



techlife

techlifemag.ca

RINGSIDE

FOR THE FINAL MOMENTS
OF LIFE AS A PRO WRESTLER

CHANNEL CHANGERS

MEG MORRISON AND
FOUR OTHER GRADS
REDEFINE THE TV CAREER

HOW TO SEE
CANADA BY BICYCLE

NAIT BAKERS
GO FOR GOLD **IN PARIS**



THE FINE ART OF THE
TRADES P. 26

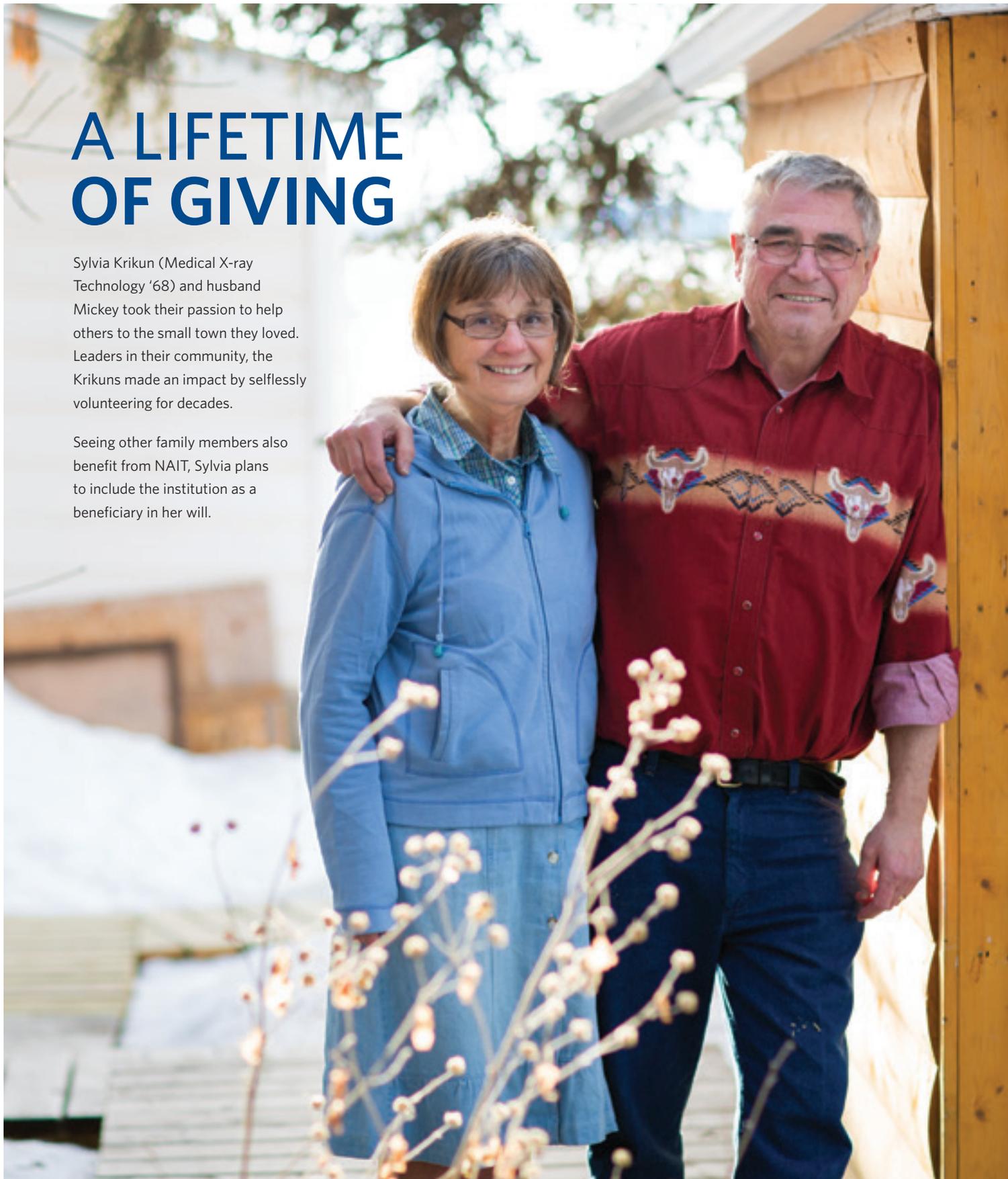
UNCONDITIONAL
CRITTER CARE P. 30



A LIFETIME OF GIVING

Sylvia Krikun (Medical X-ray Technology '68) and husband Mickey took their passion to help others to the small town they loved. Leaders in their community, the Krikuns made an impact by selflessly volunteering for decades.

Seeing other family members also benefit from NAIT, Sylvia plans to include the institution as a beneficiary in her will.



Read more about the Krikuns' inspirational story and how you can leave a legacy of generosity at nait.ca/giving

ESSENTIAL
THE NAIT CAMPAIGN





FIELD SPECIALISTS AND MAINTENANCE TECHNICIANS

85 years of
innovation

>120,000 employees

>140 nationalities

~85 countries of operation

Who are we?

We are the world's largest oilfield services company¹. Working globally—often in remote and challenging locations—we invent, design, engineer, and apply technology to help our customers find and produce oil and gas safely.

Who are we looking for?

We're looking for high-energy, motivated individuals who want to begin careers as Field Specialists or Maintenance Technicians. In these positions, you'll apply your technical expertise and troubleshooting skills to ensure quality service delivery.

- Do you want a high level of responsibility early and the opportunity to make a real difference on the job?
- Are you interested in an unusual career with a sense of adventure?
- Do you hold an associate's degree or diploma in a relevant technical discipline or have equivalent formal military training?

If the answer is yes, apply for a position as a Maintenance Technician or Field Specialist.

Apply at careers.slb.com

Go to Students and Recent Graduates, **Engineering, Research, and Operations**. Then select the Maintenance Technician or Field Specialist option to make your application.

What will you be?

careers.slb.com

Schlumberger



32



18



Cover photo
By Blaise van Malsen

techlife → contents

ON THE COVER

- 26 **The fine art of the trades**
- 28 **How to see Canada by bicycle**
- 30 **Unconditional critter care**
- 32 **Channel changers: Meg Morrison and four other grads redefine the TV career**
- 42 **Ringside for the final moments of life as a pro wrestler**
- 53 **NAIT bakers go for gold in Paris**

INNOVATE

- 30 **Healthy Pets, Happy People**
NAIT helps provide free vet care to those in need.
- 32 **Living with the Golden Age of Television**
How golf enthusiast Meg Morrison, broadcasting students and industry veterans are scripting their futures in an uncertain industry.
- 40 **Grassroots Gaming**
A new event celebrates the past and future of video games.

PEOPLE

- 42 **A New Fight for the Gothic Knight**
Edward Gatzky has hung up his sword after nearly 20 years of pro wrestling. Next on his list of valorous deeds: help revive the sport in Alberta.
- 50 **Safer Streets for Everyone**
A new tool from Paths for People could help pedestrians, cyclists and drivers.
- 52 **Bitumen Booster**
Andrea Sedgwick leads the way to reducing the environmental footprint of the oil sands.

CULINAIT

- 53 **Pressure and *le Pain* in Paris**
For the first time, Canada earned a spot at the Bakery World Cup in Paris, France. NAIT alumni made up two-thirds of the team to compete in the event of a lifetime.
- 60 **Recipe**
How to make brioche.

24



40



53

DEPARTMENTS

- 6 **The Latest from techlifemag.ca**
Your source for exclusive content
- 7 **Contributors**
- 7 **Feedback**
Your thoughts on our stories
- 9 **Editor's Note**
- 11 **Connections with the President**
Looking forward to our new building
- 13 **Technofile**
Technology, innovation, NAIT news and more
- 23 **Reading Room**
Two cookbooks combine flavour and nutrition
- 24 **Ask an Expert**
Defend yourself!
Advice from a pro
- 26 **3 Questions**
The fine art of the trades
- 28 **How to**
Tips on bicycling across Canada
- 61 **Get involved with NAIT**
5 ways to make a difference
- 62 **Spaces**
The Collision Space brings together people and ideas for entrepreneurial success
- 64 **Job Description**
Kimberly Hamilton pulls back the curtain on lingerie designing
- 65 **Acclaim**
Award-winning grads, staff and friends
- 66 **Rewind**
The legacy of NAIT's third president, George Carter, 1917-2015

NAIT ALUMNI FEATURED IN THIS ISSUE

- Leah Applejohn** - Welder '09 (p. 14, 26)
- Gil Cardinal** - Radio and Television '71, Honorary Degree '00, Top 50 Alumni (p. 65)
- Stephen Chung** - Culinary Arts '79 (p. 27)
- Ray Block** - Accounting '74 (p. 20)
- Gloria Booth** - Food Service and Nutrition Management '00 (p. 20)
- Alan Dumonceaux** - Cooking '84, Baker '87 (p. 53)
- Paulo Ferreira** - Welder '05 (p. 14, 26)
- Clayton Folkers** - Cooking '79 (p. 55)
- Edward Gatzky** - Dietary Technology '88 (p. 42)
- Rebecca Grant** - Culinary Arts '08, Management '13, Marketing '14 (p. 65)
- Malcolm Haines** - Sheet Metal Worker '94 (p. 21)
- Kimberly Hamilton** - Marketing '03 (p. 64)
- Elie De Herdt** - Baking '14 (p. 58)
- Linda Hoang** - Radio and Television '11 (p. 65)
- James Holehouse** - Baker '00 (p. 54)
- Hubert Lau** - Computer Systems Technology '91 (p. 65)
- Shauna Lesick** - Animal Health Technology '86 (p. 30)
- Clifton Lofthaug** - Electrical Engineering Technology '04 (p. 65)
- Chris Manning** - Welder '94 (p. 14)
- Sheridan McLaren** - Cook '09 (p. 23)
- Chris Moores** - Carpentry '09 (p. 41)
- Justin Nand** - Finance '13 (p. 16, 19, 65)
- Lisa Nguyen** - Diagnostic Medical Sonography '11 (p. 65)
- Ryan O'Flynn** - Cook '01 (p. 65)
- Jim Rakievich** - Heavy Duty Mechanic '82, Honorary Bachelor of Technology in Technology Management '16 (p. 65)
- Andrew Reid** - Network Engineering Technology '04 (p. 40)
- Kurt Sorochan** - Marketing '97 (p. 46)
- Sandra Spencer** - Business Administration '13, Accounting '10 (p. 62)

THE LATEST FROM techlifemag.ca

Between print issues of *techlife*, we post new stories at techlifemag.ca. To stay in the know – and receive useful content including how-to stories and recipes – sign up for our e-newsletter at techlifemag.ca/subscribe.htm. Here's a sample.



CELEBRITY SWEETS

Why Kathy Leskow's marketing strategy has the alumna and Confetti Sweets owner seeing stars.
techlifemag.ca/confetti-sweets-oscar.htm



THEATRE SCHOOL

Grad Nathan Salter shares what he has learned about life and work through acting and directing.
techlifemag.ca/theatre-life-lessons.htm



HOCKEY HISTORY REPEATS

A look at a statistical improbability made real: a second perfect season for men's Ooks hockey.
techlifemag.ca/ooks-mens-hockey-perfect-season-2015-16.htm



STRONG ALLIES

Tips on supporting members of the LGBTQ community.
techlifemag.ca/allies.htm



LET'S GET 'ER DONE

Now's the time to stop putting things off. Here's how.
techlifemag.ca/procrastination.htm



SNAPCHAT 101

Everything you need to know about using the fastest-growing social media platform.
techlifemag.ca/snapchat.htm



THE OTHER JOSH CLASSEN

When not forecasting weather, this grad's bustin' rhymes.
techlifemag.ca/josh-classen.htm



THE AMAZING RACER

Why a broken femur didn't stop veteran Ironman competitor and NAIT alum and instructor Ken Riess.
techlifemag.ca/riess-recovery.htm



WORKING THE CROWD

Be memorable for the right reasons with this guide to public speaking.
techlifemag.ca/public-speaking.htm



v9.2 2016

techlife

PEOPLE TECHNOLOGY INNOVATION

techlifemag.ca

EDITOR

Sherri Krastel

MANAGING AND ONLINE EDITOR

Scott Messenger

ASSOCIATE EDITOR

Shelly Decker

ART DIRECTOR

Derek Lue

DESIGNERSDru Davids, Rory Lee, Tracy Niven, Andy Oviatt,
Tina Tomljenovic**COPY EDITOR**

Ruth Grenville

CIRCULATION MANAGER

Nicole Rose (Marketing '08)

ADVERTISING MANAGER

Jamie Thiessen

CONTRIBUTING WRITERSJanelle Aker, Jordan Allan, Marta Gold, Linda Hoang (Radio
and Television '11), Ruth Juliebo, Natalie Kenrick,
Frank Landry, Amanda Stadel, Rudy Zacharias**CONTRIBUTING PHOTOGRAPHERS**John Book (Photographic Technology '87),
Leigh Kovesy (Photographic Technology '01),
Jeanette Sesay (Photographic Technology '10),
Blaise van Malsen**SUBSCRIPTIONS**Sign up for the techlifemag.ca e-newsletter at
techlifemag.ca/subscribe.htm.**FREELANCE SUBMISSIONS**Send queries to techlife@nait.ca. We do not accept
unsolicited manuscripts.**LETTERS TO THE EDITOR**

techlife@nait.ca

ADVERTISING AND CIRCULATION INQUIRIES

techlifecirc@nait.ca

Techlife magazine is published twice a year by NAIT
Marketing and Communications. Online features are
published regularly at techlifemag.ca. Opinions expressed
are not necessarily those of NAIT or the editorial team.

Techlife is a proud member of the Alberta Magazine
Publishers Association, abiding by the national magazine
advertising/editorial guidelines (albertamagazines.com).

Alberta Magazine
Publishers Association

Tracy Niven is new to the *techlife* team. Passionate about design in all forms, she has a background in advertising, and finds inspiration in Wes Anderson films and vintage typography.

PAGE → 23 - 29



Web writer **Jordan Allan** covered the recent resurgence in retro video games. He never knew all those weekends playing Super Nintendo as a teenager would come in so handy.

PAGE → 40



Marketing and communications specialist **Amanda Stadel** enjoys using her science background to explain how technology affects our lives. The U.K. expat also likes making trips back to replenish her stock of Bovril.

PAGE → 52

FEEDBACK

SWEET TWEETS

RE: HOW TO WIN AT THE CROWDFUNDING GAME, Vol. 9.1 (techlifemag.ca/crowdfunding-tips.htm)

Best article on the topic that I ever came across.

@sweckform2

RE: DOWNTON EMPIRE, Vol. 9.1 (techlifemag.ca/jay-downton.htm)

Here's a really great piece about @thesquireyeg [Jay Downton]. He's a pretty swell guy.

@mig14

A fantastic read. Props to @thesquireyeg and crew. Dreaming big and taking action. #yeg
@JennyJennyAdams

ELEVATING TECHLIFE

GOOD AFTERNOON, I was stuck in the small elevator at [NAIT's] Souch Campus for over an hour. I asked an instructor if he would slide a newspaper through the crack in the door for me. He slid a copy of *techlife* through instead. I found the articles in the magazine to be very interesting, informative and look forward to reading the next issue.

Mary McLaughlin

NAIT Program Assistant

CONNECT WITH US



social.nait.ca

You can also reach us by email at
techlife@nait.ca and mail:

Sherri Krastel, Editor
techlife magazine
10415 Princess Elizabeth Ave. N.W.
Edmonton, AB T5G 0Y5



DISCOVER THE SPIRIT

ALTERNATIVE ENERGY SOLUTIONS

Standing on the roof of the Devon Community Centre, surrounded by a 100 kW solar photovoltaic system installed by his company, NAIT alumnus Clifton Lofthaug thinks Alberta is on the cusp of an energy revolution.

As our economy diversifies, with solar power becoming a more prevalent, reliable energy source, Albertans will continue to find ways to harness the power of the sun.

Clifton sees NAIT as perfectly positioned to help meet the demand. "Everybody that works at Great Canadian Solar has received some training at NAIT. It's definitely given us an advantage over our competitors."

[Learn more at nait.ca/clifton](https://nait.ca/clifton)

**WE
ARE** ESSENTIAL
TO ALBERTA



"COMMON TO THESE STORIES IS THE FOUNDATION OF A POLYTECHNIC EDUCATION."



QUESTION: Where can you witness the final moments of a professional wrestler's career, meet a lingerie designer with a passion for supporting full-figured women, read about a broadcast journalist who parlayed a knack for golf into owning and producing her own television show and follow the first Canadian team to Paris to watch them compete in the world's most prestigious baking event?

Answer: In the pages of *techlife*, and at techlifemag.ca, where stories of people doing diverse things and making contributions to a wide variety of industries is the norm.

Common to those stories (in addition to featuring fascinating and sometimes unusual alumni) is the foundation of a polytechnic education and, for many, the entrepreneurial mindset that the experience fosters.

Finding and telling these stories is always interesting for the *techlife* team. It also reminds us – and, we hope, our readers – of the value and potential of this unique education. Over and over, we hear from our alumni how NAIT gave them an advantage in the form of the confidence that comes with hands-on experience. Perhaps that's why the NAIT Students' Association made their second historic gift to NAIT (p. 16).

As I write this, it's an exciting time for the more than 8,000 students from health, trades, business and technology programs preparing to graduate. They are wrapping up exams, organizing class parties, seeking or starting jobs and planning their futures. They'll bring the number of NAIT alumni to more than 200,000 around the world.

It's exciting for us at *techlife*, too. We look forward to telling some of their stories. Stories like **Edward Gatzky's** devotion to the sport of wrestling (p. 42), **Kimberly Hamilton's** love of making bras (p. 64), **Meg Morrison's** decision to take full control of her TV career and build her own production company (p. 32), and **James Holehouse** and **Alan Dumonceaux's** quest for world baking perfection (p. 53). All are diverse pursuits, and all began with NAIT.

Have a great summer and thanks for reading!

Sherri Krastel
Editor
techlife@nait.ca

TECHLIFE AWARDED

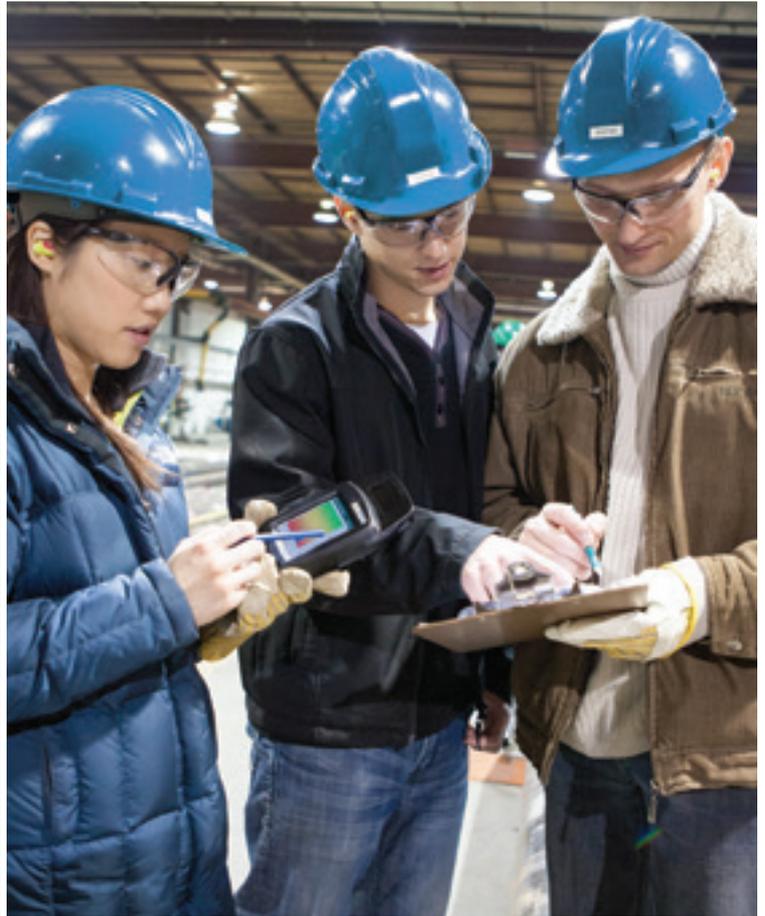
Alberta Magazine
Publisher Association
Achievement Awards

Silver – Illustration
(Flushed with Success,
p. 31, V8.2, spring 2015)

GET UP TO
66%
COVERAGE
ON TRAINING COSTS
WITH THE ALBERTA JOB GRANT

Visit nait.ca/jobgrant

**WE
ARE** ESSENTIAL
TO INDUSTRY



MAKE YOUR MARK

Acquire the skills to make a difference
in your organization with NAIT's Project
Leadership Certificate.

LEARN MORE

nait.ca/PLC

CONTACT US

NAIT Productivity Enhancement Services

PES@nait.ca 780.471.7733

**WE
ARE** ESSENTIAL
TO INDUSTRY





LOOKING FORWARD TO THE CENTRE FOR APPLIED TECHNOLOGY

THE CENTRE FOR APPLIED TECHNOLOGY will be one of the largest, and niftiest, post-secondary buildings in Alberta. It will be the new physical heart of NAIT.

But its opening this fall is about so much more than the bricks-and-mortar growth of NAIT. It's about the growth of Alberta. Our province needs NAIT to meet Alberta's current and emerging needs for polytechnic education and applied research. The centre will allow us to meet these demands, and to continue to fulfill our essential role.

Recently, I was able to see for myself just how the centre will do that.

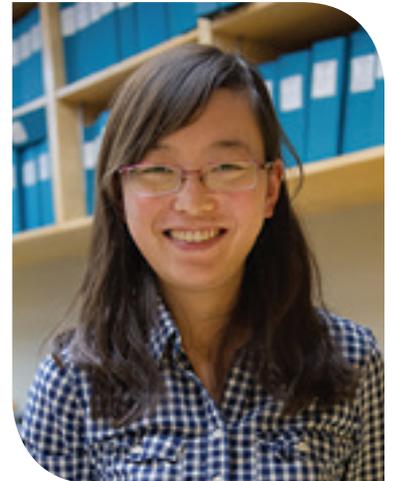
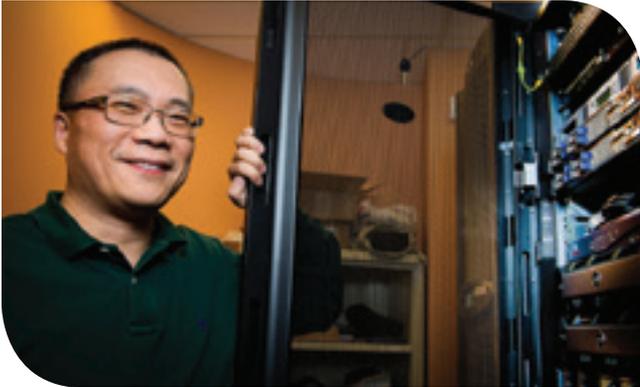
First, there's its structure. This is a remarkable building inspired by technology. The glass and stone exterior are clearly polytechnic in nature - this architecture reflects NAIT's future. Inside, it is massive: more than half-a-million square feet. Among its many stunning features is a bright, spacious atrium. This is where we'll hold student and staff events. Striking staircases rise through Main Street, the broad concourse that runs the length and height of the five-storey building. The wood ceiling provides a warm feeling. Despite the size, the building is a comfortable, inviting space that will foster a sense of community.

I'm also struck by the quality of its teaching and student facilities. The classrooms, labs and student spaces are as amazing as the architecture. Students will enhance their learning in high-tech simulation labs focused on programs such as health sciences and business. The openness of the building will encourage networking and collaboration between students across programs, just as they'll experience throughout work and life. I'm confident that the centre, designed with students in mind, will prove to be among the world's best learning environments.

As you can see, there is much for us to look forward to. The next time I write to you, thousands of students will be learning in this incredible space. I look forward to welcoming you into the centre. Like Alberta, NAIT has an amazing past, but the future is even brighter!



Glenn Feltham, PhD
President and CEO
glennf@nait.ca



YOU ARE WAIWARD. WAIWARD IS YOU.

What does this mean? It means you are the future of our industry. Waiward is one of the largest steel fabricators in Canada. Not only do we provide construction, engineering, and drafting services, but we invest in a learning culture. We are a team where leadership, mentorship, integrity, loyalty, culture, and accountability are all values of our organization. This is Waiward. Where are you? Apply now.

NOW RECRUITING

Join our team today. waiward.com/careers





TECHNOFILE

HEAVY METAL
OOKPIK →

➔ SINCE LAST FALL, a massive metal *Ook* has watched over the lobby of NAIT's Souch Campus, home of the Welder program.

The two-metre (six-foot), 140-kilogram (300-pound) statue sits perched atop a welded tree stump with its wings stretched out about 1.2 metres (four feet). Instructors **Paulo Ferreira** (Welder '05, below left) and **Leah Applejohn** (Welder '09, right) spent 150 hours over several months creating this version of the polytechnic's mascot.

"The goal was to showcase welding's versatility and provide an example of its use outside of the industrial scope," says **Chris Manning** (Welder '94). The Welder program chair challenged the two instructors to create the piece in time for October's Open House, where students often ask where welding can take them.

"There's more to welding than what meets the eye," says Applejohn, who loves the artistic side of the trade (see p. 26).

"It's nice to show students that welding is more than just putting pipes together and running fuel through them," adds Ferreira.

The instructors split the labour. Applejohn worked on much of the detail and Ferreira did the "smashing, bashing and blacksmith-shaping."

Most of the statue - including the 357 individual feathers in the wings and tail - is composed of iron scraps from the classroom. Its eyes are glass. The Machinist program provided a stainless steel NAIT logo and the Auto Body Technician program applied a clear protective coat to prevent rust.

"We are pretty proud of this," Applejohn says. "We aren't even modest. It's pretty awesome."

— *Linda Hoang*

**"WE AREN'T
EVEN MODEST.
IT'S PRETTY
AWESOME."**

LEAH APPLEJOHN,
WELDER INSTRUCTOR



STUDENTS GUIDE NEW WI-FI DESIGN

PERHAPS IRONICALLY, the absence of a traditional computer lab in the Centre for Applied Technology will be a sign of how advanced it is as a post-secondary facility. Because of "an explosion of mobility," the days of students stuck in a room full of desktops are virtually over, says information technology infrastructure and operations director Daryl Allenby. Therefore, when the 51,600-square-metre (550,000-square-foot) building opens this fall, it will cater to mobile devices, with about 550 internet access points - more than all of Main Campus combined. In terms of ubiquity, Wi-Fi will rival oxygen.

To make it happen, Allenby's team recruited some of the most qualified help it could find:

Wireless Systems Engineering

Technology students. For

a capstone project,

"We gave them our plan and let them tear it apart," says Allenby. The biggest revelation from the students:

work gets done en route, requiring better coverage in corridors and stairwells than the original blueprints suggested. Allenby didn't mind returning to the drawing board. "The feedback you get closest to the end user is really the most valuable," he says.

— *Scott Messenger*



BACK-TO-BACK

PERFECT SEASONS FOR WOMEN'S SOCCER

SILVER DOESN'T TELL the whole story. For the second year in a row, the Ooks women's soccer team was runner-up in the national championships. More important, though, was what happened before that: the first back-to-back perfect seasons for any Ooks team. Looking at 2014/15, that didn't surprise head coach Carole Holt. The 10 straight wins leading up to that year's playoffs included records for most goals in a single game (16) and most goals in a season (75). But such success in 2015/16 was unexpected. Of the 20 players in the most recent squad (right), 10 were rookies. What's more, two played with broken bones and two more were sidelined with concussions. Nevertheless, they went undefeated until the national final in Peterborough, Ont. last November. "We overachieved," says the coach. "We were a good team with a great attitude."

— S.M.



Kayla Michaels, #9, Alberta Colleges Athletic Conference women's soccer player of the year 2015/16



GLENN FELTHAM ADVANCES EDUCATION

NAIT PRESIDENT AND CEO Dr. Glenn Feltham (right) is working with post-secondary institutes in Alberta and Canada to create the best possible environments for higher learning. In 2015, he became chair of the Council of Post-secondary Presidents of Alberta. This newly formed organization includes leaders from the province's 26 publicly funded institutes. Nationally, Feltham helps promote hands-on, technical education by chairing Polytechnics Canada. Both groups focus on advancing skills important to Alberta and Canada's growth. "Education is vital to diversifying our economy and creating prosperity," says Feltham.

— Natalie Kenrick



STUDENTS MAKE A HISTORIC GIFT... AGAIN

FOR THE SECOND TIME, the NAIT Students' Association (NAITSA) has made a historic donation to NAIT.



Students in February voted 93 per cent in favour of making a \$5-million donation – the largest gift in the 54-year history of the polytechnic. The gift includes \$2 million to support the Centre for Applied Technology, set to open in the fall. The remaining \$3 million will be used to centralize and expand NAITSA's offices, upgrade student ID card technology and create a \$2.45-million fund to support future improvements on campus.

"Students have reaffirmed the special partnership that exists between NAIT and NAITSA that is the envy of the post-secondary sector in Alberta," says Justin Nand (Finance '13), NAITSA president at the time of the donation.

The gift, which will be made over six years, is double the \$2.5 million NAITSA donated in 2001 – at the time the largest gift ever made to NAIT.

— NAIT staff



"WE HONOUR AND ACKNOWLEDGE THIS IS TRADITIONAL TREATY 6 TERRITORY AND AN IMPORTANT TRADING CENTRE FOR THE MÉTIS NATION."

HONOURING TREATY 6



FOLLOWING A RECOMMENDATION of the Truth and Reconciliation Commission of Canada to acknowledge aboriginal heritage, NAIT now honours Treaty 6 at major events such as convocation. When president and CEO Dr. Glenn Feltham addresses graduates and guests at the 2016 ceremonies, his opening remarks will include: "We honour and acknowledge this is traditional Treaty 6 territory and an important trading centre for the Métis Nation."

The treaty was signed in 1876 and includes agreements about culture, land and more in an area that covers much of central Alberta, including Edmonton. NAIT's aboriginal liaison coordinator Derek Thunder wrote the acknowledgment with help from the local aboriginal community and campus elders.

"This recognition is very important - it is helping to create a better understanding of one another," says elder Walter Bonaise, whose great-grandfather, Chief Poundmaker, signed Treaty 6.

— N.K.

UGANDAN DENTISTS VISIT CAMPUS

IN MANY WAYS, dental care in parts of Africa lags that of North America. "In Uganda, 95 per cent of what dentists do is extract teeth, just because of economic conditions," says retired Alberta dentist, Dr. Drew Cahoon.

To help modernize dental techniques in their home country, four dental surgeons and four public health dental officers from Uganda toured Alberta hospitals and clinics, including NAIT, last fall. It was a crash course in Canadian dentistry practices. On campus, they covered sterilization (an area where NAIT is a North American leader, Cahoon says), radiography, clinical organization, dentures and the role of dental assistants. They also observed classes and learned from staff in the Dental Assisting Technology, Dental Technology and Denturist Technology programs.

Cahoon's relationship with NAIT goes back to 2011, when the polytechnic donated dental chairs and other equipment for dental professionals in Rwanda. Cahoon coordinated that effort.

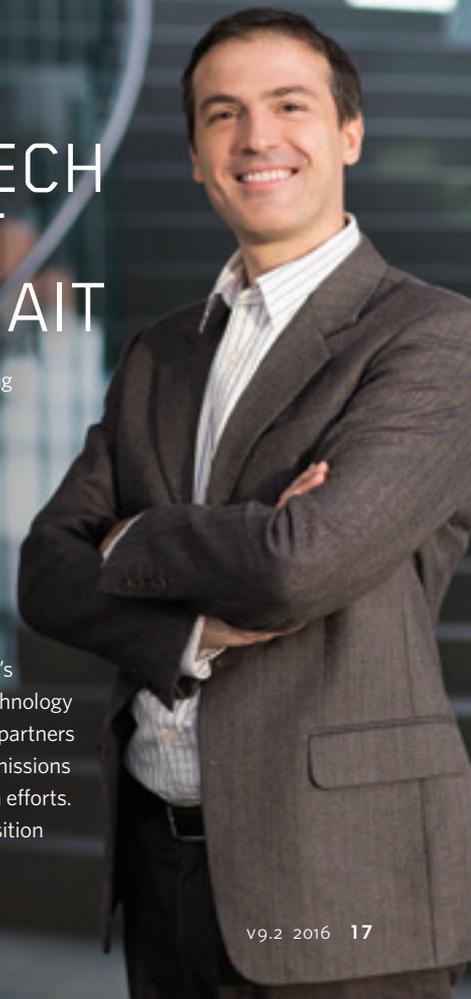
Dorothy Lawrence, chair of Dental Health Sciences, said this was one way to give back and support a humanitarian effort. In February, two dental assisting instructors travelled to Uganda and Rwanda to help put the new techniques into practice in local dental clinics.

— Frank Landry

BIO/ NANOTECH EXPERT JOINS NAIT

DR. PAOLO MUSSONE is using nanotechnology and biotechnology to help the energy sector reduce its environmental footprint. Bacteria and nanomaterials, for example, can be used to clean the water used in resource extraction. NAIT's first Applied Bio/Nanotechnology Industrial Research Chair partners with industry to reduce emissions and speed up remediation efforts. Mussone has held the position since November.

— F.L.



THE SOLAR SCHOOL PROJECT

TEACHERS AND STUDENTS at Edmonton's Hillview School have a powerful new learning tool above their heads that will expose them to an emerging industry.

This past fall, Alternative Energy Technology students designed and installed a 20-metre (65-foot) long solar electric system on the Hillview gymnasium roof. Funded by a City of Edmonton grant, it could generate 60 per cent of the power required to run an average Alberta home for a year.

But producing energy isn't the main point.

"This is, foremost, a demonstration project," says Duncan McColl, Hillview's principal. "It's a resource that will be integrated into the curriculum."

For the past eight years, the school has made environmental education a priority. Students participate in various sustainability projects, such as paper reduction, community gardening, Earth Day fairs and more.

This latest venture is intended to raise awareness about renewable energy and clean energy technologies among students and teachers. A website displays real-time data to help students learn how much energy is produced and the amount of CO2 emissions averted. Teachers will help frame up that information within the context of changing weather conditions.

Dr. Jim Sandercock, Alternative Energy Technology chair, anticipates a rapid boost in solar production in Alberta.

"We'll likely see new regulations and incentives," he says, referencing the Climate Leadership Plan released by the Government of Alberta in late 2015. The strategy includes a complete transition from coal to clean power by 2030. By then, Sandercock predicts that 30 per cent of Alberta's electricity will be generated from a mix of renewables.

Currently, the green energy produced in the province is enough to power 1,542 average homes. Sandercock forecasts that figure could rise to the equivalent of 257,000 to 428,300 typical houses over the next two decades.

He also estimates up to 5,000 direct construction jobs could be created in the solar- and wind-energy sectors, as well as roughly 2,000 long-term careers in operations and maintenance. That may represent opportunities for Alberta students.

Ken Erickson, then acting managing director of facilities services for Edmonton Public School Board, says the success of the project has encouraged the division to consider similar initiatives.

"Solar is the future," he says, "and we want to prepare students for that."

— Rudy Zacharias



Alternative Energy Technology students install a solar electric system on top of Edmonton's Hillview School.

JUDYLYNN ARCHER JOINS THE BOARD

JUDYLYNN ARCHER wants women to have the opportunity to succeed in the trades. The president and CEO of Women Building Futures (WBF) brings this same passion to NAIT as the newest member of its Board of Governors, which is responsible for the management and operation of the polytechnic.

"We've always looked up to NAIT," says Archer (Honorary Construction Engineering Technology '06) of her team at WBF. "To be part of that and contributing is quite an honour."

In her 13 years with WBF, she's helped grow the Edmonton-based non-profit into a training centre and affordable housing facility. Last year, it helped 3,152 women with career information, academic upgrading, pre-trades training and workforce coaching, with the goal of securing apprenticeships that can lead them to places like NAIT for their education.

— Frank Landry

**"WE'VE ALWAYS
LOOKED UP TO NAIT."**

JUDYLYNN ARCHER, PRESIDENT AND CEO,
WOMEN BUILDING FUTURES



HELPING HUNGRY STUDENTS

STUDENTS SHOULD be free to focus on their studies rather than worrying about finding money to buy food. Some of them aren't, which prompted the NAIT Students' Association (NAITSA) to begin providing non-perishable food hampers to students in need last September.

In its first four months, the NAITSA Food Centre filled 54 requests. Nearly two-thirds came from first-year students and about half of the hampers were given to repeat clients. Donations come from staff, students and NAITSA.

"We're happy students are using it. It's bittersweet," says Justin Nand (Finance '13, above), NAITSA president at the time. "You want students to use the service, but it's unfortunate they have to."

Nand expects demand for food hampers to grow as awareness about the service increases. In the past five years, NAITSA referred nearly 200 students to the Edmonton Food Bank. In March 2015, 77 per cent of 2,273 students surveyed by NAITSA felt a campus food bank was needed.

NAITSA wants to grow the program so it can offer the hamper service at Souch and Patricia campuses. "Right now people do have to come to Main Campus to pick up a hamper, which is obviously a barrier," explained Food Centre coordinator Matthew Pecore.

— Shelly Decker

SCHOOLS RENAMED

NAIT'S ACADEMIC SCHOOLS were recently restructured and, as of July 1, will be renamed to better align with the industry sectors they serve. "It's about creating a structure that will help us achieve our goal to become the most relevant and responsive post-secondary in Canada, along with a foundation for us to continue to expand and evolve well into the future," say Dr. Neil Fassina, provost and vice-president academic.

— NAIT staff

JR SHAW
SCHOOL OF BUSINESS

SCHOOL OF HEALTH AND
LIFE SCIENCES

SCHOOL OF SKILLED TRADES
AND CONSTRUCTION

SCHOOL OF APPLIED
SCIENCES AND TECHNOLOGY



METRO LINE CONNECTS COMMUTERS TO CAMPUS

Dr. Ray Block
(Accounting '74),
NAIT's vice-president
administration and CFO,
relaxes on the LRT.

STUDENTS TO ALUMNI TO STAFF →

GLORIA BOOTH (Food Service and Nutrition Management '00) came to NAIT as a student in 1998 and never left. Now the manager of Food Services Administration, she decided to stay after graduation because she enjoyed the culture and wanted a career where she could develop her skills.

"The educational journey continues, and that is really what NAIT is about," says Booth, who is also pursuing a Bachelor of Technology in Technology Management at NAIT.

She's not alone. Many alumni - Ooks for life - work at the polytechnic. Here's a look at who they are.

— Rudy Zacharias

200,000 NAIT ALUMNI



650
(OUT OF APPROXIMATELY 2,800)
NAIT EMPLOYEES
ARE ALUMNI

19.6% OF ALUMNI EMPLOYED BY
NAIT HAVE COMPLETED MORE
THAN 1 ACADEMIC PROGRAM

10 ALUMNI WHO ARE STAFF
HAVE COMPLETED 3 PROGRAMS

YES, WE KNOW. Since the first LRT travelled the Metro Line to NAIT in September 2015, the train has suffered all manner of insults and injuries. It experienced technical difficulties and disruptions; it's criticized for being infrequent and slow; it jams traffic.

But, to its credit, ridership is strong. About 28 per cent of the 109,000 daily boardings on Edmonton's 24-kilometre LRT system are on these 3.3 km of track, with nearly 5,000 people getting either on or off at NAIT station. One of those is Dr. Ray Block (Accounting '74), NAIT vice-president administration and CFO.

Block rides the train from Century Park, the system's south terminus, and uses it throughout the day for downtown meetings. After work, he uses it to relax. "I particularly hate driving home in rush-hour traffic," he says. "I like the opportunity to sit and read."

And it's good for the environment, he points out. Edmonton Transit System estimates that the Metro Line reduces greenhouse gas emissions in the city by about a tonne each day. "I feel good about that, too," Block adds.

Whatever is said about the Metro Line, the fact remains that it has provided relatively easy access - travelling an average of more than 15,000 km per month - to points northwest of Churchill Station. Because of that, Block sees the train as playing a key role in the future of the polytechnic. "It makes NAIT an even more attractive option for students."

— Scott Messenger

CRANE & HOISTING EXPANDS TO SPRUCE GROVE

SPRUCE GROVE may be a city of just 26,000 but this fall it will be home to six cranes.

The boom truck and mobile cranes will be key features of NAIT's Spruce Grove Campus, which opens in September on Golden Spike Road on the city's southern edge. Located on 133 acres of land purchased by the polytechnic, the campus will allow NAIT to expand the Crane and Hoisting Equipment Operator programs.

"It's been a long time coming but we finally have a permanent home for the program," says Malcolm Haines (Sheet Metal Worker '94), dean of the School of Trades.

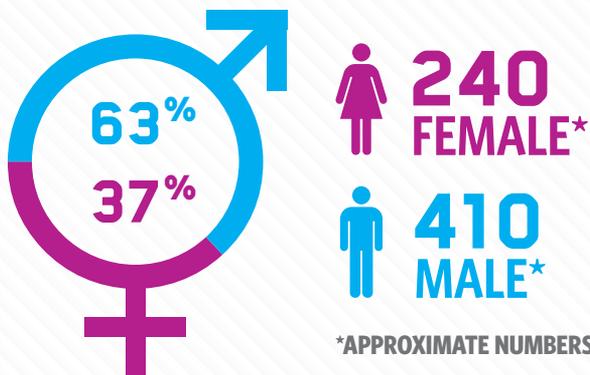
Ground was broken at the site in November and construction should be finished in June. In addition to the cranes, the campus will feature a 1,200-square-metre (13,000-square-foot) building with classrooms, offices and, in time, labs that simulate crane operation conditions. The new facility and land has the potential to increase enrolment by up to 80 per cent.

Until now, NAIT could train as many as 276 Crane and Hoisting students each year at a leased site in Nisku. Like all apprentice programs, the Government of Alberta (which committed \$7.8 million to the Spruce Grove campus) determines how many students can be admitted. In 2015/16, it requested 504 spaces - almost double what NAIT could accommodate.

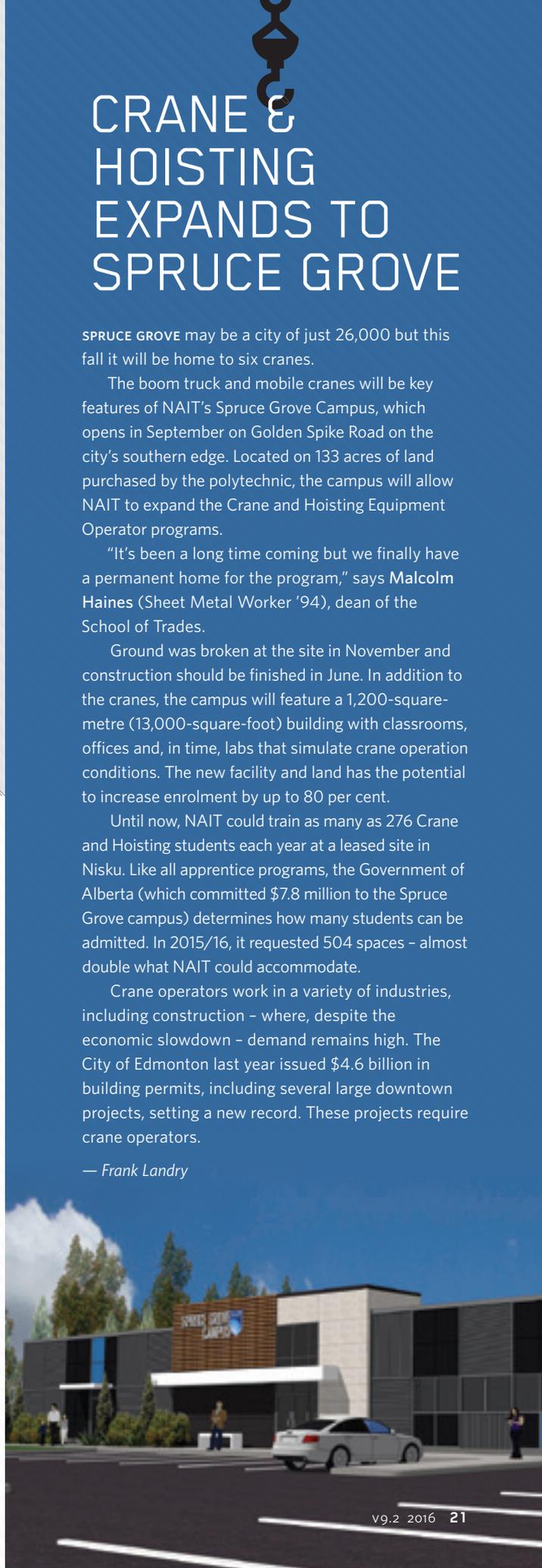
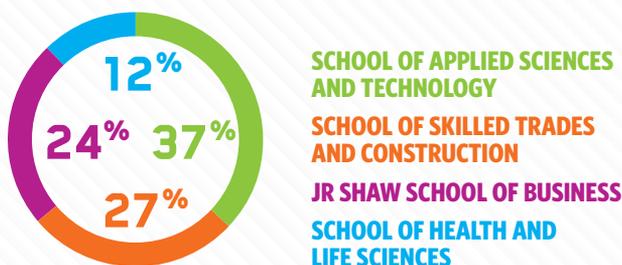
Crane operators work in a variety of industries, including construction - where, despite the economic slowdown - demand remains high. The City of Edmonton last year issued \$4.6 billion in building permits, including several large downtown projects, setting a new record. These projects require crane operators.

— Frank Landry

ALUMNI EMPLOYED BY NAIT



WHERE THEY GRADUATED FROM



IT'S YOUR STORY

NAITSA President, Justin Nand is proud to be an Ook and part of the NAIT community.

Read more about Justin's story at shop.nait.ca/itsyourstory.

shop AT NAIT

THE CARD WITH IMPACT

Help students reach their educational goals with the BMO NAIT MasterCard. As a cardholder, you support the NAIT Alumni Scholarship Endowment Fund with every purchase you make.

nait.ca/alumnibenefits



BMO 

"Thank you so much for providing this scholarship to me. I have worked very hard to maintain good grades and it is nice to know the hard work was worth it."

**VANESSA ALMBERG,
RESPIRATORY
THERAPY STUDENT**





FULL FLAVOUR, FEWER CALORIES

Spark Tuna, a recipe by
Sheridan McLaren.

Author and chef Sheridan McLaren strikes a balance between taste and nutrition.

WHEN CHEF SHERIDAN MCLAREN takes a booking for a private dinner party, he asks his clients if they'd like a menu created with nutrition in mind.

"A lot of times it's 'No, we don't want it' or 'No, we want full flavour,'" says McLaren (Cook '09). "At the same time, I see that starting to change and to evolve."

He's found a way to do both. While his four- to seven-course dinners contain decadent elements, his cooking often features creative, healthy offerings rich in flavour but not calories. He shares that information with his clients.

That passion for healthy and delicious cooking is the focus of two easy-to-use, beautifully photographed Company's Coming cookbooks. The Red Seal chef and nutritionist helped author *400-calorie Mains* (2014) and *Healthy Family Recipes* (2013), providing nearly half of the recipes in the former and all for the latter.

Healthy food is much "more than a salad with no dressing and carrots chopped on top," says McLaren, 26. Recipes in the coil-bound books, which will appeal to vegetarians and meat-lovers alike, add flavour through ingredients such as fresh herbs, vinegars or marinades and fruit.

The 75 recipes in each book are analyzed using Health Canada's Canadian Nutrient File. Each recipe's calories, fat, sodium, protein and other information are listed to help people make healthier choices, says

Kathryn Howden, a registered dietician and director of retail and ancillary services at NAIT, who reviewed the books' recipes. "There's definitely creative ideas on how to maximize nutrition with these recipes."

Those ideas are important, especially when you're starting to create your meal. Like many people, McLaren builds his meals around protein when planning his private dinner parties, a focus of his Edmonton-based private chef business. That's why contributing to *400-calorie Mains* interested McLaren, who's proud of the book's diverse recipes, such as Blue Cheese Beef Tenderloin, one of his contributions.

Using accessible ingredients, including a preference for fresh and natural items – yes, that includes butter – as well as recipes that won't overwhelm a novice cook, was also important to him.

"I want to empower people to cook," says McLaren, who attributes his love of cooking to his grandmother, a caterer who also ran a diner in Tofield, Alta.

"Everybody can cook," he says. "Just try it."

— Shelly Decker





GET DEFENSIVE

A peace officer's tips to prevent assault.

IN A FITNESS STUDIO AT NAIT'S MAIN CAMPUS, Stephanie Harris starts her self-defence course by playing a basketball video for the 20 staff members in attendance.

The campus peace officer asks them to count the times players pass the ball to one another. The participants try, some get it right, but the answer doesn't actually matter. The point is that no one notices the person dressed as a gorilla, casually walking among the players and even pausing for some chest pounding. Harris's students are shocked to discover they missed this – and how distractions can make us vulnerable.

"Self-defence is about your awareness," say Harris.

The more we pay attention to our surroundings, she adds, the safer we'll be from crimes such as physical assaults, which accounted for nearly 60 per cent of all violent offences in 2014, according to Statistics Canada.

We asked Harris, who has taken self-defence, police studies and peace officer training, for ways to avoid being caught off guard by the gorillas in our midst.

— Linda Hoang



Stephanie Harris (wearing the NAIT T-shirt) runs through self-defence methods with fellow NAIT peace officer, Gina Swan.

AVOID AN ATTACK

Awareness – when walking in public spaces, put your phone away and take your headphones off. Your senses are your first form of defence.

Walk confidently – keep your head up and check behind you regularly.

Look 'em in the eye – casually make eye contact with people around you – a quick glance and a smile. “If someone knows you know what they look like, they’re less likely to attack,” says Harris.

TYPES OF ATTACKS

In Alberta in 2014, there were 34,086 reports of assault or sexual assault. Common among the former, says Harris, is getting punched, tackled and choked. In her self-defence course, she teaches simple techniques to combat those types of attacks.

Among them is simply causing a scene. Don’t be embarrassed to draw attention to the situation.

“Make as much noise as possible and get as many witnesses as you can,” Harris says. Yell and repeat phrases like, “Don’t touch me,” “Get away from me,” and “Help!”

BE STRATEGIC

Harris can teach self-defence techniques but, “when it comes down to it, people will resort to what is most comfortable to them.”

If you have to fight back, target an attacker’s groin, side of the neck, eyes, shins or stomp on their feet. The pain this causes can buy you time to escape.

DON'T OVERDO IT

Inflicting more harm than necessary can lead to charges for you as well as your attacker. When you contact police after an incident – which you should always do, says Harris – be prepared to explain your use of force. Your goal isn’t payback; it’s to get away.



LEARN MORE

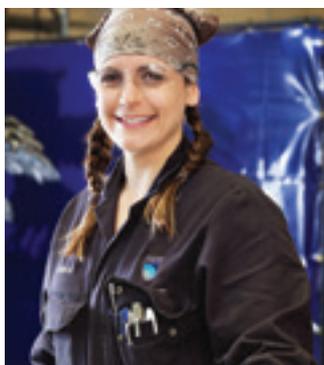
Harris’s courses are for NAIT staff but she recommends basic self-defence training to anyone who is able. In Edmonton, she recommends the Hard Target course from REACH Edmonton Council for Safe Communities or a class from Wise Warrior Gym.

WORKS OF ART

Three instructors bring together fine art and skilled trade.

USING A TRADES SKILL TO MAKE ART ISN'T NEW but the results are a reminder of the versatility and creativity required in both disciplines. Here, three talented instructors who straddle the line between tradesperson and artist share their perspectives on their unique passions.

— Sherri Krastel



LEAH APPLEJOHN (Welder '09)
Welder instructor

What do you like about working with metal?

The creativity it brings out in me. I like how forgiving it is, too. If I screw something up I can always fix it with relative ease – most of the time anyway.

Do you consider your skill a trade or art?

That's a tough question. I think both. Welding came up when I was looking for a career and the first thing I thought was, "I could make some cool stuff with this." As I went through the training it became a trade to me. I love both.

Do you have a dream project?

It would be really cool to do something for the city, like a large ram sculpture or great horned owl which are the animals for Alberta. Maybe one day. Doing something like that with my co-worker **Paulo Ferreira** (Welder '05) would be great. We did the Ook [sculpture at NAIT's Souch Campus, see p. 14] together and we worked well on that project.

PHOTOS BY NAIT STAFF PHOTOGRAPHERS



STEPHEN CHUNG (Culinary Arts '79)
Culinary Arts instructor

What do you like about working with ice?

It's fun to play with. With clear ice you can picture it as a shiny crystal or diamond. Turning ice blocks into any type of sculpture you want gives you a feeling like it is magic.

What's the biggest challenge of working with your medium?

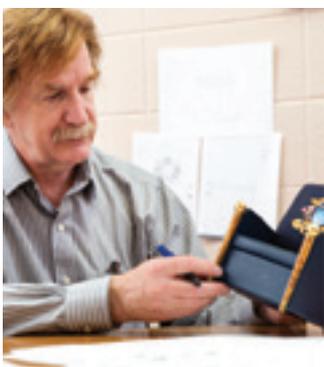
Temperature. If it is too cold, the tools will not work at their normal speed. When working with really cold ice blocks, we have to be very careful so the ice does not shatter. We can't worry too much about finishing the details of the sculpture. When it's too warm the details in the carving won't last.

Do you consider your skill a trade or art?

Both. Because it can be either a professional job or a hobby.

WEB EXTRA

See Stephen Chung at work at techlifemag.ca/ice-carving.htm.



PAUL ROBERTS
Cabinetmaker program chair

What do you like about working with wood?

The warmth, colour and texture in the grain. With some care, thought and reverence for the fact that this was once a beautiful living tree, its essence can be displayed, enjoyed and last for generations to come.

How do you start a project?

With tiny drawings of details in one-inch squares. I fill pages and pages with these tiny drawings (I find big blank pages intimidating.) When a shape or detail emerges, a detailed sketch of the complete piece is made. Depending on the project a model or a full-size layout is made. Then the piece is made.

Do you consider yourself an artist or a tradesman?

I consider myself a woodworker, a carpenter and a cabinetmaker. Within the projects that I undertake there are aspects of tradesman, craftsman and artist.



CANADA UP CLOSE

Have bike, want to travel? A NAIT staffer takes us coast to coast.

In summer 2015, Kristen Flath crossed the country by bicycle.

AFTER ATTENDING THE Banff Mountain Film and Book Festival and hearing stories about people doing “ridiculous and incredible things,” Kristen Flath decided she’d do one of her own: a cross-Canada bicycle tour. In late spring 2015, she and a friend set out from Vancouver and, after 78 days of cycling and eight rest days, dipped their wheels in the Atlantic Ocean at L’anse au Claire, Labrador on Sept. 2. Total kilometres: 7,310.

“I can’t think of a better way to see the country,” says the NAIT student engagement manager. Taking in the scenery a pedal stroke at a time comes with an unabating sense of accomplishment. “Every day you feel like you’ve done something amazing.”

Though the 31-year-old is a dedicated cyclist, she believes anyone with the will can explore the diversity of the nation under their own power. Here’s her advice for having a successful and incredible cross-country adventure.

— *Scott Messenger*



RESEARCH BEFORE RIDING

Sometimes, great journeys begin with a spreadsheet. Flath charted daily destinations and distances (about 100 kilometres on average but ranging from 40 to 170), elevation, accommodations and more. She knew things would change

en route but “You’re not going to do this research on the road. You need to do it in advance.”

The pair relied mostly on Steve Langston’s book, *Canada by Bicycle*, which covers Vancouver to St. John’s. Be prepared for surprises. Important supply stores can shut down and campsite names can change, Flath discovered. At times, “Steve kind of became our punching bag,” she says.



GET GOOD GEAR

Though she already had three bikes, Flath bought one designed for touring. It has a long, light frame, which flexes to absorb shock but can haul the 25 kilograms of gear she required. Good disc brakes ensure stopping under such loads and a wide gear range helped handle elevation. She invested

in a comfortable saddle, puncture-resistant tires and a reliable pump.

Packing included only essentials: two sets of bike clothes, rain coat, warm jacket, one set of off-bike clothes, two pairs of socks, two of underwear. The pair split camping gear, including a tent, thin mattresses, cookware and a small burner. On the way through Alberta, they dropped off a laptop, clothes and a spare tire.



TAKE PRECAUTIONS

Since her adventure was a story she intended to live to tell, Flath played it safe by

- knowing basic bike mechanics and how to change a flat. She regrets, however, not changing her worn-out chain somewhere around Manitoba to prevent damaging her drive train

- never riding in fog, heavy rain or at night
- making sure her insurance covered hitting anyone
- subscribing to a roadside assistance program that serves cyclists
- using chamois cream to prevent saddle sores. “We went through three tubes,” says Flath



EAT AND DRINK A LOT

Hungry bodies can stall quickly during touring. “One day we ate a whole pie,” says Flath. “It can get really bad really fast – and you can get ‘h-angry!’” On the road, the pair would eat every couple of hours.

Meal planning can be challenging.

Other than a jar of peanut butter (they emptied 15), the pair didn’t cart food. Instead, they’d buy enough for a day, sending one person in to shop. “If there are two people, there’s too much back and forth and it takes too long.”

In contrast, “Water wasn’t a big issue,” says Flath. She’d fill two bike bottles (750 millilitres each) in the morning and refill at gas stations or even strangers’ homes.



STAY FOR FREE

While food tends to eat up most of the journey’s budget, sleeps can be cheap. Flath and her friend wild camped for parts of their trip, pulling off the road to seek out a nice secluded spot on Crown land, free of charge. Sites were plentiful: Crown land accounts for 89 per cent of the country.

For more civilized stays, the pair would pitch a tent on the property of a welcoming bike shop, or lean on warmshowers.org, a worldwide network of people willing to offer a place to shower, a meal, or even a bed. The price: a promise to return the favour.

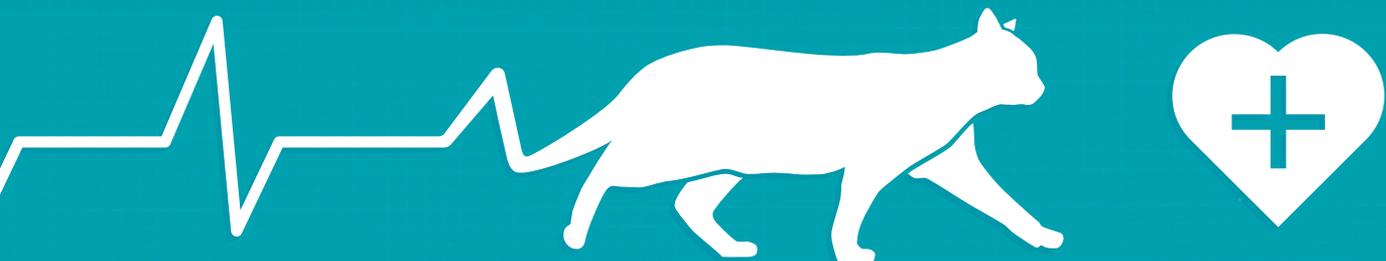


PARTNER UP

Similar fitness isn’t the basis of a good riding partnership. “You’ll bike your way into it,” says Flath, “whether you’re fit or not.” Instead, the fundamentals of good relationships apply: communication, respect, compassion.

“You’re with someone so closely and you’re always interacting with them” – even if that means silently trying to stay in sync while riding.

Most importantly, though, you need emotional support to see the beauty of the endeavour when that beauty isn’t so clear. Wind, rain, aches and pains can obscure the view. You need someone with whom you can share the good times along with all the rest, says Flath, “and feed you pie when you need it.”



HEALTHY PETS, HAPPY PEOPLE

NAIT helps provide free vet care to those in need.

ON A DECEMBER AFTERNOON, Judy Thompson watches as her 25-pound cat Bolt gets examined on her kitchen table.

"He's a little chunky," registered veterinary technologist Connie Varnhagen says while feeling Bolt's ribs. He's also had trouble walking and been unable to clean his behind.

Next to the 14-year-old black-and-white shorthair is a pile of Christmas presents Thompson (named changed at her request) bought using loyalty card points. Money's been tight this year for her and her family. Besides being diagnosed with thyroid cancer, Thompson lost her job and had her car broken into. She's grateful for this visit, which is free. Without the vet care, she might lose "her boy."

The Alberta Helping Animals Society, where Varnhagen serves as president, offers home veterinary services for cases like this. Its mission is to give vulnerable Albertans access to care and other services for their pets. Recently, NAIT's Animal Health Technology program joined the cause, offering the expertise of students and staff such as chair Dr. Elaine Degrandpre and technologist **Shauna Lesick** (Animal Health Technology '86), also on hand for Bolt's checkup.

"For many people who may be struggling with health issues, addiction, loss or trauma, companion animals may be their only source of social support," says Varnhagen. "We have clients who tell us the only reason they get up in the morning is to provide for their dog or cat. Others tell us they abstain from street drugs or alcohol so they can care for their pet."

Since the society launched its home veterinary services in June, relying on donations and volunteers, it has helped more than 150 low-income clients and 300 animals.

It has also helped NAIT.

Often, the polytechnic's animal health clinic has trouble finding patients, in part because it needs to ensure it doesn't take clients away from other veterinary clinics. Working with the society, staff and students make home visits to help provide convenient and comprehensive care. The society also supplies the polytechnic with patients for surgeries, vaccines and checkups.

This spring, the society will partner with NAIT to provide a full-day, high-volume vaccination clinic. They also provide neutering when possible.

Working with different types of clients also teaches students compassion, says Degrandpre.

"Some students come in with the mentality that owning a pet is a privilege and, if you don't have enough money, you shouldn't have a pet. I think that's a harsh way to see the world."

Degrandpre says eventually the program would like to do a study on the impact companion animals have on the mental health of vulnerable owners – an impact she believes is huge.

Thompson would likely agree. Thinking about being able to care for her cat or having to put him down, she pauses to compose herself. She doesn't want to consider the latter. "It gets lonely, by yourself." After his checkup, Bolt hops off the table and slowly walks away, pausing at his food bowl to see if it's been refilled.

As Thompson reaches down to give him a quick, affectionate rub, Degrandpre gives instructions on how to start Bolt on a weight-loss diet and keep him clean in spots he can't reach.

"We'll make sure to take care of him," Thompson says with a smile. "He's our big, lovable cat."

— Linda Hoang



Focused on excellence.

Staying committed to our values.

At ConocoPhillips, we're dedicated to finding and producing the oil and gas the world needs. It's what we do. We're also committed to our SPIRIT Values—Safety, People, Integrity, Responsibility, Innovation and Teamwork. It's how we do it.

To learn more, visit www.conocophillips.ca


ConocoPhillips
Canada 

www.conocophillips.ca

LIVING WITH THE
GOLDEN AGE
OF
TELEVISION

STORY BY
SCOTT MESSENGER
PHOTOS BY
**BLAISE VAN MALSEN
& JEANETTE SESAY**



FEATURED ALUMNI

Cheryl Dalmer, Radio and Television '79
Tyson Dolynny, Radio and Television '16
Su-Ling Goh, Radio and Television '98
Liam Johnson, Radio and Television '15
Meg Morrison, Radio and Television '04
Brandon Rhiness, Radio and Television '00
Perry Thomas, Radio and Television '85

FOR VIEWERS, TELEVISION HAS NEVER BEEN BETTER.
FOR INDUSTRY MEMBERS AND HOPEFULS, THE PICTURE IS LESS CLEAR.
HERE'S HOW MEG MORRISON AND FOUR OTHER GRADS
ARE TAKING CONTROL OF THEIR CAREERS
IN A BUSINESS IN TRANSITION.



Meg Morrison leads the filming of an episode of the Pro-Am Golf Show, which she owns, produces and hosts.

FEW PEOPLE can handle pressure like Meg Morrison (Radio and Television '04).

With her ball teed up, she glances down the 282-yard fairway while former Edmonton Oiler Jason Strudwick and Buffalo Sabres first-round draft pick Mark Pysyk watch from nearby. So does a production crew, cameras rolling.

"Are you guys scared?" Morrison asks "Struds," her co-host, and Pysyk, her guest for this episode of the *Pro-Am Golf Show*. She plants her feet and tightens her grip on the driver. It's a cloudy July day in 2015 and she's wearing a light sweater; her long hair gathers over her right shoulder as she fixes her gaze on the ball.

"I'm intimidated by someone who wears a cardigan to play golf," says Strudwick.

Ignoring the jab, Morrison smiles, coolly traces an arc with her club, and connects, hard – sending her ball into a water hazard. She allows for only a moment of disappointment. "Chip and a putt," she says cheerily. "Could still make par."

The trio carries on, cameras in tow to film the rest of the twelfth and final episode of the third season. Owned, produced and hosted by Morrison, the *Pro-Am Golf Show* airs weekly on CTV in the summer on a Saturday morning slot she purchased with her

own funds. The network pays her nothing. For income, Morrison sold ads, secured sponsorships and fees from the host courses, in this case Trestle Creek Golf Resort, 45 minutes west of Edmonton. This isn't conventional television, but it's about as conventional as a new approach to a TV career gets.

Critics call this the medium's golden age for its exceptional storytelling. Cable company executives might call it the decline of an empire. Advertising revenues have fallen steadily since 2011, reported Statistics Canada last August. Profits were also down, as were cable subscriptions, with viewers turning to online streaming services such as Netflix or to free internet content. As fallout, job and spending cuts killed the Omni newscast at Rogers, Bell said goodbye to well-known anchors and reporters on CTV and TSN, and Shaw said it would consolidate news production, also trimming staff.

Where does this leave those who are still entranced by the magic of television? Like Morrison, it means having to be more versatile and entrepreneurial than ever. Where the industry sees challenges, some students and new grads are seeing – or creating – opportunities. Despite the pressure, they're finding ways to draw the eyes of the world toward themselves and what they create.



Liam Johnson is putting his videographer skills to work in reality television.

CHANNEL R: REALITY SETS IN

Liam Johnson (Radio and Television '15) thrives on the unexpected, even when it means the difference between life and death during an average day on the job.

Throughout winter and spring, Johnson was media manager and field assistant on Discovery channel's *Highway Thru Hell*, a reality show that tracks a heavy-duty towing company on notoriously dangerous Canadian roads. Among his responsibilities: send footage to Vancouver for editing, some camera work, shoot stills, keep the crew safe in traffic and try to stay out of harm's way in conditions that send semis into the ditch.

"When RCMP are telling you to be off the roads, we're driving right into that," says Johnson.

For Johnson, the show - with an average audience of 723,000 in 2015 - was a step toward his true passion: news videography. Reality TV and video reportage, a strong component of the program at NAIT, are similar in terms of being unscripted, says Perry Thomas (Radio and Television '85), one of Johnson's instructors. "For those kinds of shows,

[students] need news training. When you're trained to shoot news you're trained to recognize a story or what is interesting, and you're also trained to be fast and shoot stuff as it's happening," says Thomas.

For Johnson, that can mean middle-of-the-night wakeups to cover crashes or rappelling down steep embankments to get footage. It can mean dull hours spent waiting in a motel room in Hope, B.C., where the TransCanada highway forks into three roads - and potential crash sites - including the feared and revered Coquihalla.

In one way or another, all of this describes the freelancer's life. Johnson was a contractor on *Highway*, keeping an eye out for the next gig. Twenty years old and without a family to help support, he finds the uncertainty as exciting as it is stressful. He also knows variety will come of it, and therefore growth. As he works toward landing an elusive job in news, he sees that as an investment.

"With the way the industry is going, it's definitely important to broaden your skills.

21

NUMBER OF TELEVISION STATIONS IN ALBERTA



3,000

NUMBER OF ALBERTANS EMPLOYED BY THE PROVINCE'S FILM, TELEVISION AND DIGITAL MEDIA INDUSTRY

CHANNEL 5: SOCIAL MEDIA IS THE MESSAGE

Tyson Dolynny (Radio and Television '16) has always had the means of production within reach. YouTube was born in 2005, long before the 19-year-old hit his teens. So a career in traditional television hasn't been a priority for the recent social media intern for NAIT's marketing and communications department. Besides, Dolynny points out, "There are veterans out of work. I'm just a 19-year-old kid coming out of a program trying to get a job."

That perspective also owes to his DIY success. Growing up in Cold Lake, Dolynny made highlight reels and interview videos for the local Junior B hockey team's Jumbotron and YouTube channel. He parlayed that into a Facebook page titled All Things Hockey Fights, brawls curated from across the web (8,000 likes and counting), which he uses to promote his Yak-City Gaming YouTube channel. There, he records himself playing and talking about sports video games for more than 1,200 subscribers, and has landed one video on the sports coverage site sbnation.com, had one featured on msn.com as a top video, and two more on the TSN site, BarDown. He credits

the visual storytelling and intensive social media training he learned at NAIT for helping him earn the exposure.

Besides attracting attention, Yak-City Gaming also generates a modest income: about \$20 a month through advertisements. Compared to PewDiePie, the Swedish gamer and comedian who earned about \$12 million last year making videos for YouTube, "it's absolute peanuts," admits Dolynny. But he expects the sites - which he sees as a legitimate form of broadcasting - to pay off in other ways. They're portfolio pieces for what he hopes will grow into his own content creation and social media management company.

"That's my goal: run Facebook or Twitter for people who either don't have time or don't have the experience. I would form a network in an area, say, east central Alberta."

In the meantime, he's happy to leave TV to the veterans. "I'm scared of it, almost," says Dolynny. "I don't want to get into it and have it die when I'm counting on it."



Tyson Dolynny hopes to make his career in another form of broadcasting - social media.



\$400 MILLION

ECONOMIC ACTIVITY
GENERATED BY ALBERTA'S
FILM, TELEVISION AND
DIGITAL MEDIA INDUSTRY
IN THE LAST FIVE YEARS

\$11 MILLION

RECENT GOVERNMENT
INVESTMENT MADE TO
THE ALBERTA MEDIA
FUND, SUPPORTER OF THE
FILM AND TV INDUSTRY,
BRINGING THE VALUE
OF THE FUND TO \$36.8
MILLION

\$7.5 BILLION

NATIONAL GDP
GENERATED BY CANADA'S
FILM AND TELEVISION
INDUSTRY IN 2013/14



Brandon Rhiness has rediscovered his passion for filmmaking, which he's fuelled through crowdfunding.

CHANNEL C: CONTENT IS KING

Naturally, **Brandon Rhiness** (Radio and Television '00) was scared when he was laid off last year as a machinist. Rather than fret about what to do next, however, he decided to focus on what he'd been doing on the side already. He'd write.

"I've always thought, 'If I didn't have a job, imagine how much work I could get done,'" says Rhiness.

For five years, he and a business partner have owned and operated Higher Universe, a publishing house for the comic books they make and sell locally and online, with Rhiness doing most of the writing. But Rhiness had also made films in the past and was eager to do more. Now, he had the luxury of time, if not money.

Indiegogo fixed that. Last fall, Rhiness used the crowdfunding website to raise \$4,000 to pay a cast of 12 and an experienced crew of more than a half-dozen to make *I'm in Love with a Dead Girl*, a 10-minute film about "a weird, lonely guy" who digs up a girl whose indifference he explains as shyness, explains Rhiness. "Things don't go well for him in the end."

Shot over two days in and around Edmonton and written, directed, edited and produced by Rhiness, the film premiered at Edmonton's Garneau Theatre in April then hit YouTube – a springboard, the filmmaker hopes, to the fall film festival circuit.

He has no financial expectations of the film (after paying the actors and crew he had to finance the rest out of pocket) other than to help fund future

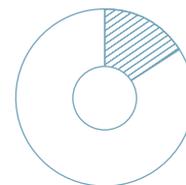
ventures through sales at the premiere. In a way, its value is as a creative exercise to establish credibility with audiences and with actors and crew members he paid with crowdfunding proceeds. "I want to be professional," he says.

It should also prove useful in driving traffic back to thehigheruniverse.com, where he hopes visitors might be enticed to buy comic books.

"If we get big at one, we'll get big at the other. The more content we create, it can only work to our benefit," says Rhiness, who acknowledges that the company has yet to turn a profit and that there is no firm business model in place to do it.

That's not uncommon. Not only is profitability hard to achieve but programs like Radio and Television are still figuring out how to prepare students to make it on their own. While today's industry can expect grads to act like entrepreneurs, their studies focus instead on a comprehensive skill set that makes them integral to shrinking production shops that can require a single person to take a story from an idea through production and ultimately to publishing or broadcast. "We're still operating on a model that business people will hire our students to be creative," says Thomas.

Fortunately, financing comic-book publishing taught Rhiness to live frugally. He feels he has time to wait on the money. "I'm not going to be homeless," he says. "I'll be able to eat, so I'll be ok."



16

PERCENTAGE OF CANADIANS WHO DON'T PAY FOR A TRADITIONAL TV SERVICE

"WE ARE ALL TRYING
TO DIVERSIFY."

-SU-LING GOH, GLOBAL EDMONTON
HEALTH REPORTER



Global Edmonton's Su-Ling Goh recognizes her industry is changing but she still sees a future in it for current students.



ALBERTA'S PER CENT SHARE
OF CANADA'S TOTAL
FILM AND TELEVISION
PRODUCTION INDUSTRY
IN 2013/14

CHANNEL N: NEWS YOU CAN USE

Su-Ling Goh (Radio and Television '98) enjoys a career that many students, not to mention members of her graduating class, might envy. After graduating, she landed a job at A-Channel Edmonton (today's City TV) as a videographer before moving to Calgary to eventually host Global's *Inside Entertainment* and interview celebrities on location in Hollywood and Cannes.

"The early highlights [in my career] were about meeting movie stars," says the 43-year-old health reporter at Global Edmonton and member of the program advisory committee that helps shape curriculum for the NAIT program. "Now those highlights have evolved to meeting real people who have overcome these incredible challenges, and actually making a difference in this world by telling these stories."

That's not the only change for Goh. When she started in 1997, "I didn't even have an email account," she says. Today, she uses a Twitter account (with more than 5,000 followers) to promote stories she tells on TV. Those stories are saved for the 6 o'clock news, a format Goh believes "still has some legs, at least for a few more years," because of the production quality, viewers' habits and the familiar and trusted journalists.

Perry Thomas wonders for how many years, given changes in those habits and expectations. "For a lot of Millennials and people in their 30s, they're not going to wait until 6 o'clock to find out what happened with that fire downtown," says the NAIT television

instructor. They'll look online for real-time coverage, making the newscast a highlight reel of the day's best web stories. "We're changing our program to adopt that strategy," says Thomas.

Veterans such as Goh - unnerved by recent job cuts - are adapting, too. "We are all trying to diversify," she says. Long-time reporters are learning to post videos online, writing more for the web and thinking about tailoring stories to the internet, all of which have been core to the NAIT program for eight years. A position has been created at the station to cater to the online audience, she adds: new digital journalists divide their time equally between broadcast and online. She sees that possibility for her own job, too, and she's fine with it. New grads, she suggests, need to accept the same.

When asked about prospects for today's students, Goh hesitates. Industry consolidation has eliminated some of the smaller markets where newbies have traditionally cut their teeth. "It's even harder to get a job in this business than when I started." Today, job placement rates a year out of school sit at just over 88 per cent, down from 93 four years ago but up from 78 per cent in 2013/14.

Still, she doesn't want to discourage. Getting the chance to grab sound-bites from George Clooney or Julia Roberts is only one kind of reward in this industry. "It's a job like no other. You are going out and meeting people and telling stories that could possibly educate or inspire people," says Goh.

"I hope it lasts."



Thanks to TV, Meg Morrison has built a career that allows her to pursue her love of golf and that suits her lifestyle.

CHANNEL M: THE MEG MORRISON WAY

Golf is and isn't all business for Meg Morrison. She's played since she was little, when dad and mom took the family out for nine holes on Friday nights. It's always had a special place in her life.

Now golf is largely responsible for her livelihood. A few months after 2015's last episode of the *Pro-Am Golf Show*, Morrison is busy organizing the 2016 season, set to air its first of 12 episodes in June (with curler Marc Kennedy as co-host; Strudwick got a gig on CityTV's *Dinner TV*). She spent the winter securing sponsors and golf courses and, for her efforts as owner of Gem Productions, the fourth season has already turned a profit. In fact, unlike many production companies, Morrison has never lost money.

"I never thought I would own my own production company," says the 31-year-old. "It was never a goal of mine." (Also surprisingly, she studied the radio side of the business but refocused after a practicum with a TV production company.)

This resourcefulness falls in line with what Cheryl Dalmer (Radio and Television '79) has seen of NAIT's current media production students. "We're seeing that, with this generation, they're very entrepreneurial. That's a big switch," says the instructor with Digital Media and IT, a program that includes digital cinema. They're also seeking a kind of personal satisfaction their parents might have been comfortable sacrificing, she adds. "They're looking for a different kind of lifestyle than

my generation – they're looking for balance."

For Morrison, mom to a four-year-old girl, summers can be hectic. In addition to producing the *Pro-Am Golf Show*, she supplements her income by filling in on the sports anchor desk when regulars go on vacation (a job she loves for the adrenaline rush of live broadcasting). But by season's end, she looks forward to spending plenty of time with family in the winter – when not preparing for next season, that is. For her, though, dealing with the pressures of working to be watched are acceptable costs of doing business her way. Television, for her, is a tool she's used to shape the lifestyle she wants.

There are moments that pressure gets uncomfortable, says Morrison. Her putting skills on season 3 of the show suffered for it. "It was horrible," she says. "Because all the work landed on my shoulders with owning it, producing it and hosting it, I would

line up for a putt but I would be thinking, 'OK, if this goes in I gotta throw to a commercial. If not, I have to sink it, then go to a commercial and, oh, don't forget to say the sponsor name.'"

Not for a moment, though, does Morrison ever lose sight of the fact that, as far as life goes in the golden age of television, she's made it. "For any golfer, they're sitting at their desk on a Friday afternoon going, 'Oh my goodness, I want to be on a golf course right now.' Well, I get to do it and I get to be paid for it." ■

"I NEVER THOUGHT I WOULD OWN MY OWN PRODUCTION COMPANY... IT WAS NEVER A GOAL OF MINE."

-MEG MORRISON, PRO-AM GOLF SHOW HOST, PRODUCER AND OWNER



SCIENCE & TECHNOLOGY



BUSINESS



TRADES



HEALTH CARE

HIRE LEARNING

Promote career opportunities with NAIT

Looking for work?

NAIT students and alumni

- Tailor your job search
- Connect with employers on campus
- Access career search information and tips

nait.ca/studentemployment

Looking for workers?

Online job postings

Reach thousands of great candidates by posting your positions online at no charge. Any full-time, part-time, summer or contract positions related to the programs offered at NAIT are welcome.

nait.ca/employerservices



CULINARY BOOT CAMPS

ENLIST TODAY FOR A CULINARY ADVENTURE!

NAIT's Culinary Boot Camps reveal the secrets to cooking and baking like a pro through hands-on practice, lectures and demonstrations in our state-of-the-art kitchens. Learn from NAIT's celebrated chefs.

PASTRY BOOT CAMP [BAKG305]

Mon - Fri | July 4-8 | **Fee:** \$1,475 (+ \$500 material fees)

CULINARY BOOT CAMP [CULG305]

Tue - Fri | July 5-8 or July 12-15 | **Fee:** \$995 (+ \$400 material fees)

GOURMET BOOT CAMP [CULG306]

Tue - Fri | July 12-15 | **Fee:** \$995 (+ \$400 material fees)

FOR THE LOVE OF CHOCOLATE BOOT CAMP [CULG310]

Tue - Fri | July 12-15 | **Fee:** \$995 (+ \$400 material fees)

CURED MEATS, CHEESES AND PICKLES BOOT CAMP [CULG330]

Tue - Fri | July 12-15 | **Fee:** \$995 (+ \$400 material fees)

Enlist today!
Call 780.471.6248 or register
online at nait.ca/bootcamp

A LEADING POLYTECHNIC
COMMITTED TO
STUDENT SUCCESS





Andrew Reid has turned a love of retro video games into a community-building event.



GRASSROOTS GAMING

Alumni celebrate vintage video games and contribute to the industry's future in Alberta.

ELECTRONIC BEEPS, SYNTHESIZED MUSIC, shouts of excitement and the clickety-clack of thumbs on plastic controllers fill a spacious study hall at NAIT in February. Throughout the day, more than 400 people of all ages check out vendor tables lining one side of the room and, along the other, the action unfolding on several TVs, some as old as the vintage video game consoles plugged into them. Three pull-down projection screens display the leaderboard of the day's best gamers.

The idea behind the Classic Video Game Championships – staged for the first time at the polytechnic by **Andrew Reid** (Network Engineering Technology '04), **Chris Moores** (Carpentry '09) and **Jaime Bailey** – is to celebrate video games, particularly the retro variety: Nintendo, Sega and arcade games that served as the foundation for what is now a thriving industry. Today, there are more than 470 game development studios in Canada (27 in Alberta) that employ roughly 20,000 people coast to coast and add more than \$3 billion annually to the national GDP.

The event started in July 2015 simply as a reason to get gamers out to play classic games. But Reid is proud of the contribution it makes to the local video game industry by bringing together people with passions similar to his. In addition to working for NAIT's registrar's office, Reid is a part-time Digital Media and IT (DMIT) instructor. He's also an avid collector with more than 5,000 video games, some dating back to his Commodore VIC-20 from the early 1980s. As a father of three, "I can play any retro game with my kids," says Reid. That's why the championships, started last summer at another venue as a quarterly event, are free and family friendly.

"That's where our foundation came from."

The championships have grown into an opportunity for local developers to meet and interact with their target audience: everyday gamers. For DMIT students invited to attend the most recent event, it's a place to make invaluable connections for the future, especially for those in the game design and programming streams.

"The students and the gaming community can gain better knowledge of who and what is out there to support their career choices," says game programming instructor John Winski.

Reid agrees, and notes that building community is just as important to the event as high scores. "From there, things grow," he says. "Four local guys might just decide 'Hey! We're going to start a studio.'"

Ryan Kain, owner of Nexwave Video Games, which specializes in retro gaming, is the main sponsor of the championships as well as a vendor. Kain has attended similar events and conventions across North America and knows that measured growth is the key to sustainability. "They realize it's not going to be like the Portland Retro Gaming Expo, where they literally get 10,000 people," he says. "They know to grow it slowly and let the community dictate how big it should get and how fast."

Reid plans to hold his next tournament – their first two-day event – at NAIT this June. He hopes to keep building momentum and connecting those involved in the local industry. And, staying true to the spirit of the event, Reid hopes to see not only gamers but also their kids enjoying the video games that started it all.

— *Jordan Allan*

A NEW FIGHT FOR THE GOTHIC KNIGHT

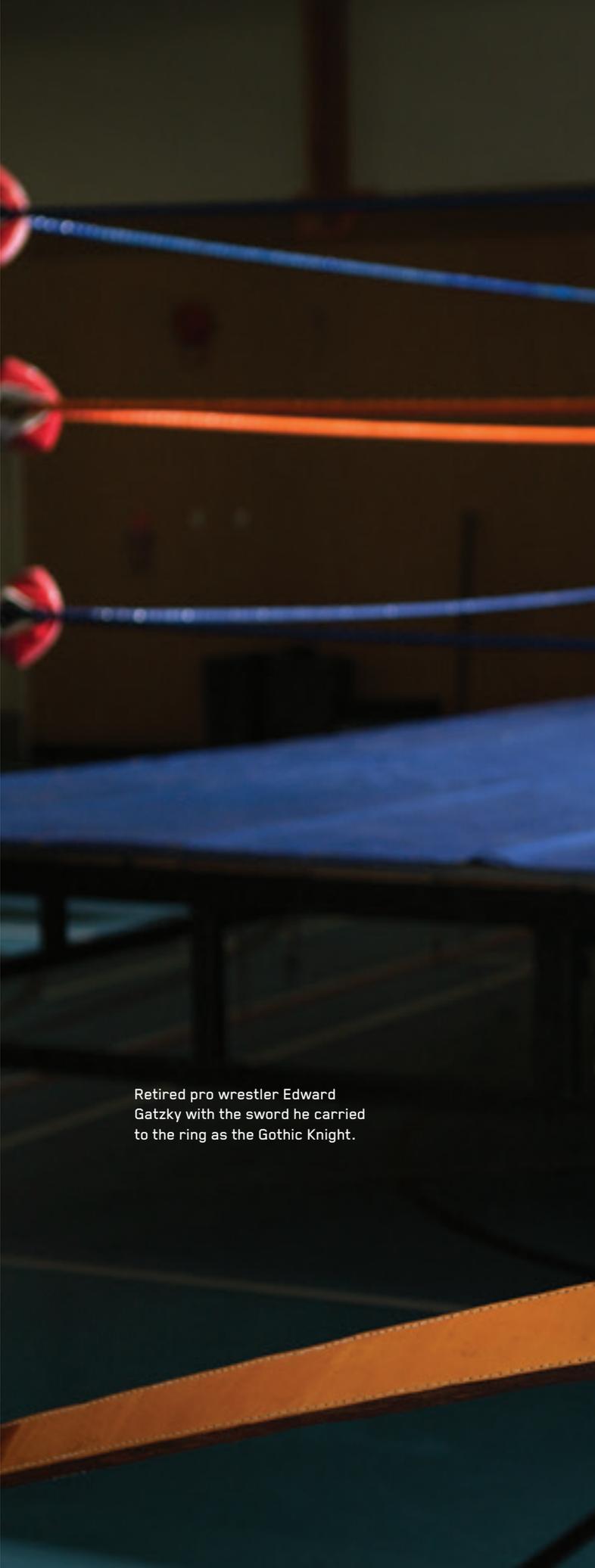
STORY BY
SCOTT MESSENGER

PHOTOS BY
BLAISE VAN MALSEN

Edward Gatzky has hung up his sword after nearly 20 years of pro wrestling. Next on his list of valorous deeds: help revive the sport in Alberta.

FEATURED ALUMNI

Edward Gatzky, Dietary Technology '88
Kurt Sorochan, Marketing '97



Retired pro wrestler Edward Gatzky with the sword he carried to the ring as the Gothic Knight.



R
RUSSELL



FIVE MINUTES into the last match of his career, the Gothic Knight is on the ropes. He's just suffered a flying elbow from the Primate Silverback, a 333-pound human projectile. Gothic – as he's known to fans – slumps against the turnbuckles, breathing hard, face red and sweaty.

Silverback props him up and climbs to the second rope, pinning him. A meaty fist rises, pauses, then comes down on Gothic's head, a hammer on an anvil. Silverback lifts his arm again and invites the crowd of nearly 400 to count along with the blows to come. Almost no one does. Why would they? That's their hero taking a beating.

Tonight was supposed to be a celebration of the 20-year career of the Gothic Knight – or, outside the ring, **Edward Gatzky** (Dietary Technology '88). What's more, the Pure Power Wrestling heavyweight belt is on the line as a potential parting gift for Gothic, now minutes from retirement. But not everything has gone according to plan today.

That afternoon at his house, a tidy, updated bi-level in an established Lethbridge neighbourhood, Gatzky wanted to relax and “get into character” as he has before every match of his career – something between putting on a game face and the morphing of a method actor. Instead, he was distracted by having to search for a kneepad that, despite having been packed around the world with him for years, has now

gone missing. He spent other valuable minutes taking care of his 74-year-old mother, in for the match from Crowsnest Pass, where Gatzky grew up. Then there was a nearly forgotten pickup of popcorn for the concession at tonight's venue, the Lethbridge Boys and Girls Club.

Gatzky may not have been able to focus on the match the way he'd like, but he's kept sight of the bigger picture. Tonight, Oct. 24, 2015, will be one of his life's transition points. When the final bell rings and one wrestler is declared champion, Gothic's story will draw to a close but Gatzky's won't. His battle will continue from ringside. As an owner of Pure Power Wrestling, he'll fight to keep the operation sustainable, thereby doing his part to reinvigorate the sport in Alberta and develop young wrestlers for the big leagues he competed in during his youth. In the long term, there's more on the line tonight than just a championship belt.

“The Gothic Knight,” Gatzky told me that afternoon, “expects a lot of himself.”

Of course he'd love to go out a winner. But Silverback, a 28-year-old who'd take a shot at World Wrestling Entertainment (WWE) if given the chance, has other plans. His fist continues to rise and fall. In the final fight of the Gothic Knight, the audience watches and worries. How this ends, nobody knows.

Well, almost no one.

Early days of the Gothic Knight. The face paint was short lived, says Gatzky.



GOTHIC COMES TO LIFE

GATZKY, IN THE tradition of great wrestlers, is a storyteller – a 340-pound, six-foot-four storyteller.

Throughout his career – about 750 matches – Gatzky’s story has always been about the Gothic Knight. The ring persona was born in the mid-’90s, after Gatzky started training with the Calgary-based Hart family that produced Stampede Wrestling and Brett “The Hitman,” a celebrated wrestler who ushered the young NAIT grad into the business after having him as a bodyguard during a Lethbridge visit.

“I wanted to be something with a medieval theme – a knight, a protector,” says Gatzky. But he didn’t want to be a classic good guy.

“When I developed Gothic he was never something to be easily embraced. He was supposed to be one of these heroes that you look up to but kept at arm’s length. He did right; he had very strong moral values. Gothic is close to who I am but he has an edgy, dark side to him that doesn’t really exist within me.”

As a storyteller, Gatzky cringes when thinking about Gothic’s 1995 debut at a Stampede Wrestling reunion in Calgary. “The match sucked,” he recalls, but not just because he lost. “In wrestling, being victorious isn’t all it’s about.” What matters is that “you tell a good story and when you walk away you blew your fans’ minds.” Generally, a see-saw drama unfolds in the ring but his opponent in that first match, wrestling veteran Makhan Singh, kept the action one sided, says Gatzky. “There was no back and forth. It was back, done, dead and go home. End of story.”

It was, however, only the beginning for Gothic. Gatzky keeps his wrestling history in a scrapbook in his dining room. As I flip through, he asks me to be

gentle with the pages, which tell of a climb to the top of the wrestling world – a spot in the WWE (then World Wrestling Federation) – but then turning back. Gatzky toured the globe as Gothic in the big leagues and even had a WWF tryout. “I was quite a physical specimen,” he says, looking at old photos of himself that show a He-Man figurine made of flesh and blood. At the time, however, he was also a young father.

Unlike other sports, there’s no season in wrestling, he points out. “My wife just got tired. She said, ‘I can’t raise these kids on my own. One day you’re going to come home to an empty house.’ That scared me. So I stopped. It was painful.” Instead, Gatzky remained a free agent, wrestling when and where he could. “My family came first.”

While he’s sharing this, Gatzky’s mother asks if he’ll fix her car headlight today like he promised. “I was expecting you to be here earlier,” he says, “but we will do it, yes.”

We head to the street to his mother’s aging silver Civic. The light, it turns out, needs a bulb Gatzky says he doesn’t have time to buy. His match is just hours away. As we go back to the house, his mother asks if there’s any Pepsi, her favourite drink. There isn’t, she’s told, and she goes inside. Gatzky sighs, turns back to the street to his pickup and drives to a corner store for half a dozen small bottles of Pepsi. When he gets back, his mother has left.

To properly tell his story in the ring, Gatzky usually spends half an hour relaxing, “letting Gothic come to life.” There’s little time for that now. He takes the drinks into the kitchen and sets them on the table.

“She didn’t know I was going to get the Pepsi for her,” he says.

Continuing from opposite page, scenes from the Gothic Knight’s last match in which he faced the Primate Silverback.





Kurt Sorochan is co-owner and promoter of what is currently Alberta's longest-running league, Prairie Wrestling Alliance.

THE FUTURE OF WRESTLING

LIFE'S DAILY challenges aren't the only obstacles Gatzky faces as a wrestling promoter. In addition to running Ultimate Lifestyles, his health and nutrition consultancy, he handles all the business demands of staging Pure Power events monthly, acting as the face of the company and keeping the operation sustainable. "He brings a real entrepreneurial mindset," says Kevin Farrell, one of Gatzky's two business partners (and who wrestles in the league as Sydney Steele).

Stewy Seunnapha, who has been wrestling throughout Alberta for six years, agrees. "When it comes to the business of wrestling, he's serious," says Seunnapha, who was a NAIT welding student last fall. Every event requires securing a venue, equipment, marketing, booking wrestlers and, of course, paying them anywhere from \$50 to \$200 a match – all part of the routine for Gatzky and his team (which includes his fiancée Heather Hunford-Burton, who organizes volunteers, works the door, does the books and more). "There are a lot of people who can't run one show," says Seunnapha.

Alberta may be ready for Gatzky's ambitions. He's part of a movement that is filling more of a void than a niche. Stampede Wrestling thrived here from the late-1940s to the mid-'80s, when ownership changes (it was briefly owned by the WWE) caused it to fade but for occasional abortive restarts. Mixed martial arts began competing for wrestling fans' attention in 1993, working steadily toward mainstream status in 2011, when Fox sports media picked it up. Yet today the province hosts five pro wrestling leagues, Gatzky's included.

Prairie Wrestling Alliance is another, co-owned and promoted by **Kurt Sorochan** (Marketing '97). Established in 2001, when the league held events in the NAIT gym, it's currently based at Edmonton's

Northgate Lions Seniors Recreation Centre. Sorochan says 20 per cent of his 25 to 30 annual events are sold out; attendance averages 300.

"It's on an incline," he says of pro wrestling. Nostalgia is one reason; people who liked it as kids are now sharing it with their own. "It's socially acceptable, now that it's toned down."

Like Gatzky, Sorochan is rebranding wrestling as family entertainment, leaving attitude and sexism to the big leagues without sacrificing the quality of the action and storytelling.

Sorochan sees constant improvement as a priority for his organization, and for others. "Ed is a big fish in a small pond," he says, but he believes Gatzky will soon have to meet big-city expectations. Sorochan can draw from a larger local talent pool, giving his operation a slickness Pure Power could strive toward and that could one day prove an advantage. Should Alberta wrestling continue to win over fans, Lethbridge, population nearly 95,000, could be big enough to host a rival league, suggests the Edmonton promoter.

Gatzky's stature in the southern city, however, may give him an edge. "He's somebody who's known to be always trying to give back to his community," says Farrell.

Pure Power pays rent at the Boys and Girls Club but it also regularly donates a portion of its proceeds to the organization, just as it has to STARS Air Ambulance and the local food bank and schools.

"Ed is a hulk of a man," says Jennifer Gullage-Payne, Boys and Girls Club executive director for the city and district. "But that's just on the outside. He is considerate and eager to do the best he can for his fans and Boys and Girls Club of Lethbridge."



THE GREAT GATZKY

LIKE FANS AND his community, wrestlers also depend on Gatzky's efforts, even if not exactly for their livelihood. For Seunnapha, wrestling as Kato the night of Gothic's last match, it's about personal potential. The effort of marketing himself, selling merchandise and working out have a grounding effect for him. "If I didn't have this," says Seunnapha, who hints at a past involving an unhealthy amount of partying, "I don't know what I'd be doing."

The ring also pushes him physically and creatively. The performance element has helped the 33-year-old overcome shyness. "Wrestling grabs everything you're good at in life," he says. "In a world of no rules, you can do whatever you want – and that can lead to something spectacular. You develop skills you didn't even know you had."

Like Seunnapha, Silverback – a.k.a. Brad Kiss – aspires to go as far as he can in wrestling. Gatzky, his mentor of four years, hopes to see Kiss get a WWE tryout, just as he hopes Pure Power Wrestling will support other young combatants through a formal training program it is establishing. Before the two meet in the ring that night last October, they discuss their

match and rehearse moves in the classroom just off the club's gym where the ring is. Gatzky does most of the directing.

"It's humbling," Kiss says of being the last person to wrestle Gatzky. "He's got 20 years in the business; I'm a rookie. He's willing to wrestle me and make me look like a million bucks." But Kiss also notes that it's time for a new generation to get its shot, which Gatzky – after overcoming concussions, a torn bicep, a hernia, a nearly fatal blood clot that led to a serious bout of depression, which he says contributed to the end of his first marriage – concedes without hesitation.

As the match nears, Gatzky is quietly pacing. He's breathing deep and slow, occasionally misting his long hair into tangles, water darkening the collar of his enormous orange T-shirt. A four-foot broadsword leans against the wall in a leather sheath, waiting for him. There's an intensity in his pale blue eyes. He sits down and throws his head back to gather his hair behind his shoulders. He looks mildly perplexed.

"My leg's going numb," he says to no one in particular.

Edward Gatzky is also an alumnus of the men's Ooks hockey program. He played for the 1985/86 team, which won the national championship under Perry Pearn (middle row, fourth from the right), now an NHL coach.



Gothic Knight/Edward Gatzky (centre) with Pure Power Wrestling business partners and wrestlers Richard Rainey (left, a.k.a. Bulldog Macbain) and Kevin Farrell (a.k.a. Sydney Steele).



"IT'S BEEN ONE HECK
OF A JOURNEY BUT
WE GOT 'ER DONE."

- GOTHIC KNIGHT, RETIRED PRO WRESTLER

Last October, the Gothic Knight retired as the Pure Power Wrestling heavyweight champion.

THE FINAL BELL

MINUTES LATER in the ring, Gatzky's leg seems fine. In fact, he seems suddenly and wholly restored. With Silverback still looming above him and ready to land his fifth blow, Gothic rallies. He scoops up his opponent and slams him to the canvas, pinning him as the ref dives in for a three-count. The final bell rings. After collecting himself, Gothic takes half a victory lap of the ring before Silverback personally surrenders the championship belt and raises his mentor's hand. Then Gothic takes the mic.

"It's been one heck of a journey but we got 'er done," he tells the crowd, holding up his belt. "Never forget that you are some of the greatest wrestling fans in the world. I mean that. I've been around the world."

After the match, Gatzky sits at a table to sign photos. Some are the same ones as in his scrapbook, taken of him in his prime 20 years ago. His mother sits nearby, silently drinking a Pepsi.

Later that night, Gatzky will join the other wrestlers at a pub for snacks and a drink. He'll congratulate everyone on having told "a good story" but he won't stay long, leaving the younger set to celebrate the evening. He also doesn't linger longer

than necessary at the Boys and Girls Club following that night's matches. After the fans leave and the wrestlers pack up, Gatzky stays back to lock the doors. With clean up and tear down left for the next day, the wrestler turns out the lights on the gym – and on the Gothic Knight – without pause.

On the way out, he talks about Silverback the way he might have once thought of himself. "I could see him having the chance to go up," he says, meaning the big leagues. He's seems comfortable with that time having passed for him, content in his new role.

"I've been blessed having my career the way it was. I didn't make the incredible money other guys have but I left on my terms. The memories and experiences I've had have been priceless – and there are many more to come."

By the time Gatzky gets into his pickup, Gothic seems to have receded into the history from which he came. Gatzky runs a hand through his blonde tangles. "It's time to cut my hair," he says. He talks of dropping 50 pounds. Then he starts the engine and pulls away from the club and the ring inside.

"I don't need to be this big anymore," he says. ■

REALITY CHECK

A wrestler, says Prairie Wrestling Association co-owner Kurt Soročan, is "one-third entertainer, one-third stuntman, one-third athlete." These days, the scripted nature of wrestling is an open secret in the business. That said, the word *fake* isn't tolerated. "The wrestlers are so well-trained and so dedicated to their craft," says Soročan.

That craft is storytelling. "We're highly skilled athletic entertainers," says Ed Gatzky, owner of Pure Power Wrestling and who once wrestled as Gothic Knight. "Maybe the two guys in the ring know what the outcome [will be], but that's neither here nor there. It's like when you go to a movie. It's already scripted. You just go for the ride, to be entertained and get the wow factor. You go to have fun. And that's what it's about with pro wrestling."

SATURDAYS WITH GRANDPA

"Every Saturday afternoon when Stampede Wrestling came on my grandmother knew to get out of the living room and go to the kitchen, go to the garden, go wherever but get out of the living room when Grandpa's wrestling came on," says Gatzky. "He had this big brass spittoon because he chewed snuff – he was an old coal miner. As kids, we would sneak around to the front of the house and watch him through the living room window. It was priceless."

Between ejecting streams of tobacco juice, Gatzky's grandfather, Robert Tuckwood, would act out moves from the show. He passed away only a couple of years before having a chance to shadow the Gothic Knight.

"If he would have known – well, he knows, looking down – that his grandson was a pro wrestler, he would have been in his glory," says Gatzky.



SAFER STREETS FOR EVERYONE

A new tool from Paths for People could help pedestrians, cyclists and drivers.





"IF THIS WAS A FACTORY OR A PLANT AND ONE OR TWO PEOPLE PER MONTH WERE GETTING HURT OR KILLED, YOU'D SHUT IT DOWN UNTIL IT WAS SAFE."

- CONRAD NOBERT, PATHS FOR PEOPLE CO-FOUNDER AND DIGITAL MEDIA AND IT INSTRUCTOR

CONRAD NOBERT never hides his enthusiasm for cycling. "Some mornings," he says, "I'm on my bike and I feel like I'm 12 again."

Nobert, a Digital Media and IT instructor who commutes to NAIT by bike year-round, has turned this passion into a mission. As co-founder of Paths for People, he hopes to make Edmonton streets safer for cyclists and pedestrians. Last fall, the non-profit organization released an online map showing that more than 5,400 collisions occurred between vehicles and walkers or riders over a decade. The group hopes to work with the city to bring those numbers down.

One way is to use the map to identify areas where accidents are common, such as along Whyte Avenue - the city's main entertainment district - from 112 Street east to Mill Creek Ravine. "If this was a factory or a plant and one or two people per month were getting hurt or killed," says Nobert, "you'd shut it down until it was safe. So we're asking the city to ... make it safer and slow people down."

Ideally, the group would like to see speed limits reduced from 50 to 30 kilometres per hour on residential streets. According to a Global Road Safety Partnership report, a pedestrian has an 80 per cent chance of being killed if hit at 50 km/h. At 30 km/h, that number drops to less than 20 per cent.

As for keeping cyclists safe, "Our position is if vehicles are going more than 30 kilometres per hour, we want people on bicycles to be physically separated from them," says Nobert.

That's why Paths for People rejected the painted-on bike lanes that the city implemented in recent years. Those lanes are for strong and fearless riders, as Nobert calls them, who are already cycling. "[Separated lanes] will attract new riders."

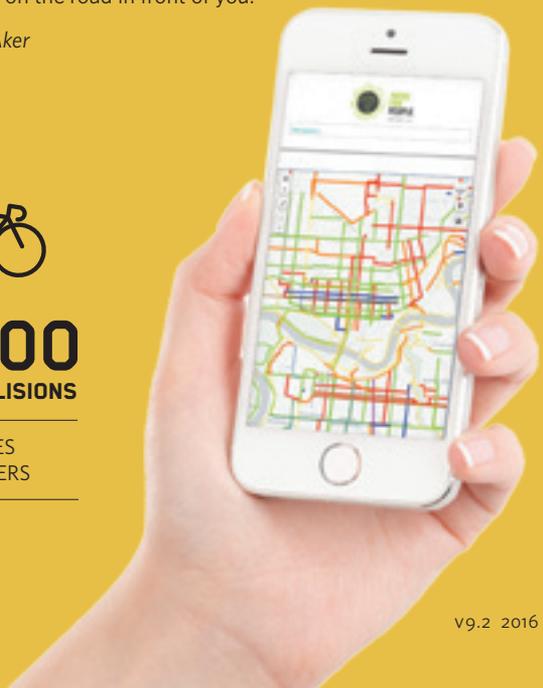
Paths for People has initiated ongoing discussions with city council about safer bike lanes and infrastructure. In March, it released an interactive map inviting people to identify the best bike and walking routes and whether they should be separated from traffic, or include multi-use trails or traffic calming techniques. The results may influence the creation of a central Edmonton pedestrian and cyclist transportation strategy.

These efforts are directed toward those travelling under their own power but Nobert hopes they have a positive influence on drivers as well. Bike lanes, he points out, can be useful for managing traffic congestion.

"Even if you aren't interested in riding a bike yourself, if somebody gets on that bike route then they're not on the road in front of you."

— Janelle Aker

Paths for People hopes its interactive map will lead to a network of safe walking and riding routes.



BITUMEN BOOSTER

Andrea Sedgwick leads the way to reducing the environmental footprint of the oil sands.



Andrea Sedgwick,
Ledcor Applied
Research Chair in Oil
Sands Sustainability

WITH MORE THAN 1.6 TRILLION BARRELS of bitumen in the ground, Alberta's oil sands are among the world's largest deposits of crude oil. For years to come, they will continue to influence energy markets, jobs and revenue in Alberta.

They will also continue to have an impact on the environment and require solutions to manage their ecological footprint. Andrea Sedgwick sees that as an opportunity. "To help make a better picture for the oil sands is something that any Albertan should be trying for," she says.

With more than 20 years of experience in oil sands development and production, Sedgwick was recently named Ledcor Applied Research Chair in Oil Sands Sustainability. The role involves both an economic and environmental focus and includes remediating tailings ponds and reducing the use of fresh water in extraction. The work will be based at NAIT's Centre for Oil Sands Sustainability, a south Edmonton research lab staffed by a team of scientists, engineers and technicians, many of whom have worked or trained with industry.

"Oil sands sustainability is at the forefront of this work," says Dr. Chris Dambrowitz, NAIT's associate vice-president of research and innovation. It's a complex challenge but he believes Sedgwick's industry connections and knowledge will give the polytechnic an advantage in addressing it. "Andrea's background is ideal for this."

The key to Sedgwick's success lies in industry collaboration. The centre will help small and medium business bring sustainability-oriented technologies to market by providing access to equipment and instruments some companies may not have, along with testing to validate new projects. Sedgwick will also lean on the expertise and applied research experience of staff in other departments and schools at NAIT. "We have been very open about how we can help each other move forward together."

Advancing new ideas that will bring increased sustainability to the oil sands is Sedgwick's ultimate goal. For her, being able to contribute is a point of pride. She also sees it as a responsibility. "I was born here, I have been in Alberta for almost all of my career," she says. "I want Alberta to be successful and I want it to be environmentally successful as well."

— Amanda Stadel

PRESSURE

& le pain

IN PARIS

For the first time, Canada earned a spot at the Bakery World Cup in Paris, France. NAIT alumni made up two-thirds of the team and competed against the odds in the event of a lifetime.

STORY BY
MARTA GOLD
PHOTOS BY
JEANETTE SESAY

FEATURED ALUMNI

Elien De Herdt, Baking '14
Alan Dumonceaux, Cook '84, Baker '87
Clayton Folkers, Cooking '79
James Holehouse, Baker '00

NAIT instructor and Bakery World Cup competitor Alan Dumonceaux at work in Paris.



Baking Team Canada: Marcus Mariathas from Toronto, and NAIT instructors James Holehouse (centre) and Alan Dumonceaux.

PRE-DEPARTURE

FRIDAY, JAN. 29, 2016
NAIT, EDMONTON

AS BAKING PROGRAM CHAIR AND INSTRUCTOR Alan Dumonceaux (Cook '84, Baker '87) heads to Paris to compete in the most prestigious baking contest in the world, he packs one of his most critical items – allergy medication.

In an all-too-common culinary irony, Dumonceaux is a baker allergic to flour. In the practices during the months leading up to Coupe du Monde de la Boulangerie, or the Bakery World Cup, he has battled itchy eyes, a stuffy nose and breathing difficulties brought on by long-term exposure to flour. But there was too much at stake to let an inconvenient reaction to ground wheat stand in his way.

Dumonceaux and his Baking Team Canada teammates James Holehouse (Baker '00), a fellow instructor, and Marcus Mariathas, director of product development at Toronto's Ace Bakery, achieved a first for Canada last spring by qualifying with 11 other teams for the event. Held every four years in France, the Bakery World Cup puts the world's best bakers through a gruelling test of stamina and skills.

When the competition begins in a little more than a week in a convention centre in the suburbs of Paris, the three men will have 10 hours over two days to create a wide array of baked goods, everything from baguettes to brioche to sandwiches and bread sculptures, all to exacting specifications. It will be their sole chance to prove themselves and represent the country – bakers can only compete once in the team event.

Just making the cut – and sharing the international stage in France, a country where the ingredients and preparation of bread are regulated by law – could be considered the height of accomplishment in any baker's career. Unless you think like Dumonceaux.

"We're the first Canadian team to make it to the World Cup. No one can ever take that away from us," he says. "But our goal now is to win – that's the standard we set for ourselves. If we're not going with the intent to win, why are we going?"

THE LAST PRACTICE

SUNDAY, JAN. 31

LESAFFRE BAKING CENTRE, LILLE, FRANCE

IN PREPARATION FOR THE FEB. 5 - 9 COMPETITION, the team arrives in Lille, about two hours north of Paris, and sets up in a practice kitchen at the Lesaffre baking centre. The Taiwanese and Japanese teams are in adjacent kitchens. A documentary film crew follows the Japanese team members, who have been practising six days a week for six months.

The Canadians have been practicing for months as well. Holehouse cancelled a Christmas trip to Mexico to visit his sister; Dumonceaux gave up time with his family over the holidays; Mariathas and coach Mario Fortin, an international baking consultant from Montreal, spent weekends flying to Edmonton to practice in NAIT's kitchens.

This, however, is different. Now in France, they must get used to new equipment, such as the ovens, and the ingredients. French flour and butter, unavailable in Canada, are considerably different than what's back home and will mean adjustments to recipes and techniques.

Nevertheless, Clayton Folkers (Cooking '79) is optimistic. "I think our chances are really good," says the team technical adviser. "It all boils down to what you do on the day of competition. The question is, do we rise to the occasion?"

That might be trickier than expected. Mariathas, the team's baguette expert, discovers the temperature on the retarder (the refrigerator that controls yeast fermentation) fluctuates. When he mixes his bread starter with two others he's created here for his baguette dough, the retarder kills the yeast. That starter - 200 grams of goop made of flour and water in which wild yeast grows - is precious, providing the buttery, sweet flavour of the baguette, which is made with only the starter, flour, water, salt and fresh yeast. Like

other bakers, Mariathas brought his own, transporting it in layered freezer bags tucked among his clothes. Unlike the other bakers, he was told by the French judge at the qualifying competition in Argentina that his baguette was the best he'd ever tasted.

Luckily, he lost only a small amount of starter.

For Holehouse, responsible for the team's bread sculpture, the practice in Lille is more about mental preparation and organizing his ingredients. For the previous two weeks, he ran through the entire 10-hour baking and assembly of his showpiece four times.

"It's just so overwhelming now that this is the top competition in the world, and I don't want to be unprepared," he says. Holehouse, who has worked at the Shaw Conference Centre and overseen the pastry kitchen at the Grand Hyatt in Taipei, has worked with chocolate and sugar in the past, but has sculpted bread only once before in competition.

"Bread is much more fragile," he says. "The pieces contract and warp as they bake so you don't have as much control." The pieces are held together with sugar syrup, which doesn't stick as well to bread as it does to other sugars.

In Argentina, Holehouse finished his sculpture with four minutes to spare. "It's going to be even harder in Paris," he says.

Fortin, who has served as a judge at the last two Coupe du Monde competitions, would agree. "I would say 10 of the 12 teams competing have the potential to make it to the podium," he says "I think the team that misses just one product will be out; it will be that close. It's the details that matter and, sometimes, those aren't easy to control."

“We’re the first-ever Canadian team to make it to the World Cup. No one can ever take that away from us.”

- ALAN DUMONCEAUX, BAKING TEAM CANADA MEMBER AND NAIT BAKING CHAIR AND INSTRUCTOR

Marcus Mariathas measures out ingredients for his specialty, baguettes and world breads.





DEALING WITH DETAILS

WEDNESDAY, FEB. 3

HOTEL CAMPANILE, ROISSY EN FRANCE

THE TEAMS AND THEIR SUPPORTERS are all staying in Hotel Campanile, near the Parc des Expositions de Paris-Nord Villepinte in suburban Paris. The lobby, restaurant and bar are abuzz with languages from around the world.

After wrapping up practices in Lille, the Canadians drive to Paris along with eight extra-large plastic bins full of ingredients and equipment brought from Edmonton, including the silicone molds Holehouse made for some of the 150 parts of his sculpture, a depiction of Canada's unofficial national sport, hockey. They store the bins and the baking racks that they have borrowed from one of the tradeshow suppliers in their tiny hotel rooms.

Dumonceaux, the team's Viennoiserie (breads similar to pastry) and savoury bakery expert, pulls his racks out into the fourth floor hallway along with two bins. They're filled with dozens of bags of ingredients. Back home he made pages of labels: cocoa, black sesame seeds, fleur de sel, ground hazelnuts and more. He puts each ingredient into a small plastic container, affixes labels and arranges them carefully on the rack, in the order he'll need to use them.

"This will save minutes," he says. "And every minute counts."

Top, Baking Team Canada competes at the Parc des Expositions, site of the Bakery World Cup. Above centre, team technical adviser Clayton Folkers watches the action from the stands.



THE BIG DAY

SUNDAY, FEB. 7

PARC DES EXPOSITIONS DE PARIS-NORD VILLEPINTE, PARIS

AFTER BEING GIVEN TWO HOURS to set up their competition kitchen the night before, the members of Team Canada are up at 4 a.m. to catch the bus from the hotel to the convention centre, site of the event, along with the competitors from China, Turkey and the hometown favourites, France. The massive centre is the site of Europain, a trade show of bread, chocolate and confections attended by more than 60,000 people from all over Europe. Four fully appointed kitchens are set up in one corner, open for spectators and judges to see. The teams have eight hours starting promptly at 5 a.m.

Team Canada's strategy is to move quickly at the start of the competition so they can spend more time assembling the sculpture and pastries, says Folkers, who watches from the stands, his iPad on his lap, its timer counting down the eight hours. The judges pace in front of the kitchens, stopping to examine ingredients, watch technique and observe factors like cleanliness and teamwork.

The stands in front of Team Canada's kitchen are filled with supporters: Folkers' wife, Dumonceaux's wife and two sons, Holehouse's mother, and a couple of dozen culinary students from Vancouver Island University on a tour of France. Peter Poole and his wife Nan, owners of Banff's Wild Flour bakery, are here too.

"The great irony is to have Canada, this little former colony that some people think only makes bannock and muffins, coming here and making better baguettes than the French," says Poole. "We know there's a business model

to support this [artisan baking] and we've got the schools to train people for it, so it's an exciting time for someone who wants to create a wonderful livelihood as a baker and contribute to the community."

Focused on their work, Dumonceaux, Holehouse and Mariathas manoeuvre skillfully through the kitchen, gliding around each other like veteran hockey teammates.

While each prepares his own pieces for the competition, they also work on the components of the sandwiches, curing salmon in salt, gin and spices, cooking pork shoulder in the pressure cooker, sautéing mushrooms and garlic. Some of the teams treat the sandwiches as an afterthought because they're only worth 10 per cent of the overall mark, says Folkers. But Team Canada sees them as valuable bonus points.

Brian Sisson, vice-president of operations at Ace Bakery, the team's sponsor, leads the crowd in a few bars of *O Canada* in his booming voice, before switching to another anthem. "Oh the good ol' hockey game, it's the best game you can name, and the best game you can name, is the good ol' hockey game."

As the kitchen, and the competition, heats up, Team Canada struggles to finish on time. At the eight-hour mark, China and France are done. The Canadians are waiting for their bread to come out of the oven and are still putting the finishing touches on sandwiches. After eight hours and 18 minutes, they step away from the kitchen.



James Holehouse's artistic creation in the process of being assembled: an homage to hockey made entirely of bread.

“WERE WE GOOD ENOUGH?”

MONDAY, FEB. 8

HOTEL CAMPANILE, ROISSY EN FRANCE

TEAM CANADA TAKES A PENALTY for exceeding the time limit.

“I knew I was late but I wasn’t going to rush it either,” says Mariathas, whose baguettes didn’t go into the oven until minutes before the eight-hour time limit. “The points you lose for time are so minimal, I knew I would make up for it in taste.”

Holehouse ran into trouble too. Small ovens meant it took him longer – almost five hours – to bake all the pieces of his sculpture. His biggest stressor was the fear that his showpiece would collapse as it had in Argentina mere minutes after judging. “I would have liked to have been structurally daring but you’re taking a huge risk. I didn’t have the option to play around.”

A Reactine pill kept Dumonceaux’s allergies in check but he ended up with flour he wasn’t expecting. It contained ascorbic acid, which caused his croissants to shrink in length during the rising process. But the hardest thing for him was the low workbench set up for all the pastry chefs. “My body was just aching after eight hours,” he says.

In all, the three bakers were pleased with their results. Holehouse’s showpiece held together; the pastries were beautiful despite the challenging flour; and the baguettes and bread were among Mariathas’s best, he says.

Relieved and exhausted, they now nervously wait while the final three teams compete before the results are announced.

“The challenge with competitions is that there are always things that don’t go as expected,” says Dumonceaux. “The question is, on this day, were we good enough?”

YOUNG AND HOPEFUL

ELIEN DE HERDT has only been baking professionally for two years, but she’s already representing her country on the international stage.

As the junior member of Baking Team Canada, De Herdt (Baking ’14, far right) competed last spring at the Coupe Louis Lesaffre in Buenos Aires, the event at which her teammates qualified to compete in the Coupe du Monde de la Boulangerie in Paris.

In France, she competes as a Young Hopeful in an affiliated event that tests the skills of five young bakers, each representing one region of the world. De Herdt represented all of North and South America.

In the months before the event, the 20-year-old baker survived on little sleep, working from 1 to 9 a.m. at Edmonton’s Dutch Delicious bakery and practicing afternoons and evenings in the NAIT bakery with coach, mentor and baking instructor Clayton Folkers. “It’s like having two jobs,” she said during a practice. “But it’ll be worth it.”

For the competition, each of the Young Hopefuls has to make four sets of 25 items – two sets savoury and two sweet – for a children’s picnic brunch. True to her horticultural roots (her parents own a greenhouse in Barrhead; her grandparents had a greenhouse in her native Belgium), De Herdt bakes a garden, shaping flowers out of croissant dough and embedding them in tiny terra cotta pots filled with brioche dough. She makes little sourdough buns filled with goat cheese and candied ham, decorating them to look like ladybugs and turtles. Her father, Koen De Herdt, surprised her by showing up in Paris to watch her compete.

“She’s worked really hard for this,” he says. “Her sister told me last week she went to work, slept for 20 minutes and then went to NAIT to practice.”

Coach Folkers watches her progress, offering the occasional suggestion or support. “She doesn’t get too excited under pressure,” he says. “She’s pretty steady all the time.”



Above, judges deliberate over teams' entries. Below, Elien De Herdt competes in the Young Hopeful event.

AND THE WINNER IS ...

TUESDAY, FEB. 9

PARC DES EXPOSITIONS

AFTER THREE DAYS OF COMPETITION, the 12 teams and their supporters gather in front of the empty kitchens at the convention centre for the announcement of the results. Third place: France. Second place: Taiwan. First place: South Korea.

The Canadians are disappointed but not surprised – they competed against the best bakers in the world. Unofficially, they are told they placed seventh out of 12.

“Of course it’s not the outcome we were hoping for,” admits Holehouse, but he and the other members say they are proud of their work.

“It was totally worth it,” he says. “It’s been such an amazing experience. It has bettered me in my craft but also in life skills like how to deal with adversity, how to be flexible and deal with pressure, how to be organized – these are all skills I can bring back to my students.”

“To me,” says Dumonceaux, “the biggest thing is I hope to inspire young bakers to consider the opportunity to compete for their country. People have always thought about Canadians and hockey, not about Canadians and baking. Now they will.” ■



She finishes within the four-hour time limit and displays her garden for the official judges and the informal judges – a group of French schoolchildren.

The judges choose the Dutch competitor, Rianne Kuijntjes as the winner. The remaining four young hopefuls, from Spain, Mauritius, Australia and Canada, aren’t ranked but are told their creations were all impressive and very close in points.

De Herdt is disappointed but also thrilled by the excitement of the competition and the incredible opportunity to meet renowned bakers from around the world. “Now I have these connections to people in Ireland, in Taiwan, in Japan,” she says.

One day she might even see them here again. Unlike her Baking Team Canada colleagues and mentors, who can only compete once in the team event, De Herdt will be able to use her experience and connections as a Young Hopeful to potentially return one day to compete again.

“It’s been an amazing experience.”



[RECIPE]

Brioche

INGREDIENTS

115 ml (1/2 cup) milk, room temperature	375 grams (2-1/4 cups) bread flour, unbleached
9 grams (3 tsp) yeast, instant	5 grams (1-1/4 tsp) salt
55 grams (1/4 cup) sugar	200 grams (7/8 cup or 1-3/4 sticks) butter, room temperature
11 grams (2 tsp) lemon zest	1 whole egg for egg wash
1 whole egg + 3 egg yolks	

METHOD

Pour the milk into the bowl of a mixer and whisk the yeast in by hand. Let stand for 5 minutes. Add egg and yolks; mix. Add flour, lemon zest, sugar and salt.

Using a hook attachment, mix for 4 minutes on first speed. Mix for a further 6 to 7 minutes on second speed until dough no longer sticks to side of mixing bowl. Occasionally scrape dough off of hook to allow even mixing.

Add butter 1/4 cup at a time. The first addition of butter will take the longest to incorporate. Continue until all butter is incorporated into the dough. This will take about 15 minutes. When mixing is complete, the dough should be glossy, supple and smooth.

Round the dough into a smooth ball, cover and let rest in fridge for 30 minutes, or overnight to enhance flavour.

Remove dough from fridge and divide into 16 small, rounded buns or larger loaves. Place in muffin tins, molds or loaf tins. Cover with plastic and let rise, 3-5 hours for dough that has been refrigerated overnight, or 2-4 hours if not.

Brush brioche tops with beaten egg and bake at 350 F (180 C) for 12-15 minutes for small brioche, 22-25 minutes for loaves. Let stand 2-3 minutes before removing from pans to cool on a rack.



GET INVOLVED WITH NAIT

Five ways to make a difference

1



VOLUNTEER

Share your experience with prospective and current students who need help with career investigations and projects on campus. Learn more and sign up at nait.ca/volunteer.

2



DONATE

Support student success, applied research and construction of the largest capital project in the polytechnic's history - the Centre for Applied Technology. Visit nait.ca/giving to donate to Essential: The NAIT Campaign.

3



FIND A
GREAT JOB

Here's a little-known perk for alumni: access to full- and part-time job postings specific to those who studied at NAIT. Go to nait.ca/alumnijobs to explore new career possibilities.

4



NOMINATE

Know of alumni who are outstanding in their fields while giving to the community and NAIT? Nominate them for the Alumni Recognition Awards at nait.ca/nominate. Alumni who aren't selected for an award may be featured in other ways, such as in this magazine, our alumni website or on our social media platforms.

5



CONNECT
WITH US

Don't miss out on alumni events and benefits, the latest news about NAIT and grads in the community as well as useful how-to stories featuring advice from campus experts. Visit nait.ca/alumniconnection to sign up.



THE HIT FACTORY

The Collision Space brings together people and ideas for entrepreneurial success.

A GREAT IDEA needs the proper environment to incubate and thrive. At NAIT that environment is the Collision Space.

"It's a space where students and alumni can gather to develop their entrepreneurial ideas," says **Sandra Spencer** (Business Administration '13, Accounting '10), manager of entrepreneurial partnering in the office of research and innovation. "It helps stimulate an entrepreneurial culture and mindset across our institution."

Transformed in 2015, the lounge is located in the HP Centre for Information and Communications Technology and is open to everyone. Roughly the size of an average classroom, the open-concept space features writable walls and a wireless audio-visual system including four large-screen TVs. Comfortable, moveable furniture encourages conversation and idea sharing.

The Collision Space has attracted a broad range of users such as Enactus NAIT, a student group focused on projects with social impact,

and New Venture at NAIT, supporting entrepreneurs. The space is also used for training, business workshops, receptions with established entrepreneurs or industry partners and special events.

Colton Rhyason, president for Enactus and a second-year Bachelor of Business Administration student, estimates he spends five hours a week in the Collision Space. "It's like having a public classroom to work in but you have the space to write on the walls and it's flexible so you can move [furniture] when you have different sizes of groups," he says. "We're encouraged to use it."

The opening of the neighbouring Centre for Applied Technology in the fall may see more students using the space.

"How it evolves will be up to students," says Joylyn Teskey, manager of planning and architecture at NAIT. "The goal is to create flexible places that inspire," she adds. "Places where students can connect in ways best for them."

— Rudy Zacharias

sherritt

Empower your potential

Sherritt offers a wide variety of rewarding career opportunities across our operations in Canada, Cuba and Madagascar, providing direct and joint venture employment. Now is the time to empower your potential by joining Sherritt.



www.sherritt.com/careers



LINGERIE DESIGNER**SALARY**

\$35,000 – \$45,000, entry level

HOURS

40 hours per week, minimum

LOCATION

Global, with opportunities concentrated in London, Paris, New York, Hong Kong, Sydney and Stockholm

TRAINING

Degrees from schools such as De Montfort University, London College of Fashion, Hong Kong Polytechnic University (combined with a business diploma for entrepreneurs)

KIMBERLY'S SECRET

Lingerie designer Kimberly Hamilton, right, with a model wearing one of her creations.

So few bras, so many body types. An alum designs a plan for change.

KIMBERLY HAMILTON'S debut at last September's Western Canada Fashion Week was big and bold. Rather than rely on conventional catwalk models to parade her passion for lingerie design, Hamilton (Marketing '03) dressed six women in bras, panties, corsets and garters she designed and made herself. These models, after all, represent her target market: large-cup women forced to pay high prices because of a lack of bigger sizes in most Canadian clothing retailers. After following her NAIT education with a fashion degree from England's De Montfort University, Hamilton is now preparing for another debut, this time as an entrepreneur serving women she feels have gone, well, unsupported for too long. We spoke with her before she left for a job in Germany.

AFTER I FINISHED MY FIRST YEAR at NAIT I worked at Dawn's Bra-Tique in Edmonton as a bra fitter and seamstress. A highlight was attending a tradeshow in Paris. We were brought over by a company we worked with and went to Belgium to see their factory. At that moment I thought, "I need to work with bras my whole life. I want to make them."

I THINK THE MARKET in Canada is horrendous. Stores aren't covering enough sizes. You can't find a bra in many people's size and, if you do, it's expensive. I don't want that to be a barrier to someone being comfortable or happy. Imagine if your shoes hurt so much every day that the second you got home you had to rip them off. That's how some women live.

I STRUGGLED TO FIND A BRA growing up. Through high school I did track and field. Not having a sports bra [that fit]? That's not fun for a 16-year-old girl.

NOW I'VE GOT A JOB as a lingerie designer. I'm responsible for calculating the fabric and components needed to make lingerie and swimwear and issuing purchase orders. Recently I was able to work a photoshoot. I had to dress the model, adjust the bras and make adjustments on the knickers. My upcoming projects are focused around product development.

I KEEP BUILDING ALL THE SKILLS I need to have a shop and brand of my own where I sell my own product - like a shoe store, where you expect to find your size and price range. That's ambitious because we're talking hundreds of sizes. But I'm going to find a way.

As told to Scott Messenger

AND THE WINNER IS...

Recent awards and accolades for NAIT staff, students and alumni.



CELEBRATED STORYTELLER

For a life's work of courageous, captivating storytelling, the Alberta Media Production Industries Association honoured **Gil Cardinal** (Radio and Television '71, Honorary Degree '00, Top 50 Alumni) with the 2015 David Billington Award for making an inspiring contribution to Alberta media production. Among his contributions as a Metis director, writer and producer are documentaries and dramatic series that explored aspects of aboriginal life, including *Foster Child*, the *Big Bear* TV mini-series, episodes of *North of 60*, *The Rez* and *Blackstone*. After a long illness, Cardinal, born in 1950, died on Nov. 21, 2015, two weeks after receiving the award. "He leaves a huge legacy," said Bonnie Thompson, a producer with the National Film Board.

YOUNG AND TALENTED

Avenue magazine's annual Top 40 under 40 list is a collection of some of Edmonton's most prominent and notable community contributors. This year's group included **Clifton Lofthaug** (Electrical Engineering Technology '04), owner of Great Canadian Solar and one of the biggest names in alternative energy, and **Ryan O'Flynn** (Cook '01), past Gold Medal Plates winner and executive chef with Oliver and Bonacini restaurants.

WINNING COMBINATIONS

Rebecca Grant (Culinary Arts '08, Management '13, Marketing '14) continued her streak in 2015 as a top-tier chocolatier. The owner of the Edmonton-based Violet Chocolate Co. earned 11 awards for her bars at the Canadian National Competition - more than any of her peers. At the international event in London, England she earned a gold and two silver awards. The secret: hand-crafted, creative and surprising flavour combinations. Lemon-dill chocolate, anyone?

SIZZLIN'!

Two alumni were named among *Edmontonians* magazine's 2015 Sizzling 20 under 30: NAIT digital communications specialist **Linda Hoang** (Radio and Television '11) for her "social media prowess" and as founder of the Edmonton International Cat Festival and **Justin Nand** (Finance '13), a successful entrepreneur, past president of the NAIT Students' Association and member of the polytechnic's Board of Governors.

UNIVERSAL APPEAL

Lisa Nguyen's passions include promoting health and wellness. The NAIT Diagnostic Medical Sonography instructor (and class of '11) is a former NHL cheerleader who now teaches in the Dance Without Limits program for special needs children. She has also shared her time with Make-a-Wish Foundation, Little Warriors and the Canadian Breast Cancer Foundation. In 2015, her talents and efforts were recognized with the People's Choice Award at Miss Universe Canada and as second runner-up at Miss Asia Canada.



WAIT, THERE'S MORE!

For establishing Edmonton-based McCoy Global as a supplier of products and services to the international oil industry, president and CEO **Jim Rakievich** (Heavy Duty Mechanic '82, Honorary Bachelor of Technology in Technology Management '16) was honoured with the Leadership award at the 2015 Alberta Export Awards.

Under the guidance of executive vice-president **Hubert Lau** (Computer Systems Technology '91), Viewtrak Technologies won the Export Award at the 2016 Alberta Business Awards of Distinction. The program recognized the company for its livestock-tracking technology, which is contributing to better "gate-to-plate" food quality assurance around the world.

WEB EXTRA

Learn more about innovator Hubert Lau at nait.ca/hubert.

For the fifth consecutive year, **NAIT** was named one of Alberta's Top 70 Employers. Judges noted professional development and in-house training opportunities, as well as health and wellness-related benefits.

GOODBYE MR. CARTER

1917 – 2015

A look at the legacy of NAIT's third president.

THE 1970S WERE A TUMULTUOUS TIME with the Vietnam War, Watergate scandal and the energy crisis making news headlines. The decade was also a time of calm, steady growth at NAIT where, under the leadership of its third president George Carter, the school found solid footing in Alberta's post-secondary community.

Carter, who led NAIT from 1971 to '79, passed away recently – two months shy of his 98th birthday.

Carter's legacy began before the school was built. In 1960 he was hired by the polytechnic's first principal (later to become president), Jack Mitchell, to plan NAIT's business school. Over a cup of coffee, Mitchell shared his vision with Carter on a paper napkin. During an interview in 2012 as part of NAIT's 50th anniversary celebrations, Carter recalled Mitchell's words: "Your job will be to develop and install an entirely new department for technical institutions – business and vocational training."

Dr. Krishan Kamra, also one of NAIT's original staff, was a colleague of Carter's. "He was a relatively low-key person and when he became president in 1971 he told me he wasn't keen on applying for that job. It was really Jack who persuaded him, almost begged him to apply for the job – and of course he was immediately selected," says Kamra.

Business was clearly among Carter's passions. "He was well regarded by all colleagues and he was a real gentleman," says Dr. Stan Souch, who succeeded Carter as president. Carter's trademark calm demeanor was rarely shaken. One exception was when the newly

opened Grant MacEwan Community College petitioned to take over business programs from NAIT and Alberta Vocational College. "That was the only time I'd seen him get angry," Souch says. "He opposed it with great vigour."

During Carter's time as president, a construction boom changed the face of Edmonton with projects such as the James MacDonald Bridge, Fort Edmonton Park, Muttart Conservatory, Commonwealth Stadium, the LRT and the Edmonton Coliseum (now Rexall Place) taking shape.

NAIT grew, too. In 1973, the Activities Centre was built and the parkade opened with room for 1,025 vehicles – making it the largest self-contained parking garage in Alberta. The Patricia Campus buildings (now home to several trades programs including plumbing and pipe trades) were leased in 1975. On Main Campus, Plaza 2 and 3 (formerly Simpson Sears buildings) were purchased and turned into teaching and administrative spaces.

Student numbers grew steadily with approximately 1,900 students graduating in 1979 compared to 1,134 in 1971. Tuition also rose that decade to \$275 a year, up from \$74.

Today, decades after Carter established it, the JR Shaw School of Business is one of Western Canada's largest business schools, with more than 4,000 students enrolled in full- or part-time studies, taught by more than 100 full-time faculty members.

"They were a good 20 years," Carter said in 2012. "They were exhausting and they were stressful but they were also very satisfying."

— Ruth Juliebo



SUPPORTING EDUCATIONAL OPPORTUNITIES

Founder and president of Muth Electrical Management Inc., Don has never forgotten where he learned his trade. Today he sends his employees to learn their skills at NAIT and gives back to support students.

*"NAIT is part of my success.
It raised the bar in my life.
That's why I donate to
support students."*

DON MUTH
(Master Electrician Certificate '78)
President, Muth Electrical Management Inc.

Visit nait.ca/support
to make your gift today

ESSENTIAL
THE NAIT CAMPAIGN





A Local Business Partner of



EMERSON
Process Management

**PROUD TO BE PART OF
YOUR LEARNING CURVE.**

**THE LEADER IN PROCESS
CONTROL, MEASUREMENT
AND AUTOMATION SOLUTIONS.**



WWW.SPARTANCONTROLS.COM

CALGARY | EDMONTON | BURNABY | FORT McMURRAY | FORT ST. JOHN | GRANDE PRAIRIE | PRINCE GEORGE | REGINA | SASKATON

PM#40063296

RETURN UNDELIVERABLE ADDRESSES TO
techlife magazine
NAIT Marketing and Communications
11762 - 106 Street NW
Edmonton, Alberta, Canada T5G 2R1
techlifemag.ca