

april 2017

BCIT & BEYOND

LINK

MAGAZINE

GRADUATION SPECIAL

*Advice from "the real world" plus
outlook from students on the cusp.*

Sandy Liang
Yoseb Vardeh
Ken Buencamino
Tim den Engelsen
Jen Parente

BUTTERFLIES in SPIRIT

Keeping the memories of MMIWG alive

plus: Scavenging for books, voter apathy and vegetarian eats

**PHOTO
FEATURE**
RYAN JUDD

**RED THREAD
PROJECT**

FUTUREPROOF_

How to prepare
for the unknown.

THIS IS HOME

Fort McMurray after the fire



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#BCITandBEYOND

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Matt Lehti

Digital Design & Development

Matt Lehti is a 22-year-old full stack web developer studying in the D3 program on BCIT's Burnaby Campus. He spends the majority of his time working freelance tech support, and takes satisfaction in fixing problems wherever he finds them. In his downtime he enjoys drawing, writing, and reading.



Lauren MacFarland

Broadcast Journalism

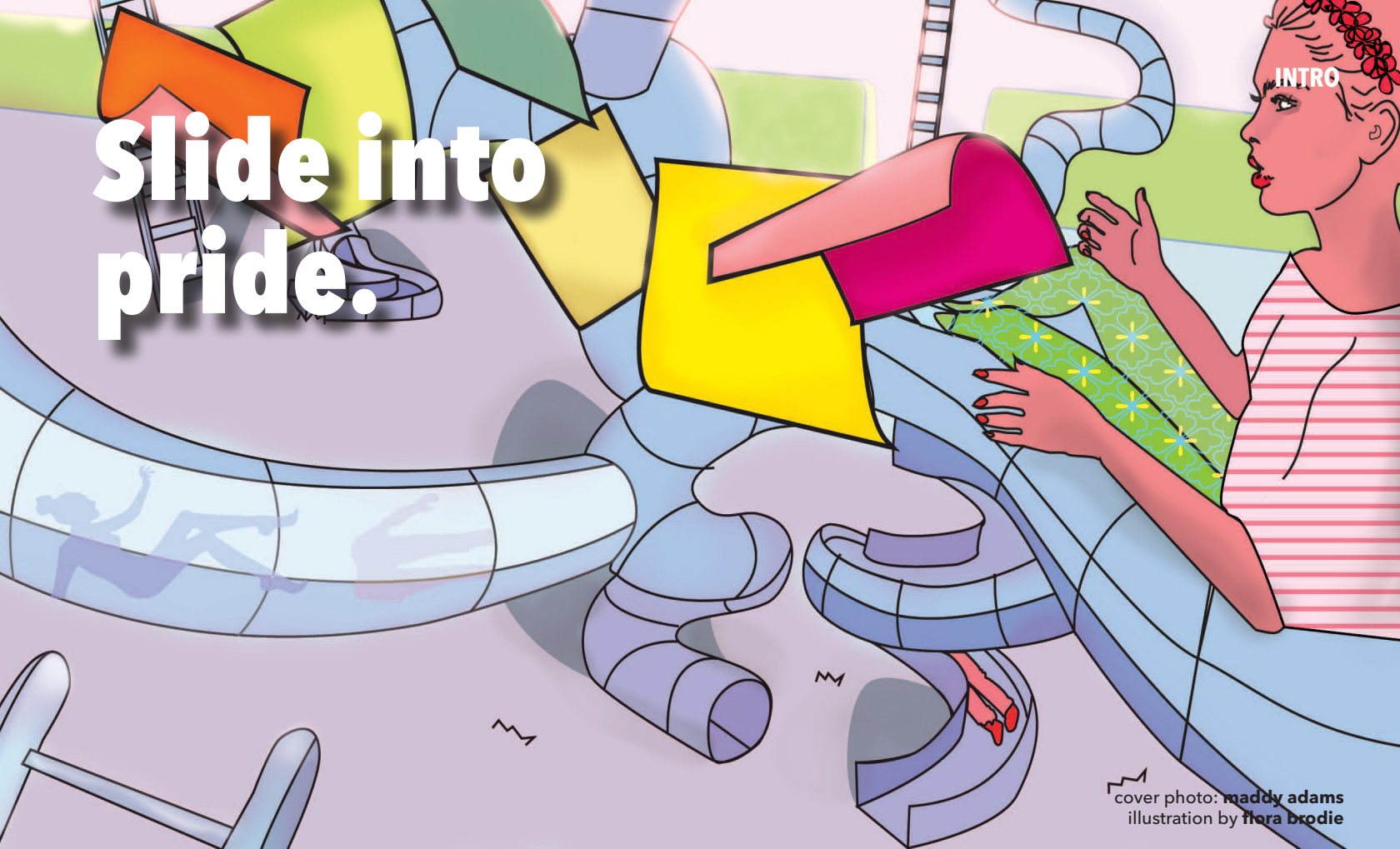
Lauren is probably procrastinating on an assignment right now. She loves finding interesting people and telling their stories, and in her spare time, she enjoys knitting, reading, and telling long stories about historical figures that nobody really pays attention to.



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Slide into pride.



cover photo: maddy adams
illustration by flora brodie

Now that it's April, many of us are preparing ourselves to leave school and start working. The all-nighters, the hours spent in labs, the library, and the team meetings are (hopefully) coming to an end. They will be replaced by a whole other challenge — the real world.

My journey at BCIT started four and a half years ago in the Fall of 2012. When I finished my program in the Spring of 2014, I was almost certain that I was done with school forever. I thought I would take everything I'd learned and put those skills to work for the rest of my life. But two years went by and I saw a shift in my career goals. From that moment on, I became restless about learning new skills. At first it was hard to accept that despite everything I know, it wasn't enough to do what I really enjoyed. Even though I wasn't very much a fan of school when I was younger, it took being out of school to realize that I love learning, and that I wanted to keep learning for the rest of my life. I knew what made me happiest at my job, and I decided to take multiple steps further in that direction. So one year ago, I did something I didn't think I would do ever again.

I came back to BCIT. And I was so ready to be back.

Making a career change isn't easy. I have the utmost respect for people who decide to go back to school later on in life. Not only does your life change, but also the lives of people close to you. Between balancing projects and managing your finances, you experience things that make you say, "it was one of the hardest things I've accomplished in my life."

After all, isn't that what BCIT is about? Every day we are pushed out of our comfort zone so that we are ready to face circumstances head-on once we are in the working world.

When you complete your BCIT program, I encourage you keep pushing boundaries and taking your skills further. You might fall more in love with what you're already doing, and continue to use your knowledge to change the world. Or you might do what I did, and decide to go in another direction.

There will be days when you feel a great source of accomplishment. Like when you close that big sale that puts you ahead of your colleagues, or when you finally figure out the technical problem that your team struggled with for days. There will also be times where you question your abilities. Like when you feel you haven't contributed a good idea in team meetings, or when you find yourself working with a difficult client whose vision can't seem to align with what you've presented to them.

My biggest advice for BCIT students who are about to receive their graduation paper is this: take pride in everything that you do. You've poured so much sweat and tears into completing your program, and you are ready for a job. But also remember the other important parts of life — your family, friends, hobbies, and your health. It's what a lot of us have easily grown to neglect while in school. Take pride not just in your work, but everything else that encompasses your life. If you face a tough day at work with unmanageable deadlines, or feel like you haven't been as successful as your fellow classmates, remember that you are not defined by your job. Other aspects of your life matter just as much.

For those of you whose BCIT journey is coming to an end, I wish you all the best of luck in what you pursue next. And for those who are at a mid-point somewhere, I hope that this *LINK* issue will inspire you in some way.

— Annie Sheng
Online Community Coordinator

linkbcit.ca



Great Canadian

Selenna Ho caught up with BCIT's **Celine Shen** to talk about her trip to the finals at the 2017 Great Canadian Sales Competition in Toronto. Read about Celine's experience at the GCSC, her hopes for the future and how she entered the competition with a video pitch on naps! I'm already sold.



Instafoods

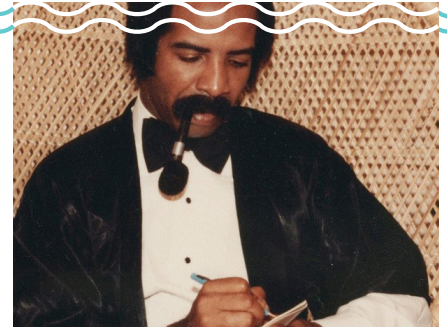
Donuts, and ramen and poké bowls, oh my! Our favourite foodie, **Karolina Kapusta** has been eating her way through mouthwatering hotspots in Downtown Vancouver.

Whether you're in need of a warm hug like only a big bowl o' noodles can provide, or a donut to fill that hole in your soul, Karolina dishes on where to get the best of the best. Visit our website to get the full scoop.



More Tune for your Head Top

Alexis Cornwall and **Dexter Watty** put on their toughest-critic-hats and give the new Drake and Kendrick Lamar albums a spin. *More Life* tosses up feels up from different communities, while Kendrick's *Damn* is a reintroduction to the rap game.



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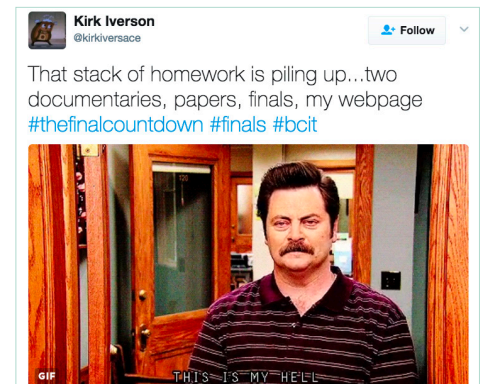
@NickToren

"wow! @jjhorgan's campaign bus just ran a red light here at #BCIT!!!
#WhatAboutUsStudents #BCpoli
#bcelxn"

@klinothedino

"I totally walked out of the house in socks and flip flops today. Leaving BCIT the same way I came in."

@kirkiversace



strongest LINKS

SILVER PEN AWARD (2016/2017)

Tanushree Pillai

The Silver Pen Award is presented annually to the student contributor, staff member, or volunteer at *LINK* whose writing demonstrated the highest level of quality and/or community impact throughout the year.

Tanu showed up at our office last September with an open heart and a desire to share her unique experiences with others. Throughout the year, Tanu gave us ideas and perspectives that ranged from fun and flavourful to bold and beautiful. An immigrant mother who came to Canada for a new career and chance at a better life for her son, Tanu embodies what it means to inspire. Through her thoughtful words, she makes us comfortable in our own skin, accepting of our flaws, and eager to learn more about the people around us. This is an accomplishment worth celebrating.

Select writing credits:

Seriously Syrian (november 2016)

Escaping Agra (december 2016)

Student / Mom (february 2017)

Beating Bulimia (march 2017)

BEST of the BEST

Student Spotlight

Sophia Hsin / Amelia Hedgehog
Rachel Chang (october 2016)

Environment

The Stewart and the Stewards
Emily Buck (december 2016)

Opinion

LGBTQ in the Age of Trump
Jordan Kwong (march 2017)

Health & Wellness

Fighting Fentanyl
Alexis Cornwall (march 2017)

POV

Cupid's Cursor
Maddy Adams (january 2017)

Community

Hungry for Change
Anita Shen (december 2017)

Photo Feature

Joel Laurino (december 2017)

Leaving Your Comfort Zone

The Truth That You Know
by Fiona Tsun (march 2017)

Gaining Perspective

Locker Room Talk
by Mat Hylan (October 2016)

Call to Action

Unnecessary Roughness
George Elioupolos (february 2017)

Laugh Out Loud

Playing God
Rachel Chang (december 2016)

Owning It

Own your L's
Alexis Cornwall (november 2016)

Making Change

Femme FM
Selenna Ho (october 2016)

Raising Consciousness

What's Wrong with this Picture?
Danielle Carr (november 2016)

Artist

Flora Brodie

Illustrator

Flavia Chan

Foodie

Karolina Kapusta

Critic

Jarell Alvarez

Gamer

Brandon McLean

Activist

Selenna Ho

Storyteller

Kurt Tadeo

Shutterbug

Maddy Adams

Socialite

Annie Sheng

Thank you to every contributor who kept us entertained, informed and aware throughout 2016 / 2017:

| | |
|------------------|-------------------|
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| Mat Hylan | Dexter Watty |
| Joel Laurino | Ryann Judd |
| Emily Buck | Carolina Galdamez |
| Joseph Huang | |

YOSEB
vardeh

&



Class of '14

KEN
buencamino

Yoseb Vardeh and Ken Buencamino graduated from BCIT's Marketing program

and co-founded Blend Bubble Tea, a popular bubble tea joint known for their

1L reusable mason jars. Here they open up about their inspiration for starting a

business, sharing words of wisdom for future entrepreneurs.

If you could go back, what would you tell the old you?

KB: At the beginning, stress levels were quite high working 80+ hours a week and thinking about cash flow. I would tell myself that you've done this all before at BCIT, managing long hours, and that I should trust the cash flow projections. If you have a start-up that you are interested in, ask your teachers questions and show your teachers the business plan to get some constructive criticism. Not only will it help with bank loans, but it will also help you realize if it's feasible.

YV: It was quite overwhelming starting the business from the ground up. I would constantly be looking at other successful or up and coming food businesses and feeling a little envious for how well they are doing. I had very lofty goals coming in to this, but they weren't realistic. I would remind myself that all great businesses have humble beginnings, and it takes time for it to really be recognized.

How do you feel now compared to how you did in the beginning?

KB: I feel much more relaxed now after two years being in business. It takes time to get into the flow of things and learning about the business. Over time you learn to adapt with the changing environment.

YV: I am much more confident in the business now. We were really going into this with a limited amount of knowledge, and so I was worried we might make a major mistake along the way. Now I have a much deeper understanding of the business model, and how we can pivot to work with other concepts for different environments like malls or fairs. There are a lot of ways we can go with this company, and Ken and I have the ability to take it in different directions when we need to.

Who do you think was your biggest influence during your time at BCIT? What would you like to say to them?

KB: I feel like every teacher had an impact while I was at BCIT. Each teacher taught me something different in class. I was inspired a lot by the teachers that were entrepreneurs as well because I asked a lot more questions and learned from their experiences. I would like to thank them for making our generation feel like there is hope in a province where there are low wages and high standards of living.

YV: First and foremost, every teacher at BCIT had an influence in my development. They are all outstanding, but I have three specifically that really showed me how much I didn't know about entrepreneurship. Rick Kroetsch, Brian Griffen, and Glenna Urbshadt were all incredible resources. Each one taught me different lessons that I still use today, and try to pass on to our staff. One of my biggest regrets in life was not being able to make it to my graduation ceremony and shake their hands. So I'd like to thank them for helping me instill the confidence I have today.

Did anything take you by surprise when you did the program?

KB: Every project took us by surprise because we would never expect the long hours we had to put into them. Then the business consulting project was a whole new story. Not only did we work for a real company, but we were able to showcase all of our two years of knowledge with one project.

YV: I knew that this program was going to be intense and deplete my social life. But I didn't know how valuable the relationships with the students were going to be. All of your classmates are in the same boat, and you will ride this wave together. I created some great friendships through group projects, and found a fantastic business partner because of this program.

What's the best lesson that BCIT taught you?

KB: I learned that hard work and perseverance pays off. BCIT applies real world experiences into classes which really broadens your knowledge. A lot of things you learn in class will help you in your future careers or when you start a business. Don't get stuck on the little things, try to focus more on the important tasks that will help you move forward.

YV: There is so much information coming at you during this program. BCIT inadvertently taught me how to filter out information that I wouldn't necessarily use in entrepreneurship, and search for the golden nuggets of material that would sometimes end up changing my entire outlook. This is valuable when dealing with a lot of vendors who use a lot of information to persuade you to buy from them; knowing what is actually valuable and what isn't.

What led you to start your own business?

KB: After the first year of the Marketing, I talked with

one of my classmates about starting a business and we both had the same mentality coming into BCIT, and we both wanted to make a future for ourselves. We both really loved food so starting a cafe just came naturally. It is fun creating something from scratch and learning the whole business from the beginning, and we have both agreed that this will be the first of many.

YV: Coming into BCIT, my only goal was to start my own business after school. My dad had a huge impact on the decision because of his own entrepreneurship. He built a business in a country he came into as a refugee to give his family a better life. It's a story that I'm very proud of, and I knew I wanted to start a business at a very young age. I was fortunate enough to find a business partner with the same mentality to make it happen.

Words of wisdom for future students in your program?

KB: Take a risk and do things that aren't in your comfort zone, whether it be applying at jobs you don't think you can get, to starting a business. You won't know until you have tried. Grow from your mistakes and don't let it ever hold you back.

YV: The biggest thing is knowing why you are here. If you're only here because you feel pressured by your parents or friends to go to school, I'd suggest you figure out what it is you want first. This is a 2-year program that yields insane results. But only if you know what you want coming into this. Once you have a goal in mind for the end of your graduation, it makes the whole program much more effective, because now you can apply what you learn to get you closer to that goal.

“all great businesses
have humble
beginnings, and
it takes time for
it to really be
recognized.”

SANDY liang

Class of '16

Sandy graduated from BCIT's Nursing program last fall and is now a surgical nurse at St. Paul's Hospital in Vancouver. We asked Sandy to share her insights on transitioning from student to professional, and the responsibility of caring for another person's health.



“Don't be afraid to speak up, despite being 'just a student.'” »

Why did you choose nursing?

I have always been interested in the sciences and healthcare, and wanted to do something in my career that is challenging and constantly changing.

How do you feel now compared to how you did in the beginning?

I remember the first day I went to the hospital as a student. The instructor told the group to introduce ourselves to a patient. My classmates and I were all so nervous to just step into a patient's room and say hi. It's funny to think back to that now; being confident enough to take charge of my patients' care and connect with people in different ways.

Who do you think has been the biggest influence during your time there? What would you like to say to them?

The friends I made during the program. They are the best source for support. After difficult shifts at the hospital, I found the best way to destress was to talk to my peers.

Did anything take you by surprise when you did the program?

Clinicals can be tough, but clinical instructors are so supportive. They have high expectations but support you throughout the way to meet these expectations.

What's the best lesson you learned along the way?

Always ask questions and be assertive. As a student, I once had a patient who had chronic pain and [took] opioid medications most of her life. During her hospitalization, a pain specialist put her on a new pain medication. Part of the process in starting the drug meant that the patient

could not have any pain medications until she went into opioid withdrawal. As I monitored her for signs of withdrawal throughout the night, the patient's pain and frustration grew as time went on. I went to talk to my nurse about calling the doctor and ordering pain medications to relieve the pain. My nurse didn't want to call the doctor for such a thing, especially in the middle of the night, and wanted her to just wait. She told me to go back into the patient's room to tell the patient to “suck it up.” I didn't agree and had the nurse visit the patient herself. It wasn't until the patient threatened to leave the hospital that the nurse agreed to call the doctor.

As uncomfortable as the situation was, ultimately the main concern was the patient. I doubted myself in that situation as a student in managing the patient's [care]. As much as I wanted to treat the patient, I had looked up to the nurse's judgment based on her experience and was afraid to challenge her directly. In light of this situation, my clinical instructor asked me, “If the patient was your family member or loved one, would you have reacted differently?” There will be times when your decisions for patient care will be challenged or rejected by a nurse, doctor, or other members of the healthcare team. You're the best advocate for your patient, don't be afraid to speak up despite being “just a student.”

Words of wisdom for future students of your program?

If you're struggling, don't be afraid to ask for help, whether it's your instructors or your peers. The worst thing to do would be to be overconfident, and not ask questions.



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James Higgins, AScT

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Tim is a BCIT Finance undergrad, JDC West VP of Finance, and Student Liaison of Advocis Vancouver. He spoke to us about his boundless ambition and his personal tips for success.

TIM **den engelsen**

Class of '17

If you had the chance, what would you tell the 'old' you?

When it comes to extra-curriculars, commit to one or two initiatives that are aligned with your personal and professional goals. My mistake was getting involved at every opportunity I could, spreading myself thin and doing a bunch of things poorly instead of a few things well. I would tell a younger me to be more selective with my time.

How do you feel now compared to how you did in the beginning?

My transformation from amateur to (near) professional feels like it has happened overnight. It's incredibly satisfying to step into a room full of industry players and realize that you understand the conversation and have something to offer. I am characteristically impatient, so getting to this place in two short years has been big.

Who do you think has been the biggest influence during your time here? What would you like to say to them?

Very difficult question to answer. Mikhail Avancena and Harish Tak who were the co-founders of the Finance Association; Jessica Graham, Colin Li, and Nitasha Naicker, who were the original visionaries behind the JDC West initiative; and Carol Edwards who spent her *entire* weekend helping us with our equity research case. These people have all had a different, but equally important influence on my growth over the last two years. The chance to collaborate with them has been the highlight of my time at BCIT.

What have you learned from your extracurricular activities?

It is fine to make mistakes, but don't forget that the goal is to succeed. Failure can be a good learning experience, but success is better. It seems obvious, but if you are not learning from your failure it is not doing you any good. Student-led groups like JDC West are a crash course in failing, learning, and adjusting.

What motivates you?

Two things. First, big ideas. I have a difficult time getting excited about anything that represents the status quo. I prefer to be innovating and improving on as large a scale as possible. Second, likeminded people. Being around people whose goals and aspirations are aligned with mine feeds my competitive spirit and encourages me to be myself.

Words of wisdom for future students?

In regards to school, if you focus on learning the marks will come, but if you focus on marks you'll never learn. If you cannot teach yourself to enjoy what you're learning, you are probably in the wrong program.

In regards to getting a good job, a tactic that has worked for me is to add value before asking for value in return. Show them some of your work, share any ideas you have for the company, or connect them with potential strategic partners. If you can do the job before they give it to you, they will have a difficult time turning you away.



« It's fine to make mistakes, but don't forget that the goal is to succeed. »

Jen is a BCIT Human Resource Management undergrad and VP of BCIT's Human Resources Association. Now on the brink of graduation, she shares insights on the role she hopes to play in people's lives.

JEN **parente**

Class of '17

How did you discover your passion for HR and leadership?

When I graduated from university with a degree in Sociology and English Literature, I really didn't know what I wanted to do. I liked the idea that HR had the ability to make such a significant difference in the worker's experience, and the business as a whole. In terms of leadership, I've always loved the ability to bring people together. I believe that there is a great power that comes from working in teams and combining a variety of perspectives. As a leader, it is always my hope to facilitate environments and situations where people feel comfortable to contribute, and offer ideas to the best of their ability.

What would you tell the 'you' who first started at BCIT?

First, I would tell myself to just take each day at a time, and all the hard work is worth it. I would [say] that even though getting involved in extracurricular activities at school is added work, it is extremely worth it. I have found that being involved in the Human Resources Association and volunteering with the Student Association has made a huge impact on my time at BCIT, allowing me to meet and connect with people I otherwise wouldn't have. I'd tell myself to take a deep breath, and enjoy it.

Who has been the biggest influence during your time here?

I think that all of my teachers at BCIT have influenced me in a positive way, and I'm so thankful for all of their hard work and dedication. Most notably, Deb Duffy has made a huge impact. Her lessons were always engaging, and made me excited to enter the HR field. One of the most important lessons she taught us was to always remember that certain situations require consideration for the human experience. We must always think of how our actions and decisions will effect people on a human level. Catherine Warren and Miranda Cross in the SA also had a significant impact on my time at BCIT. They provided me amazing training and the opportunity to practice actual HR skills. They always made me feel welcome, and answered any of my questions. For that I would like to give them a huge thank you to them!

Words of wisdom for future students in your program?

Value the relationships you make in the program, (I'm stealing this advice from our program head Simon Bachrich). The people you meet and the friends you make will be your colleagues in the future; do not take these relationships for granted. I would also encourage future students to get involved. It pushed me to meet new people, increased my self confidence, and ultimately improved my practical skills.

What has been the most impactful thing you've done since you started here?

I think my involvement with the Mentorship Program and the Peak Leadership Program has made an impact on the student body. Being able to get to know students and interview them allowed me to meet a variety of people and connect with them on a personal level. It allowed me to understand their different personalities and needs, and then help pair them with a suitable mentor. I think that being paired with a positive mentor has the ability to make a real impact in a student's future, and it's definitely a program I am most proud to have been a part of.



**“Certain situations
require
consideration
for the human
experience.”**



April 25 - May 1

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BCITSA STUDENT ELECTIONS



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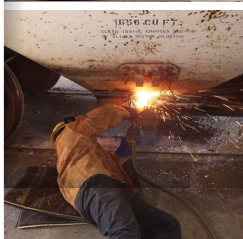
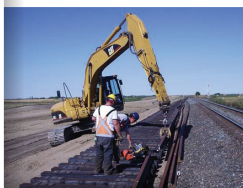
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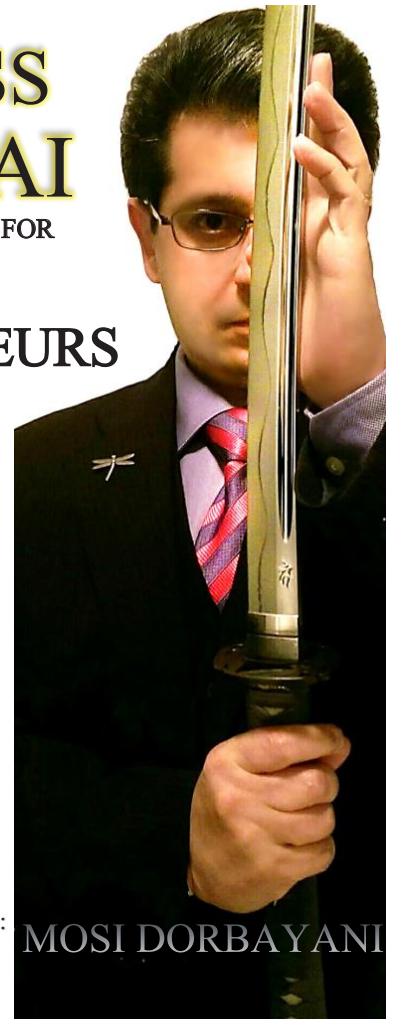
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MOSI DORBAYANI

THE POLITICS of APATHY

by Lauren MacFarland

On May 9th, British Columbia votes for a provincial leader who, over the next four years, will make decisions on everything from health care, to post-secondary funding, to environment and affordable housing. For the next month, prepare to see Liberal, NDP and Green Party candidates make promise after promise, fling meaningless statistics at you, and try their best to get their messages across. They'll run the same ad on your television five times an hour and inundate you with phone calls at the worst possible times. Unfortunately, because of this, their messages will fall flat, and by the end of the campaign you'll be entertaining the idea of moving off the grid, if only to never hear the name of any BC politician again.

Sure, provincial elections aren't as exciting as choosing our Prime Minister, and Canadian politics aren't exactly nail-biting to begin with, but elections are an essential part of being a Canadian, and voter apathy can have disastrous consequences. This is not a new problem either, and it's hardly unique to British Columbia. Voters across Canada (especially young ones) often skip the voting booth because they just aren't interested. Compared to other countries, our political issues seem mild, but even nations with more controversial affairs are faced with the same problem of declining voter turnout – and the consequences are deeply felt.

When the word "Brexit" started floating around the UK, many didn't think it had a chance in hell of succeeding. Despite a rising nationalistic sentiment in the country, it seemed highly unlikely that Britain would actually vote to leave the European Union; right up until the moment the votes were counted and Brexit went from an unfathomable future to Britain's new normal. Statisticians scrambled the next day to make sense of the outcome, and although no one can concretely confirm the exact numbers, it looks like the biggest voter demographic was in the 65+ age range.

The voters most impacted by a future in a post-Brexit world – the youth – couldn't match the turnout of those who learned that votes always matter.

Closer to home, this past year US voters were swept up in the most controversial election cycle in recent history, and still voter turnout topped out at only about 50%. Both candidates were disliked (to put it very mildly) leaving voters feeling that they had to pick the lesser of two evils. This souring effect kept many from going to the polls and so Donald Trump, a man who once seemed like a laughable possibility for leader of the free world, was voted in by just half of the eligible voters in the country. The consequences – especially for minorities, immigrants and women – are now being felt by all voters whether they cast their ballot or not. Would more voters have yielded different results? We may never know, but at least we'd know that a majority of the

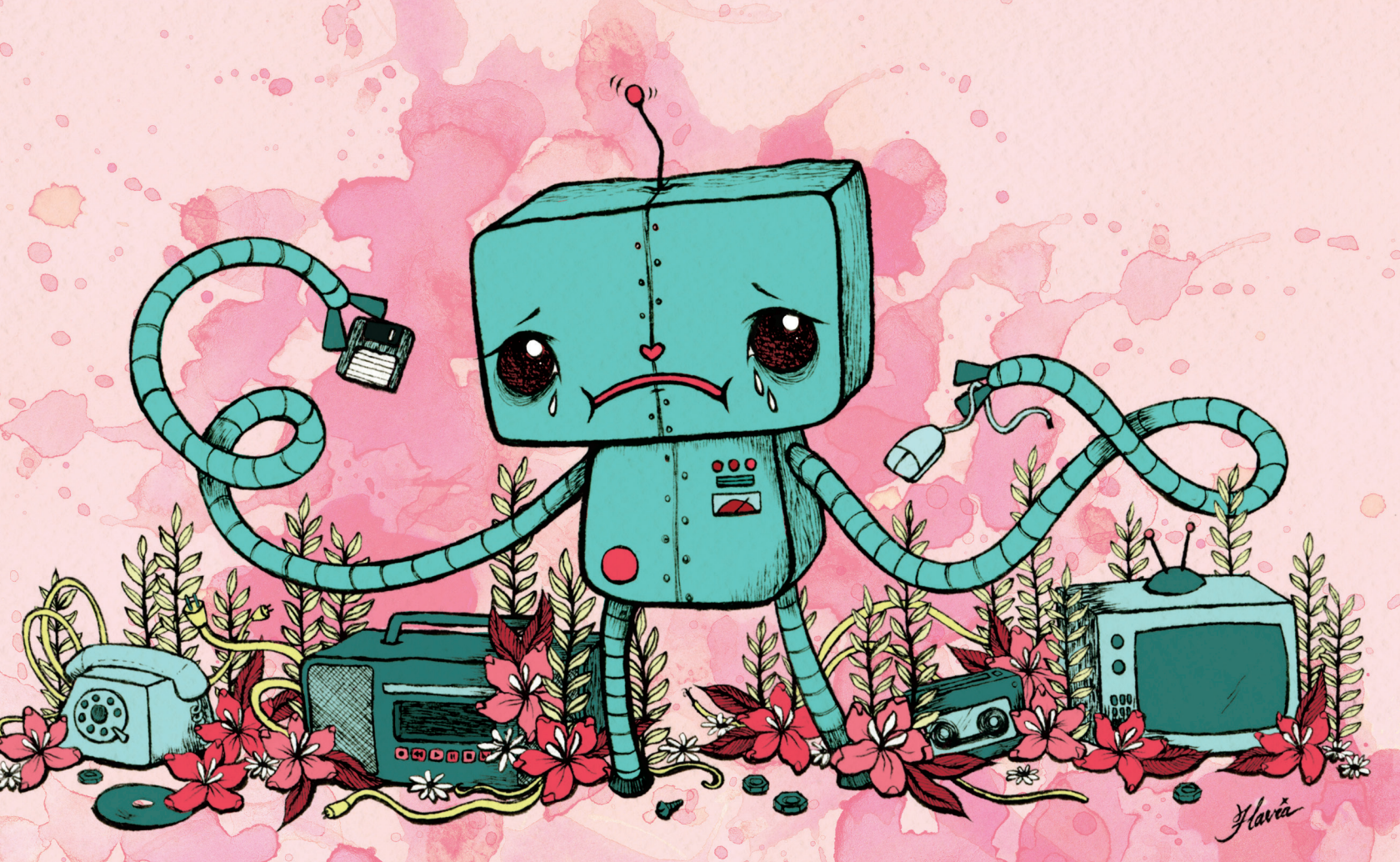
people in the country helped to make that decision. Now we're all left with four years of wondering: 'What if?'

Voter apathy and ignorance go hand-in-hand, and I admit I'm not immune to this phenomenon. As a first-year broadcasting student, I should be more clued in, but when our instructor asks us for the name of our provincial health minister, the best I can muster is a blank look on my face. It's a little sad. How can I possibly report on politics if I'm not familiar with the key players and the big issues? The average person knows less about our governance than they probably should. But we can change that. With the upcoming provincial election, and like every other election that has come before it, we have the power to inform ourselves and the choice to cast our vote behind a candidate who we believe will do their best work, rather than a candidate who doesn't care to learn from their constituents, or worse, a candidate simply going through the motions.

If the provincial elections don't inspire you to exercise your democratic rights, why not get involved in a process closer to home? This April, the BCIT Student Association holds its own elections for student council. Student politics rarely ever get any interest, but they should, because winners of these elections have a fair amount of say in students' lives. No matter what side of the debate on issues you come down on, the least you can do is cast your vote.

At the end of the day, government elections tend to prove that not much ever changes, and British Columbia might just continue on its path, for better or for worse. And maybe our politics will never be as interesting as the rest of the world's, but we are privileged to have a right that millions of people around the world would (and sometimes do) die for. So this year, pay attention to the annoying ads, think critically about the statistics, and most importantly, get out and vote.

"elections are an essential part of being a Canadian, and voter apathy can have disastrous consequences."



FUTURE PROOF

words **maddy adams**
artwork **flavia chan**

Every generation imagines a world much different than its own. Close your eyes. What comes to mind when you think of the future? Self-driving cars? Living on Mars? Imagining the future is part of what makes us human; hoping for something better, more advanced. I grew up watching *The Jetsons* and *Back to the Future*, and developed my own optimism for a technologically rich utopian society; one without pollution, where robots run the economy and we are free to pursue our true passions without abandon. But as time rolls on, and technology progresses, that finish line moves farther and farther away. Eventually we hit a point where the very ideals we're pursuing leave us with a reality much less intoxicating than Doc Brown's.

This month I graduate from BCIT with a New Media degree, and like those days of eating cereal while George Jetson zips around in his hover car, the future again weighs heavily on my mind. The design industry has continued to evolve while I was in school. When I started my program, I believed that the education I received would put me at the head of the race. But as graduation nears and I'm now searching for jobs, anxiety consumes me. This past year I learned more about myself than I ever thought possible, and the personal development alone has been worth the cost of tuition, but what do careers in my industry look like moving forward? I worry that my design

“The rate at which technology is advancing is outpacing our ability to adapt.”

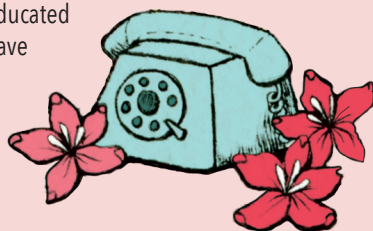


skills may become obsolete. Did I miss out on predicting exponential changes in technology and an opportunity to embrace them? Is there ever a way to “futureproof” ourselves and stay ahead of the curve?

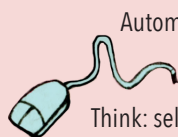
The traditional career path is all but gone thanks to significant social shifts and modern legislation. The Monday to Friday, nine to five byproduct of the industrial revolution no longer fits. That framework, designed to support families, entrench mass production, and accommodate Euro-Christian schedules, is out of touch with more women in the workforce, environmental sustainability, and the separation of church and state. Even those who did not ditch the factory in favour of higher education and personal growth are being forced out by technological advancements.

Millennials are now the most educated generation in history, and we have somewhat reversed the rise of the machines. Thanks to technology and the promise of progress, there are more ways to make money independently than ever before.

So if we've become more educated, introduced more laws to ensure equality in the workplace, and created more tech jobs than ever before, how come our questions about the future are still so murky? Are machines a threat to our future? Or are we actually getting closer to robot maids and hover cars?



Recent studies estimate that by the time a student completes a four-year technical degree, as much of 50% of the information learned in their first year will be obsolete. Rate of change has become exponential. The faster technology changes and improves itself, the more quickly things will reinvent themselves again. In 1965, Gordon Moore observed that steady improvements in microchip technology would double roughly each year. Moore's Law remains a fairly accurate observation today, and it's unclear when advancement will slow down. Microchips power most technology out there and the constant improvement in size and power trickles down into virtually every industry and aspect of our modern lives. They change the way we work and live, and the tools we use every day.



Automation in the workplace remains one of the greatest perceived threats to human jobs. Robots and computer programs keep replacing specific commercial tasks.

Think: self check-outs in the grocery store, or computer systems that electronically count inventory. We invented technology to increase efficiency and save money, but we innovated ourselves right out of a job. What a pickle. We have an innate need to progress, to keep the world moving forward and innovating to end human struggle, but we're creating a system that leaves some people behind. The

rate at which technology is advancing is outpacing our ability to adapt. The question is: can education keep up with Moore's Law?

As a New Media student, I'm fully aware of the uncomfortable reality that there are more drag-and-drop websites and programs than ever before. Free vector artwork can be downloaded and applied in seconds. I've spent the last year of my life studying my ass off learning to design and develop websites, but will these skills even be valuable in the near future? I can't blame the system though, because even I use these programs to make my life way easier, and I refuse to heed the luddite call of the hipster. Instead, I anxiously peak into the future and wonder: what do I have that robots do not?

Whether you're a graphic designer or nurse, tradesperson or cashier, there is no magical career path that avoids the obsolescing of automation. Hard skills are depreciating in value, so to understand our place we need to look at the differences between humans and technology. Computers run on instructions from variable programs, limiting their processing skills to what they are programmed to know. Humans however have the ability to think creatively, and use emotional intelligence to generate new ideas. These 'soft skills' are becoming increasingly more valuable to employers looking for real humans who are adaptable, good communicators, empathetic towards other people, and who have the capacity to understand technology in order to influence it.

There's no question the future will be different, but try to resist your dystopian visions. There will always be a place for designers, doctors, baristas and florists, because unlike the sterility of machines, we feel and perceive. The doctor knows what it feels like to have skin; the barista can see that you're having a bad day and intuit that you just really need a coffee made how you like it, and the florist can override a rose, even though it pairs well with baby's breath, selecting a peony instead because that's what your grandma always grew in her garden back home.



Technology continues to increase its value through efficiency, but we're increasing our own value through thought and the very things that makes us human. We're always trying to predict the future and anticipate what is around the next corner. There are so many factors involved with change, it is impossible to predict whether we will be eating tomatoes grown on the Moon, driving time-travelling Deloreans, or still puttering around in gas-guzzling sedans. What we do know is that the future is full of variables. Take comfort in knowing that we don't know what the future holds, and we have to embrace a new idea of career normality and stability. Until The Singularity arrives, the best way to futureproof ourselves is to stay curious, keep learning, and improve our capacity for empathy. —

PHOTO FEATURE



Ryan Judd

1st year Marketing Management

Over the past couple of years I've become more and more interested in art. Without trying to sound pretentious, photography is my form of art. Or at least, I'm attempting to create art out of photography. I started taking photos when I got my first iPhone in 2011. I was fascinated by the community of photographers on Instagram from all over the world. It inspired me to try and shed light on my section of the world, artistically and professionally. When I take photos, my goal is to create an image that is unlike any image I've ever seen before. For some types of photography, like portrait photography, this goal is much more difficult. These types of challenges are what drive me to improve and experiment. I've never regretted going out and taking pictures.

www.ryanjudd.ca
instagram: @juddmuffin





BOOK SCAVENGING

MacLeod's Books
photo by joel laurino

words **twila amato**

I have a terrible taste in books. Let's rephrase that: I have unconventional taste in books. I'm always looking for difficult-to-find ones. Books are generally easy to acquire but if you're into the rare ones, good luck. But I swear, I never mean to be picky. They're only hard to find because they're not published in English. Even digital copies are scarce.

Take for example the works of modern Greek poets Constantine Cavafy, George Seferis, and Odysseas Elytis. Their poems are translated into English and yet for some reason copies are still limited. One can't find them in corporate bookstores like Chapters, neither will one find copies in used bookstores like MacLeod's where they carry ancient authors like Homer, but not modern poets.

The translation deficit in literature exists because publishers need to produce books that will interest people, but also generate revenue. It's also easier to find English-language publishers by virtue of the fact that English is the lingua franca, meaning there are more opportunity for one's English work to get noticed. Writers are more likely to find a monolingual editor than a bilingual one and, unfortunately, the industry would rather not hire another body just to translate the manuscript.

This is both frustrating and heartbreaking because writers give voices to those we don't hear from often. If we neglect non-mainstream and non-English writers, we are also neglecting the people and the issues they represent.

Literature is a platform to reveal the truth, but it gets buried because business balks at outliers. There are amazing works out there, many of which we've never read because English-language publishers have decided they aren't as marketable.

So the stories we hear are limited, the representation of issues and our understanding of them scanty. Which goes back to my current predicament: I can't find 'The Book' because it's not mainstream.

All I know is I won't stop my search. There are stories in it that I know will help me understand this world. There are voices in it that I want to hear, because there are more points of view out there than I can imagine; these voices can teach me how to be a better daughter, sister and friend.

I'm sure you have your own 'The Book' out there that can do the same for you, and I hope you find it.

If you're on a book search too - rare or not - here are some helpful places to start. They might even order and ship it to you (they're reasonable about it.)

Pulpfiction Books (various)

11:00AM-7:00PM

Price range: \$10 and up

Possibility of finding 'The Book': 80% - 90%

MacLeod's Books

455 W Pender St

10:00am - 6:00pm

Price range: \$1 - \$4000

Possibility of finding 'The Book': about 80%

The Word Bookstore

469 Milton St (Montreal)

10:00am - 6:00pm

Price range: \$1 - \$2000

Possibility of finding 'The Book': about 90%



words **tanushree pillai**

MEET on MAIN
(4288 Main St.)

This veggie-friendly place is your neighborhood café but with some amazing vegetarian options that do not burn a hole in your pocket. You can order gluten-free options for a small charge. Under \$10: Try their Sweet-Chilli Cauliflower, deep-fried in beer batter and thickly glazed with a chili ginger sauce.

The NAAM
(2724 West 4th)

An institution in itself, this restaurant made vegetarian food uber cool in the 1960s. Their veggie delights also include vegetarian burgers but their specialty is sesame fries and miso gravy. It is said The NAAM has vegetarian options for everything you can dream of. You can also buy their bottled sauces in grocery shops.

Vegan Pizza House
(2119 Kingsway)

The best vegetarian pizzas in town are here. Spend less than \$15 and you can walk out feeling full, not heavy, and have your craving for pizza satiated. The owner is a vegan himself and understands how vegetarians and vegans cry for lack of food options. They even have vegan ground beef.

Sejuiced Vancouver
(1958 West 4th)

Sejuiced does healthy options that include yogi bowls and wraps. They also have breakfast options but those are only served from 11am to 3pm on weekdays. They are very open to vegan and gluten-free substitutions. Try the omelettes for \$12 and have your fill of herbs, greens, peppers and cheese.

Vegan Pizza House
(9044 Glover Road, Fort Langley)

Bob's Kitchen has been around since 1978. It might be in Fort Langley but the food is worth the drive. It's a family-run neighborhood café that includes Bob, his wife, Ms. Veggie Bob. The chef is his son Donovan. Bob does veggie sausages & hotdogs, Mex-Vegan options, and burritos.

Paradise Noodle House
(8681-10th Ave, Burnaby)

It's hard to imagine Pho being vegetarian but this restaurant – which has been around since 2003 – is based on that. Their menu consists of traditional Vietnamese recipes, including Vegan Veggie Beef Rice noodle soup (Pho) and Hot and Sour Soup (Canh Chua).

Budgies Burritos
(44 Kingsway)

Budgies is a decade-old Tex-Mex and vegetarian café that offers inexpensive, delightful burritos that leave you satiated, yet craving for more. The best part? It's open till midnight so we can quench our craving for Mexican food at an ungodly hour. They also do a kids menu that is less than \$5.

Tera V Burger
(2961 West Broadway)

As the name suggests, this place is all about burgers. My biggest peeve is the unavailability of cheap burgers that have a vegetarian patty. Tera V Burger does both – offering both vegan and gluten-free options that are under \$10. Even desserts and baked goods are vegan and GF. What more could we wish for?

Bandidas Taqueria
(2781 Commercial Drive)

A family-run joint, that has (among many things) three great all-day breakfast options under \$10. They contain eggs, but you can replace the eggs with butternut squash and tofu scramble for a small charge. The owner has a cool blog that is featured on the website that focuses on taquerias here and south of the border.

Loving Hut Express
(Near Roundhouse Community Center; corner of Pacific Blvd & Davie Street)

This food truck in Yaletown is vegan and serves heavenly vegetarian burgers. A lot of their ingredients are made in-house and are vegan. The menu isn't too expansive, but it's definitely delicious. Even their ranch dressing is vegan.



KOSHER CAFÉ

words **yamila chikar**

I remember the first day I attended classes. I felt a feeling I hadn't experienced for many years: insecurity. Going back to studying after many years out of school, away from home, and in a language that is not my native tongue, only added to this new feeling of insecurity. The big question was: Will I be able to do it?

I moved from Buenos Aires, Argentina, a little over a year-and-a-half ago with my husband and our children, Uriel and Hannah. I have always had a restless personality. That, combined with my passion for communication, led me to study Communication Sciences in Argentina. But as always, I did not want to just study; I wanted to learn "in situ." So while still at university I wrote for local magazines, I worked as a producer and radio columnist, news reporter, and I even had the great fortune to work on one of the most watched television shows in Argentina. Each day was fascinating; researching, interviewing and living each day with different goals.

Now I'm starting a new adventure in Canada with my family. As a Marketing Communications student at BCIT, I am able to learn new ideas and concepts, and strengthen my existing skills. But as always, I had an itch to do more. My husband and I began to think about what to do for work. He is a man with a lot of experience in business, and he's even studied pastry-making and worked as a chocolatier selling chocolates to restaurants and boutique hotels in Buenos Aires.

Speaking with our new friends in Vancouver, we discovered that there were no artisan-made kosher chocolates in town. *Eureka!* Applying the marketing and sales concepts I

learned, with my husband's experiences, Neshama Chocolates was born. We first started online, but approached retailers soon after. We had a meeting at the Superstore on Marine Drive and we started selling them chocolate boxes. It was a complete success.

From there, we met Chef Menajem Peretz and together took over Café FortyOne. That's right: our own cafe in Vancouver. Our newest adventure involved not only developing the brand and its image – the decor of the place and the design of the menu – but also getting our hands dirty, from making arrangements to painting the walls. With unbearable excitement, Café FortyOne officially opened in the New Year.

Moving from my home country to a completely new country shook my security, but it opened up so many opportunities for me and my family. We live in a beautiful city, surrounded by new people and fresh ways of thinking. Nowadays I divide my days between games and homework with my children, improving my cappuccinos and acquiring new knowledge to continue my professional growth.

*Café FortyOne is located at 5750 Oak St, Vancouver.
Visit them online at www.cafefortyone.ca/*



THIS IS HOME

words **ray yu**

A graduate of BCIT's Television and Video Production, Var Bhalla's passion for filmmaking has led him on a creative journey by leaps and bounds. Originally from Fort McMurray, Var's most recent project, a documentary called *This Is Home*, tells the story of family, community, and humble beginnings, before and after the wildfires that plagued the Northern Alberta city.

Tell us about your upcoming project.

This Is Home is about my hometown of Fort McMurray and the devastating 2016 wildfire. It's the worst disaster in Canadian history. The film is not about the [tragedy], oil, or the environment. It's about the human spirit coming together after tragedy. It's also about my parents who came from India, how they came to call this place home 38 years ago, and the different people from around the world who did as well.

I knew that I was going to capture the spirit and that's what I was getting. People were so proud and ready to rebuild right away. It meant a lot to me to tell this story past what the mainstream news was covering. It's a story with a different perspective from someone that was born and raised there. I wanted the people of the community to really feel like this was their voice. The goal with the documentary is getting it to as many people in Canada as possible.

When did you realize your fascination with cinematography was something you wanted to pursue?

I knew I always wanted to have a career in being a creative. I was at Mount Royal College (now University) in Calgary and I saw people in their broadcast program around campus with cameras and making cool short films. I searched the best school for doing video production in Canada and saw BCIT. It looked like a great fit.

What did you do after BCIT?

After the two-year program I was awarded a two-week internship at CityTV. I was helping around there when I stepped to one of the studios where they were producing a show called *Dottotech*. I worked as a Production Assistant. Coming out of school I wanted to



FILM

photos courtesy Ray Yu and Red Line Media

really prove myself, [so I] worked really hard over there, [and] I really started to get a sense of video editing. From there I worked at CBC as a News Editor, [where] I realized very quickly that [television] wasn't the right fit for me. That's when the shift happened.

Has starting your own production company been challenging?

Of course, and it still is as I'm growing. Especially when you haven't done certain things before. I just try my best to take that first couple action steps instead of letting the thoughts of self doubt keep me stagnate, then things usually start rolling. Just having passion alone won't get you where you need to be, you have to act on it.

Do you have any advice for fellow filmmakers and future Television & Video Production graduates?

With the era we live in you don't need big film companies saying yes to you. Maybe back in the day, but we are far from that now. There are many ways to film a project and get it out to an audience and so many ways to market yourself/brand using social media. Also small cameras pack a punch. You don't need a super expensive one. Invest in some decent audio.

Don't wait for someone to say yes to your project. Don't let that be the reason you didn't make your dream project. It's easier now to tell your own story, [and] the story is what matters the most.



Visit linkbcit.ca to to learn more about Red Line Media, and to view a trailer for "This Is Home"

IN VISIBLE THREADS

words **tanushree pillai**

Have you ever experienced a problem so deep that it isolates you? A problem so powerful that you feel yourself giving into it? You worry more about how to fight it because you don't know where to start. For BCIT Journalism student Gurneet Samra, that problem was fear.

"Fear has told me many times that I'm not good enough at anything I attempt," Gurneet admits. "Fear likes to whisper: 'I told you so.' It's exhausting, and sometimes I feel like I disappoint others by disappointing myself. It's a cruel cycle."

So Gurneet did something so seemingly simple. She started talking about her problem. At first she talked to her cousin Raman, who is a counsellor, and together they recognized a pattern between them. Raman then invited her colleague Katya to join them in discussing similarities in each other's experience and a powerful feeling began to unite them. Thus the Red Thread Project was born.

The Red Thread Project emerged as a way to facilitate understanding about common, yet isolating emotional experiences. It aims to develop connections between people with similar experiences and to empower them to move forward. The name is based on a Chinese proverb about the red string of fate, which says that: "an invisible thread connects those who are destined to meet, regardless of time, place or circumstance. The thread may stretch or tangle, but it will never break."

Before they started talking together, each of them struggled with feelings of isolation. They were convinced that they were alone despite strong support systems. But once they shared these feelings out loud with each other, thoughts sparked between them and the conversations grew. They connected to each other's experiences despite their individual differences. For the first time in awhile, they felt relieved, empowered. They started thinking there must be other people out there also feeling isolated in their struggles.

The trio set up a website and began sharing their stories publicly. They created a platform for others to share their experiences, but the real

magic happens when they take that next step and set up a time to meet people, to start meaningful conversations. Afterwards they post about the problem, discussing what it's like to live with it, staying true to the experiences he/she shared.

Co-founder Raman Gill knows first-hand the rewards of sharing your experience with others. She survived childhood sexual abuse, but struggled for decades to heal. The abuse led to depression, self-hatred, attempts at suicide and an inability to feel or connect with others.

"I almost feel like I crawled my way out of a dark hole or well, until I was finally able to stand," she recalls. "My resistance to accept what already happened... [had] continued to fuel the depression and trauma. Once I accepted it, I realized that I would have to work very hard to fight to live. I no longer wanted to 'survive;' I wanted to live."

The Red Thread Project revolves around the idea that trauma, anxiety, fear and other negative forces influence the way people see themselves, but also the world around them. The impacts of individual experiences are felt in the thread that runs through us all. By sharing our stories, we create confidence, wisdom and love that moves throughout that same thread.

"Now that I see how fear tries to [keep] me from taking risks, I challenge it," says Gurneet. "I stand up for myself. I know I'm smart and capable of things I set my mind to. Reminding myself of this is important, it has almost become a mantra."

(L to R) Gurneet Samra, Katya Sivak & Raman Gill
photo courtesy Red Thread Project

Learn more about the Red Thread Project
and share your story online at www.redthreadproject.ca



image and logo courtesy FSA



words **dan post**

Diversity strengthens us. When we surround ourselves with people who come from different backgrounds, different countries, with different languages and different traditions, we learn more about ourselves and we get closer to understanding this complex thing we call human life. Perhaps nowhere is diversity more apparent than on post-secondary campuses across Canada. Take a look around the halls of BCIT and you'll know this to be true. But diversity isn't just something that you can always see or hear. Diversity comes in many forms. So how can we, as a school, as instructors, as fellow students, do more to welcome diversity and draw strength from each other's differences?

We listen. We talk to each other. We reach out and connect. We make ourselves available. We share our stories. And we learn. Together we move forward.

These are the aims of the Diversity Circles initiative launched last year by the Faculty and Staff Association (FSA). Together, instructors and staff at BCIT, as well as staff from the Student Association, are working hard alongside students to recognize diversity and adapt their practices, attitudes and methods to draw inspiration from our differences and better serve everyone in this community.

Diversity Circles adds to a lot of other great work already happening on campus. The FSA and its collaborators have built the Diversity Circles initiative around a series of panels, workshops, conversations, tools and connections that support BCIT staff and fosters a culture of dialogue. Much of it has to do with knowledge sharing. This is how the project leads arrived at an Indigenous Framework that guides this project. There are many models for acknowledging diversity in the workplace, in classrooms, or in government, and an Indigenous model is a great fit for this project due to its capacity to inherently reflect the complexity and interconnectedness of all life.

Diversity Circles is built on a strengths-based model that provides a counterpoint to traditional outcomes-based institutional thinking. It's not about defining our shortcomings and coming up with a fix; it's about defining our strengths and putting them into action. The Indigenous Framework the FSA has chosen brings an approach to diversity that recognizes that all people have strengths, all life is interconnected, and everyone has unique gifts to offer. The first phase of the framework asks participants to look inside and say: Who am I? What are my gifts? From there it moves to establishing dialogue and creating safe spaces to share these

unique gifts, which ultimately leads to opportunity for connecting those whose strengths align. Gifts can include cultural practices, the way you interact with someone in class, or how you have aided in the creation of a program to create equity within communities.

The focus areas for this stage of the project are gender diversity, neurodiversity, and Indigenous culture, and more offerings that celebrate other groups are currently being planned for next year. Mentoring relationships are being formed, faculty-specific ideas are being generated, and through the sharing of differences, inherent biases are disappearing as new understandings are formed.

There is no head to a circle. A circle is an unbroken chain. A circle envelopes us, draws us towards the centre. No one person or group can define diversity, and learning doesn't always happen in the classroom. Get involved. Share your gifts, and together we can be a community working towards common goals.

Diversity Circles co-leads are Shannon Kelly, (Faculty, Communication) and Zaa Joseph (Advisor, Aboriginal Service). To learn more about the initiative, visit: www.bcitfsa.ca/diversitycircles



BUTTERFLIES IN SPIRIT

words **selenna ho**

photos and interview material
courtesy: beth mariam

Lorelei Williams pounds her drum, and with every beat, releases her pain into the song. Behind her drum, the faces of her two lost relatives stare out from her shirt, their pictures immortalized across her chest. Their hearts, along with those of other lost Aboriginal lives, reverberate through a room full of activists, as well as tribal and family members, singing and beating traditional instruments. Together they acknowledge fear and hope, and through it all, their loved ones live on.

"It's hard to tell my family story over and over again."

Lorelei's cousin Tania Holyck was murdered by Robert Pickton. Her Aunt Belinda Williams went missing in 1978. These tragedies seared raw scars into Lorelei's life, but she found a way to fight back. In 2012 she formed a dance troupe called Butterflies in Spirit to keep the memory of her relatives alive. The group, composed of family members of missing and murdered Indigenous women and girls, tour all over Canada sharing the stories of lost sisters, aunts, mothers and daughters.

A 2013 RCMP report stated that 1,017 Indigenous women and girls were murdered between 1980 and 2012 – a number that is roughly 4.5 times higher than for non-

Indigenous Canadian females. Amnesty International notes that these figures may actually be even higher.

On a stage inside Vancouver's Maritime Cultural Centre, Butterflies in Spirit perform to those who are heartbroken and angered by the deaths of their friends and families. They're all ready for change. One by one, members of the dance troupe lay down on the floor.

"We need to remember them."

The audience waits for the butterflies to metamorphosize. The speakers next to the dancers emit recorded voices from a news report. It eerily echoes across the room: *"A haunting national disgrace, with no solution in sight..."* It's a reminder of the cycle of violence perpetrated across Canadian history. The funeral formalities are shattered when the dancers jump, cued by a switch to intimidating rap vocals. *"I'm looking for my sister. Where did she go, where did she go?"* The lyrics reflect their demands. Their dance commands the attention needed for the change. They're breaking out of the cocoon.

Lorelei will always remember the day she walked into the Vancouver Police Department lobby and demanded they start a file for her missing cousin. She never forgets the way the clerk behind the counter acted; judgmental, racist even.

"I felt like change needed to happen."

Lorelei became the change she wanted to see. In addition to forming Butterflies in Spirit, she began a career in the community serving victims of violence. Today, Lorelei works as the Women's Coordinator at the Vancouver Aboriginal Community Policing Centre. She acts as the liaison between the Indigenous community and the VPD. Her clients include families of missing and murdered women, women in violent situations, and women in the DTES. She strives to build strong, positive relationships between the groups. It's an integral step towards ending violence against Indigenous lives.

Lorelei acknowledges that the strained dynamic between police and the Aboriginal community is a product of our country's history of colonization. It's an historically brutal relationship between Indigenous peoples and the police, and Lorelei herself feels the emotional strain from her own traumatic interactions with police. She admits there are days she seriously considers quitting her work. The emotional labour and constant strength she needs for such heavy responsibility is excruciating. But Lorelei knows she must keep history alive to save the future. So she dances, and invites others to join her in remembering their lost loved ones, so that nobody experiences pain like theirs again.

"We need a relationship that's not based on fear or intimidation."

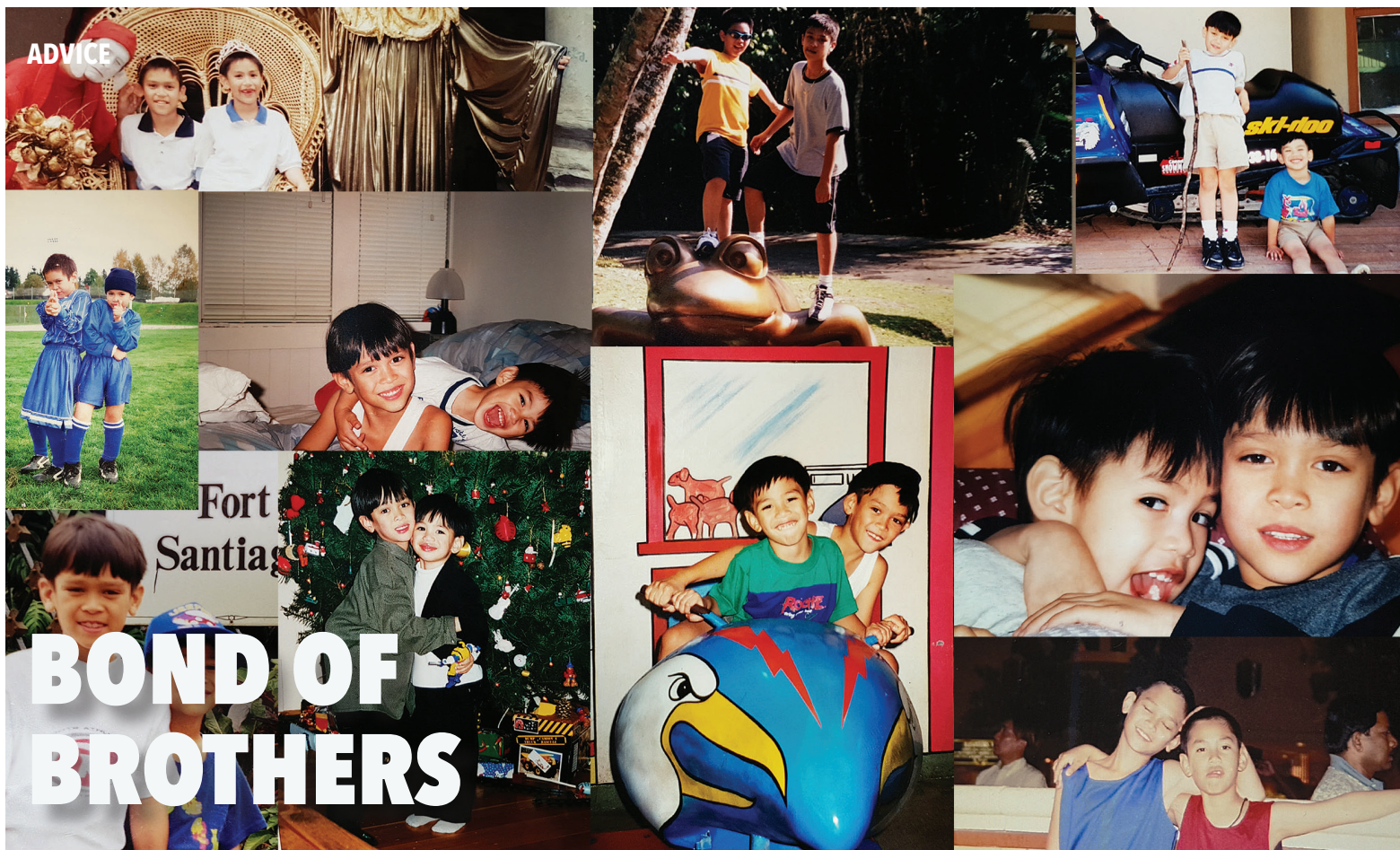
A metamorphosis within the community is underway, thanks to strong advocates like Lorelei. Last year, an independent national inquiry was finally launched into the investigation of the missing and murdered Indigenous women and girls (MMIWG) across Canada. The inquiry is independent of all branches of government and is composed of five commissioners across the country. The commissioners will be holding public hearings all across Canada, during which families of the missing and murdered Indigenous women will tell their stories.

"I have a daughter to protect. That keeps me going."

Stories are told in many ways. Through her dancing and drumming, Lorelei releases the souls of her lost relatives. Their spirits soar with wings that break through the chains of the past, and stretch beyond the hopes for the future. Cutting through fear, separation and hate, the community is brought together through the strength of their stories. After all, stories are what keep spirits alive. Stories are what amplify change for the future.

Visit Butterflies in Spirit on facebook.com/ButterfliesBIS/ and visit our website where we shared a video produced by CBC of the group in action.





words **jarell alvarez**

I reached a point in my life where relationships matter more than anything else; from instructors deciding my fate based on subjective decisions, to romantic partners that can either fill or empty a small void inside me. The world is full of opportunities for relationships to bring me down rather than lift me up, but there are some relationships I can always count on; those of my family.

Immediately after birth, we develop our first relationships in this world with our parents. Next, if you're like me, you meet your siblings and you're thrust into living with these people whether you like it or not. Early on, your parents might expect you to be just like your well-behaved, high-achieving older brother. So you become an annoying little clone that will stop at nothing to be like them. You won't always get along with your siblings, but when you do, they became your best friend on road trips, on family vacations and at home. You share nearly everything: clothes, spots on the couch, screen time and gaming consoles. Before long you're drawing equal inspiration from each other.

Then real life unveils itself. Late night cartoons and wrestling matches become solo Netflix binges and rare meetings in neutral territory. A separation builds between thin walls, broken only when the other person needs something, or when the family has the rare sit-down dinner that often involves everyone staring at their screens. What changes once we leave the shelter of the same roof and the real world hits us?

The smoke and mirrors of childhood fade away and your dependency is all but gone. Individualism creeps in and the need for each other's company dissolves. All relationships must go through a difficult evolution. This creates a challenge that either brings you closer together or pushes you farther apart. The bond you felt when you

were young suddenly seems temporary. Will it be like this forever? Are we never going to be as close again?

You can be. Turn off your devices and talk to each other about things that matter in your life. Social apps and networks reduce our interactions to a game of heads-up and heads-down. Be present with your sibling as much as possible. Take a step back and realize that moments are precious and temporary. You can lose them to distraction or choose to embed them as treasured memories.

My suggestion for rebuilding that important brotherly / sisterly bond? Do something as ordinary as treating them to a movie or buying them lunch. Small gestures will be recognized and can strengthen your relationship. Most importantly, never forget to be open to change. Adapt to each other's personality and try to accommodate each other's needs, rather than fighting against them.

Sibling relationships usually take one of two paths: you either become strangers or best friends. But I see no reason why it should have to be the former, and I believe it's essential to keep this relationship a priority. None of us want to be 50-years-old and regretting all the fun memories we could've had. So go and tell your siblings about your day, share your thoughts, your secrets, like the good 'ol days. Mend any broken fences. Stay in touch for every major event in your life and remind them that you want them there. Always.

I looked into the mirror and prepared myself for a new program at university. Even though I was alone, I was independent and working towards my future. I no longer had to worry about certain cliques or problems in my life. Though I missed parts of my past life, I had to work towards something new. My reflection is clearer than it's ever been before and I can only hope it stays this way.

Of course at the beginning everything was great. But then I met someone who changed the way I saw my reflection forever.

My friend I met at university made me realize something while I was hanging out with her. I would notice how socially awkward she was when communicating with other people, how she spoke with distaste when you didn't do things exactly the way she expected, and how she played manipulative games. A lost soul was standing in front of me.

The lost soul standing in front of me made me reflect on myself and how I should improve parts of myself. The lost soul brought out the worst in me with all my insecurities. The lost soul taught me to prevent myself from repeating the same mistakes.

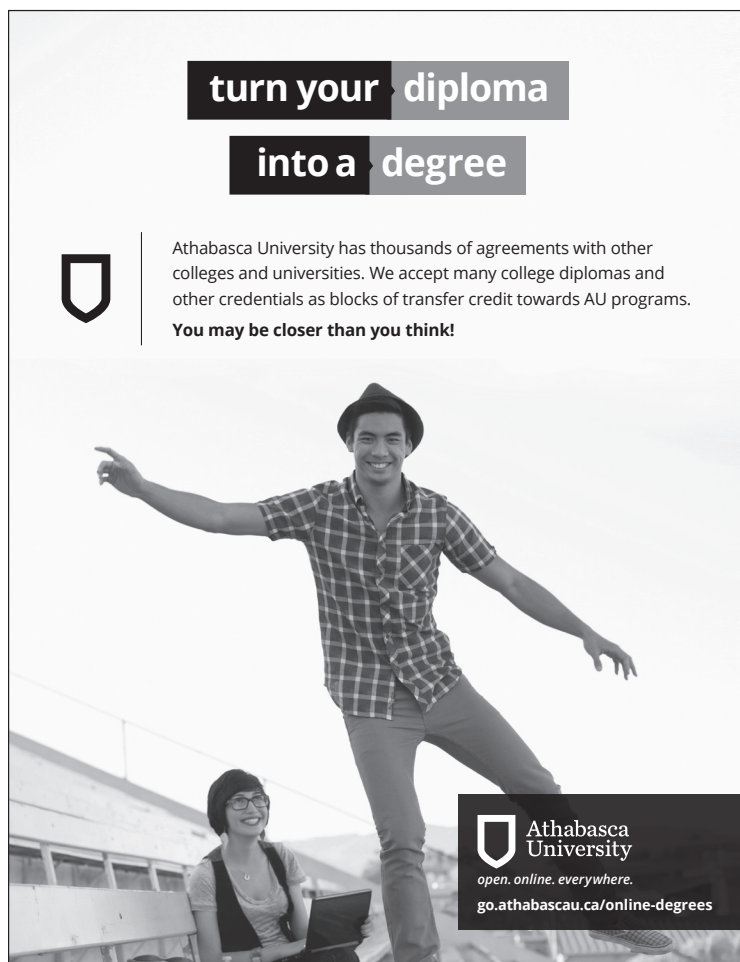
I tried to hold on to the lost soul, to question and understand why she behaved that way. Yet the answers I would get would make us argue, causing us to slowly push each other away.

That's when I decided it was best for us to go our separate ways. I knew I could improve myself by looking at who I am and how I can grow as an individual. The only difference between us was I would work hard on keeping people in my life while she wouldn't. No matter how hard I tried to fix a lost soul, I needed to accept that things will never change. I needed to accept that not everything in life is meant to be fixed. Sometimes we just need to accept others the way they are. Everyone is on a different journey than us and everyone grows at different rates. The only way to do this is either through self-reflection or finding someone who mirrors everything you do.

No matter how much you or I, or anyone wants someone who will stay in our life, we need to also be ok with letting people go. There comes a point when you realize that if others don't see your worth it's not up to you to force them to see it. You need to think of your own happiness and your own journey in life.


Though people come and go in our lives, they all teach us a valuable lesson. Some will stay for a long period of time and some will only stay for a short period of time. The way you choose to handle these situations all comes down to you.

In the end, what you see in the mirror is a reflection of how you will carry yourself out in your lifetime. You get only one life. Make the most out of it. Try to live, learn and grow. Just remember everyone is a lost soul trying to find their way.




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LEGENDARY ADVENTURES

A hero in a funny green hat,
a princess, the Triforce...

"It's dangerous to go alone!"

words brandon macleam
artwork matt lehti

The *Legend of Zelda* franchise has been a pillar of video games since the original title released in 1986 for the Family Computer in Japan. Taking large risks, the game introduced the player into its world and left them free to follow their own path, with only vague hints acting as a guide. The size of the original *The Legend of Zelda* was unprecedented for its time; it was so large that it was the first console game to contain a save feature to keep track of players' progress. Nintendo knew they had a hit on their hands with the first *Zelda*; when they brought it to North America they released the game on gold-coloured cartridges to denote its premium quality.

From the beginning, the *Zelda* franchise was treated with a reverence that never seemed to fade.

Even when experimental, the developers always tried to push the games forward. The first sequel, *Zelda II: The Adventure of Link*, is known for being markedly different for its side-scrolling sections, tough combat, and experience system. As different as these elements were, they paved the way for future titles.



The Legend of Zelda: A Link to the Past brought the franchise back in line with a design similar the first title. Where this title shined was in its large map and focus on characters and their story. It broke the mold by introducing an entire second world that was a dark parallel of the main game, effectively doubling an already large experience. Often listed as the go-to game for the Super Nintendo, *A Link to the Past* is frequently deemed the ultimate 2D *Zelda* experience.

When 3D graphics were introduced, *Zelda* was blown wide-open. *The Legend of Zelda: Ocarina of Time* is considered the be one of the most critically acclaimed games ever made. It featured a fully realized 3D open world with inhabitants that had their own schedules and tales, a completely new combat system, a dramatic story spanning multiple timelines, and music-based gameplay. These elements added up to what seemed like the ultimate experience back in 1998.

Following *Ocarina of Time*, the *Zelda* franchise produced many different adventures. *Majora's Mask* is known for its *Groundhog Day*-style repeating days, and *Wind Waker* for its controversial art style and seafaring. Motion control took center stage, shaking things up in *Twilight Princess* and *Skyward Sword*. Despite the quality of these titles, it felt like every game was just a twist on what *Ocarina of Time* established. Each title became more and more linear, diminishing the sense of player freedom in fear of people becoming lost. It seemed that *Zelda* was starting to forget its roots.



The most recent title, *The Legend of Zelda: Breath of the Wild* seems to be addressing the franchise's lost ways. Looking back to the original game, *Breath of the Wild* takes place in a massive open world, leaving players to go on their own journey. It also features new survival-based mechanics such as weapon durability, and food crafting. It appears Nintendo wants to start fresh with this title, giving the game a very exploration-focused direction in its marketing. So far it has been met with open arms; the critical consensus is that *Breath of the Wild* is one of the greatest games Nintendo has ever developed, placing it up there with *Ocarina of Time*.

It looks like *The Legend of Zelda* might be reclaiming its place as a gaming monolith. It's too bad they had to get rid of the funny green hat in the process.



NINTENDO SWITCH

test driving the market's hottest new handheld

words matt lehti



The portability trend in consumer electronics continues to rise, between hybrid laptops that can be used for work and play, to smartphones of increasing size and battery power, and tablets being in nearly every home and backpack. It's no wonder then that Nintendo's latest console release — Nintendo Switch — stands out by merging the portability of a handheld and the power of a home console. I've been lucky enough to get my hands on one.

Nintendo is the grandfather of both the handheld and console games market. What began in 1980 with the the release of the Nintendo Game & Watch, evolved into an unimaginable industry for gaming. When it comes to handheld though, no company has achieved success quite like Nintendo.

It's no wonder Nintendo loves handhelds; it's the primary platform for gamers in Japan. When Nintendo released their first DS system in 2004, it was a massive step forward for gaming and ultimately evolved into one of the market's most beloved handhelds, the New 3DS. But with the March 3rd release of the Switch, Nintendo has produced possibly their boldest endeavour yet, and could change the face of gaming once again.

The Switch draws the most praise for being a platform that is designed to take your game with you wherever you go. The system itself is no bigger than your average plus-sized smartphone, and balances being lightweight enough for portability with being sturdy enough not to worry about breaking. It comes with two detachable "Joycon" controllers that slot into either side of the device as well as a dock that doubles as a charging station and a way to stream the action right onto the big screen. The great part about this is how the Switch can be played on the go or on the couch, and switch seamlessly between the two modes. Now you can take the home console adventure with you like never before.

The battery life of the Switch ranges from 2.5 to 6 hours, depending on how hardware intensive any given game is. On more graphically intense games like *The Legend of Zelda: Breath of The Wild* (BoTW) for instance, the console gets about 3 hours of life. This is a drawback with the current hardware, but you can get around this by carrying a power bank with you which can boost the lifespan of the battery by up to 4 times.

The Switch's launch lineup started strong with *Zelda; BoTW*, *1 2 Switch*, and *Snipperclips*. While *1 2 Switch* and *Snipperclips* are great for parties, most early adopters will be too busy with *BoTW*'s massive open world to even notice the steady stream of indie titles that are set to release in the coming months, including original exclusives and ports of existing titles like the complete edition of *Shovel Knight* which features a timed exclusive DLC campaign.

Nintendo built the Switch with quality in mind, and I've had a fairly impressive gaming experience thus far. I don't expect the Switch to replace dedicated home consoles for Triple A releases, but it stands as a great machine for indie games and Nintendo Exclusives. If you're a fan of Nintendo games and want a console that is more than an underpowered PC, I highly recommend getting your hands on one of these as soon as possible

real talk.

On November 11th of last year, I turned on the radio in my living room and tuned in to the Remembrance Day broadcast from Victory Square in downtown Vancouver. I caught the tail end of “In Flanders Fields,” then listened as a religious man began addressing the crowd. I expected to hear the usual formalities of religious speak; the speech that reminds us of compassion and sacrifice but rarely mentions by name any specific discriminations we ought to be fighting against. But this was three days after the election of Donald Trump, and clearly, something had changed.

The religious man on my radio spoke defiantly about a need for gender equality in the workplace, acceptance of minorities in our community, and basic human rights for all regardless of their sexual preference, race, or politics. It was such a departure from the traditional pulpit prose you hear on Remembrance Day, and so specific. There was no question he was talking about Trump and attempting to focus the collective consciousness, the kind of funneling of human energy that goes into “one minute of silence,” towards a rally against the debasement of society’s core values. It struck me then that Trump truly had dismantled the myth of vague language and we’d now arrived in a new era of public discourse. Our classrooms, water coolers and twitter feeds have been transformed into feisty public squares, the likes of which I’ve never seen. Rhetoric is back in a big way.

We are now in one of the most polarizing ages of discourse we’ve ever experienced. Trump’s technique of “saying it like it is” has one camp emerging from underneath the rock of political correctness, and the other camp ditching politeness for creatively caustic picket signs. From my vantage point as the publisher of this magazine, I waited to see how the editors and their network of student writers would react. This publication is meant to reflect the voice of the student population, through a diverse range of viewpoints from people that choose to contribute, and I truly didn’t know how they populace would respond. What emerged was a clear message from a community of young thinkers choosing to resist anger, opting instead for more honesty. While much of the world was spewing vitriol, you traded up for vulnerability.

In his book *I’m Right and You’re an Idiot: The Toxic State of Public Discourse and How to Clean it Up*, author James Hoggan writes: “Our public squares should be forums for open and honest, higher-quality debate, but sadly, these meeting places have become polluted by a toxic mix of polarized

rhetoric, propaganda and miscommunication.” A quick scroll through today’s most public of squares — social media — will yield examples of this toxicity: memes that mock, comments that degrade, and tweets that are shockingly forthcoming in their hatred. The new “heros” of free speech include people like Donald Trump and Milos Yiannopolous who plant their flags in the shallow dirt of bigotry and bombast. In my view though, the real heros now are the ones who resist antagonism, surrendering themselves to the connecting power of honesty. It’s been an honour to publish the words of these new heros this past year, right here at BCIT.

While the collective consciousness off campus boiled and raged, and other media responded with aggressive takedowns and outrage, our writers took a different tack, opening their hearts and listening instead of shouting. Whether it was the male student who rejected “locker room talk” in favour of new perspectives at the back of a women’s conference, or the immigrant mother who took a risk by sharing her struggles with strangers, or the scientist who crossed the threshold of insitutional academia to draw inspiration from aboriginal culture, every issue gave us an opportunity to publish perspectives that inspired me (and hopefully you) to embrace respect and understanding. Not once was I pitched an article calling out the “special snowflakes.”

Every year, this magazine takes on a life of its own and becomes a reflection of the collective consciousness of students and their social anxieties. This past year we all discovered that there is a deep divide in society — one that can’t be mended with a Pepsi — but I feel proud that our writers resisted the temptation of righteous anger and chose not to let recent events harden their hearts. They never hid from the truth, or pointed fingers; they shared diverse perspectives and spoke openly about their fears, their challenges, and the principles that guide them to live their best lives. Surely this is a better example of “saying it like it is,” and one with a more unifying effect. As Hoggan writes, “the most basic thing we can do to help the world is to be healthy, solid, loving, and gentle to ourselves. Then, when people look at us, they will gain confidence and say, If he or she can do that, I can too. So anything you do for yourself, you do for the world.”

To this year’s contributors I say: thank you for the help.

- Dan Post
publisher



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