, they also develop well. With its focused pacing, I was sad to see the movie end – so I'm going to see it again.

MALEFICENT

Breathtaking visuals, talented actors and the twist on *Sleeping Beauty* give this movie depth. Angelia Jolie and Sharlto Copley's chemistry add balance to scales of fairy tale and nightmare. While some found Elle Fanning too dainty as Aurora, Jolie certainly shined, bringing out the best in the Mistress of All Evil.

EDGE OF TOMORROW

Adapted from the best-selling book, *All You Need is Kill*, this movie keeps you on the edge – over and over again. Tom Cruise and Emily Blunt rock their lead roles, and a semi-unrecognizable Bill Paxton has come a long way since *Twister*. Think action, heart wrenching plot, and a touch of *Groundhog Day*. Bonus: the futuristic technology explanations won't go over your head.

X-MEN: DAYS OF FUTURE PAST

Previous X-Men films garnered flak for plot holes and production choices. With its x-ceptional dialogue and pacing, *DoFP* has put the series back on top. Hugh Jackman was a winner in this one, delivering witty lines while maintaining his rough and tough Wolverine character. The plot is fun, logical, and wraps up questions die-hard fans may have had.

22 JUMP STREET

These misfit cops are at it again – this time at college. The tongue in cheek writing is great, and Channing Tatum and Jonah Hill's chemistry is hot enough to melt an igloo. If you don't know the franchise, stroll down *21 Jump Street* first. As students, we can all relate to this movie...well, most of it; I think there aren't any undercover cops here...

FESTIVAL SUMMER

by Hillary Nguyen-Don

Alcohol, music and death pretty much sums up this summer of music festivals in BC. Nothing's better than a quality festival, and this summer BC was the home of a ton of them. I'm here to recap what you might have missed.

PEMBERTON

After a 6-year break Pemberton Music Festival made a huge comeback, with an amazing lineup of both music and comedy. Previous Pemberton goes overlooked the festival's history of poor organization and took the stellar lineup as a sort of apology for the past. Pemberton '08? Let's not talk about it. This year Pemby featured a ball pit, waterslide, and zip line.

Although staff tried to be more organized this year, it doesn't look like they succeeded. To start off, many campers complained about the 30-minute walk from the parking lot to campgrounds. As for safety, there were a ton of security guards. But half of them looked like scrawny teenagers who weren't strong enough to deal with the excessive amount of crowd surfers. With the artists, I understand there are technical difficulties now and then, but being 40 minutes late for a 90-minute show is just inexcusable. I'm looking at you Kendrick. Lastly who can forget the biggest news of the weekend, the death of a 21-year-old Regina man. The cause of death hasn't been determined but police have ruled out foul play. On the bright side, pretty much every artist and DJ killed it on stage and there were good vibes all around. It may not have been the most organized festival, but the awesome line up made up for it.

SQUAMISH

Squamish Valley Music Festival was definitely the most hyped festival of the summer. Headliners Eminem, Bruno Mars, and Arcade Fire catered to rap, pop, and indie fans - which was a little strange for a self-described "rock, indie, and electronic" music festival. Regardless of their headlining choices, you can't deny that these are some of the biggest artists in music right now.



Last time Eminem was scheduled to come to Vancouver was in 2000, but the show was cancelled and he never made his appearance. Rap fans rejoiced when they found out that their Rap God was headlining at SVMF. Squamish also provided dozens of vendors, many offering free food samples. Overall it was a huge success: no major incidents, millions of dollars were made, and happy fans all around. Plans for SVMF2015 are already in the works.



BOONSTOCK

After nine years in Alberta, Boonstock moved west, celebrating their 10-year anniversary in BC. Claiming to be the largest music festival in Western Canada, Boonstock was also one of the most controversial. One of their largest sponsors, Bacardi Canada, pulled out after hearing that Boonstock was turned down for a liquor license. Even without booze, attendees partied hard - maybe a little too hard. One festivalgoer actually died while attending Boonstock for her birthday trip and over eighty were hospitalized. Although many people were complaining about the no liquor and overpriced water bottles, fans still enjoyed the music.

If you missed any of these festivals, fear not, there will be more next year. And for anyone still craving indie bands and DJs, Rifflandia is your next go-to festival. September 11 - 14 attendees can see Death Cab For Cutie, ZEDS DEAD, and tons of local bands. Summer may be over but the festivals are still alive!





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Let's Get Saucy

with Francesca Lucia

A busy person's guide to easy-to-make, quick-to-defrost sauces!



Italian-icious Tomato Sauce:

Uses: great with a bowl of spaghetti, chicken parmesan, risotto, or even to spread over fresh bread!

Ingredients (makes about 2 cups)

- 1 398 ml can diced tomatoes
- 1 156ml can tomato paste
- 4 cloves garlic minced
- 1 medium size onion finely chopped
- 2 tbsp chopped fresh basil (can substitute with dried basil)
- 1 tbsp dried oregano
- 4 tbsp olive oil

Directions:

1. In a medium-sized sauce pan, heat olive oil on low heat. Add garlic and onion to the pan and heat the mixture for about 8 minutes or until the onion and garlic are nicely browned (not burnt).
2. Add tomato paste and diced tomatoes.
3. Fill the can of tomato paste with water and then add to the pan. This gets the rest of the paste out of the can and thins the sauce out. Tip: Want a little more Italian flavour? Substitute the water for red wine.
4. Add basil, oregano, and salt and pepper. Give it a good stir, then cover and keep it on low heat for about 30 minutes.
5. Transfer it into a bowl to cool. When cooled, put the sauce in a Tupperware container to store in the freezer until you're ready for it!

Perfect Pesto

Uses: mix with mayonnaise in a grilled cheese, spread on crackers, over chicken, in risotto, and of course, tossed with pasta!

Ingredients (makes about 1 cup)

- 2 cups packed fresh basil leaves (or substitute half for baby spinach)
- 3 cloves garlic peeled and chopped
- 1/2 cup pine nuts
- 2/3 cup extra virgin olive oil
- 1/2 cup freshly grated parmesan cheese
- Kosher salt and pepper to taste
- Juice of half a lemon or lime (you can substitute with some lemon or lime juice)

Directions:

1. In a blender or food processor, blend together basil leaves, nuts, garlic, cheese, and lemon/lime juice. Pour in olive oil slowly as the mixture blends. Stir in salt and pepper.
2. Make sure the sauce is well blended before transferring to an air-tight container to freeze and use whenever and on whatever you'd like!



Do you have a favourite recipe you want us to try? Post it on our Facebook wall.

[Facebook.com/linkBCIT](https://www.facebook.com/linkBCIT)

Hot Tip!

For single servings, freeze sauces in ice-cube trays instead of a larger container.



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Let's face it, Canucks fans, we've been through a lot in the last twelve months. From John Tortorella's hiring, to the early-season promise and eventual catastrophic collapse in the standings, capped with the inevitable conclusion which found Torts packing his bags less than a year he moved to Vancouver.

Along with the departure of Torts, Canucks fans also saw the last days for GM Mike Gillis, famed hunter David Booth, local kids Jason Garrison and Mike Santorelli and one time fan favourite Ryan Kesler. The departures of Booth, Garrison and Santorelli were the cost of doing business in the NHL's salary cap era, but the loss of Gillis and Kesler on less than amicable terms are topics best served discussing at a different time. So with the Canucks organization now sporting the amount of holes normally reserved for a fine block of swiss cheese, what is there to be optimistic about? Two words: Trevor Linden.

I'll be the first to admit my own skepticism when Linden was hired into his role as President of Hockey Operations. What shouldn't be overlooked is that what Linden lacks in hockey ops knowledge, he more than compensates for in business knowledge. A smart businessman never tries to go it alone; he'll always surround himself with the best team available to get the job done. That's exactly what Linden has done, hiring his first choices for GM and head coach in Jim Benning and Willie Desjardins. With a strong draft in the books already, all that's left for Linden is to prove his team can get it done when it matters; when hockey's played on ice, and not in the minds of sports writers.

— Jared Featherstone

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canucks.com

Four seasons ago the BC Lions were the toast of the town, playing in front of 54,313 fans during the Grey Cup in 2011 at BC Place Stadium, coming away victorious. For decades the Lions were *the* ticket of the summer, as the Vancouver Canucks were in their offseason and would not lace the skates back up again until October. This made the Lions the only major sporting event in town from late June until the fall.

But since that championships season, things have dramatically changed in the sporting landscape. The Vancouver Whitecaps began their entrance into Major League Soccer back in 2011, the top division in North America, where they also call BC Place home. With another top pro-team playing during the same calendar months, the Lions have seen their support begin to dwindle.

Following that Grey Cup winning season, the Lions average attendance has declined each year. In 2012, the Lions averaged 31,632 fans per-game, while a year later that number would plunge to 28,310. So far this season, the Lions have averaged just over 25,000 fans per-game, and their pre-season game against Calgary had more tickets sold (26,445) than any of their first four home regular season games. Meanwhile, the Whitecaps, who are promoting themselves as having "the best sporting atmosphere in Vancouver," have had ten sellouts in thirteen matches this year and a 98.9% attendance rate.

As well, the Vancouver Canadians, who play during the summer, switched their affiliation from Oakland to the Toronto Blue Jays in 2011, and have proceeded to win three straight league titles connecting Canada's only Major League Baseball team to the west coast.

With the Whitecaps and Canadians popularity cutting into the Lions' share of the market, it is not farfetched to say that the Lions have fallen to third in the sports pecking order in town, behind the Canucks and Whitecaps. With the Whitecaps now in town, and the Blue Jays staking a claim as well, gone are the days of the Lions being kings of the summer.

— Mac Dalglish

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