NAIT

PEOPLE TECHNOLOGY INNOVATION

V1.2 2008

$4.95

techlife

DESIGN DETOX

GREEN SPECIALIST CREATES ROOMS TO BREATHE

SOUND DOCTORS

SUBURBAN DUO'S PRESCRIPTION FOR GUITAR EFFECTS ROCKS THE WORLD

CREATING A SCENE

VISUAL EFFECTS MASTER PLAYS BEST SUPPORTING ROLE

NO ASSEMBLY REQUIRED

SEVEN ELEGANT FURNISHINGS FOR YOUR HOME

PETRO-CANADA

What did you do at work today?

Great Stories come from Great Experiences

At Petro-Canada, the work experience
is as individual as you are. What you choose to do
with your career is up to your talent and ambition.

To build your own story go to...

www.petro-canada.ca

PETRO-CANADA
NATIONAL PARTNER

THE ONLY THING STRONGER THAN OUR PRODUCT IS OUR PEOPLE

Waiward Steel Fabricators Ltd.

Canada's 50 Best Managed Companies

Ernst & Young Entrepreneur of the Year Award Recipient 2007

At Waiward, we invest in our people. They always have the right tools to do the job and most importantly, the passion that drives the quality of our steel. Our people set the highest standards to build futures with no limits, and with the partnership we have with NAIT, creates more opportunity for the years ahead. Steel is strong. Sharing of knowledge is stronger.

www.waiward.com

Cover photograph
Jason Ness

↑ COVER

10 **Frazz Dazzler and the Sunny Day Delay**
Guitar pedals that stretch the boundaries of sound

14 **The Good Doctor prescribes . . .**

16 **Musicians around the world tune in to Dr. Scientist**

Cover stories by Karen Rawlines

WEB EXTRA
B-sides
View the covers that didn't make the cut and share your comments.
flickr.com/nait

FEATURES

22 **Innovate Masterpieces**
Looking at fine furniture in a new light
by Jason Ness

35 **Greenscape → Alumni**
A breath of fresh air
Interior designer's war on toxins creates healthier places to live and work
by Lisa Ricciotti

38 **People → Alumni**
Invisible man
Award-winning visual effects artist hopes his best work is never noticed
by Glen Edwards

DEPARTMENTS

UPFRONT

6 **Contributors**

7 **Editor's note**

7 **Letters**

8 **President's connections**

9 **Newsbytes**

TECHNOFILE

18 **Over a barrel**
Prototype promises to make your rain barrel useful *and* beautiful

20 **Gadgets**
Blackberry and iPod aside, what gadget couldn't you live without?

contents

INNOVATE

21 **Victoria's secret**
How to have your cake and eat it too

NAITSPACES

26 **Heavy metal practice**
NAIT Sandvik Coromant Centre for Machinist Technology

28 **Piping hot**
NAIT EnCana Centre for Powering Engineering Technology

30 **In full bloom**
Main Campus landscapes

GREENSCAPE

33 **Hat trick**
Sustainability officer's winning approach builds environmental momentum

PEOPLE

42 **Mentor**
Heal the past
Feed the future
Former residential school student launches nationwide challenge

44 **Alumni**
Freestyle sole
Ryan Zahacy design – a good fit

47 **Postcards**
Trekking for cancer
from Lucas Poznanski

48 **Postcards**
Wish you were Here to Here
from C.J. Wilkins

49 **3 questions; 10 people**

50 **Reading room**

TECHNIQUE

52 **Go naturel**
Green your yard with tips from the designers of the Edmonton Home and Garden Show's backyard showcase

56 **Ask an expert**
Kick up your workout with mixed martial artist Chris Ade

CULINAIT

58 **Recipe**
Lobster eggs Benedict

60 **Profile**
Culinary champ casts a wide net
Former executive chef of Calgary's Catch restaurant drops anchor off Canada's West Coast

62 **À la carte**
Catch of the day

63 **Platings**
Eating out
Directory of restaurants featuring NAIT culinary grads

POSTSCRIPTS

65 **Click**
Features at techlifemag.ca

66 **Rewind**
The puck stopped here
84/85 Ooks perfect hockey season commemorated on Wall of Fame

PAGE → 38

ADAM BLASBERG

When Adam Blasberg walked into a busy film production studio to shoot Bruce Woloshyn – who had already worked a full day – he was pleasantly surprised to find an extremely charismatic subject. "He's a very professional and outgoing person," says Blasberg, who also photographed Tom Shepansky for *techlife*'s inaugural cover. Blasberg's career choice came after cycling solo from Newfoundland to B.C. Five years after training in his hometown of Vancouver, he's still there, asserting, "I'm constantly challenged, completely devoted and totally passionate about what I do." He shared that enthusiasm with NAIT student Stephanie Lindsay, who took this picture of Blasberg during a practicum with the photographer.

PAGE → 42

LISA GREGOIRE

Freelance writer and former newspaper reporter Lisa Gregoire spent 12 years at weeklies and dailies across Canada, including the Edmonton Journal, where she developed specialties in crime, native issues and provincial politics. Since 2002, she has been a regular contributor to *Canadian Geographic* and Edmonton's *Avenue* magazine, as well as *Quill & Quire*, *Canadian Lawyer*, *Alberta Views* and *Unlimited*. She says residential school survivor Diana Blackman inspired her not only by what she said, but by how she lives. "Articulate, headstrong, generous and committed to her community, she is both mentor and leader."

PAGE → 22

JASON NESS

Award-winning photographer Jason Ness graduated from NAIT's Photographic Technology program in 2000. After two years on staff here, he went into business for himself as a commercial photographer in Edmonton and abroad. He rejoined the NAIT team in June 2007, in time to help photograph the inaugural issue of *techlife* – and win a bronze in CASE District VIII's Communication Awards for his picture of runningmap.com creator Randy Troppmann. For this issue, Ness sourced and photographed fine furniture and says capturing another artist's work is always an interesting challenge. "You never want to mitigate the integrity of the designer's work with your own assumptions of aesthetic."

PAGE → 10

KAREN RAWLINES

Based in Moncton, N.B., Karen Rawlines is a writer, music aficionado and award-winning journalist. She worked for several years as a newspaper reporter, editor and feature writer, has published articles in *Quill & Quire* and *Fibre Focus* and is now bringing her desire to tell character-driven stories to radio. She says the Dr. Scientist cover story provided "one of those rare interviews that sprawled into easy, effervescent conversation. Tanya and Ryan were a dream – open, keen and inspired. By the end of it, I'd rekindled my urge to pick up the guitar, if only to start a pedal collection!" In the meantime, Rawlines is filling her ears with The Raconteurs new CD, *Consolers of the Lonely*.

NAIT

V1.2 2008

techlife

PEOPLE TECHNOLOGY INNOVATION

techlifemag.ca

EDITOR
Sherri Krastel

MANAGING EDITOR
Kristen Vernon

ASSOCIATE AND ONLINE EDITOR
Diane Bégin-Croft (Marketing '97)

ART DIRECTOR
Derek Lue

ASSOCIATE ART DIRECTOR
Bonnie Kozak

COPY EDITOR
Jill Pringle

ADVERTISING AND CIRCULATION MANAGER
Jody Fath (Management '02)

CONTRIBUTING WRITERS
Caitlin Crawshaw, Glen Edwards, Donovan Francis, Kathy Frazer, Lisa Gregoire, Rayne Kuntz (Radio and Television '88), Cheryl Mahaffy, Karen Rawlines, Lisa Ricciotti, Ryan Smith

CONTRIBUTING PHOTOGRAPHERS
Adam Blasberg, John Book (Photographic Technology '87), Leigh Frey (Photographic Technology '01), Jason Ness (Photographic Technology '00), Hugh Nutt, Lorna Paterson (Photographic Technology '79), Roth and Ramberg (Dale Roth – Photographic Technology '87; Michele Ramberg – Photographic Technology '87), Evan Will (Photographic Technology '07)

DIGITAL DESIGNER
Christian Dendy

DIGITAL VIDEO SPECIALIST
Kim Brix

FLASH DEVELOPER
Robert Belland

WEB PROJECT LIAISON
Marc Brisbourne

POSTCARDS
Lucas Poznanski (Bachelor of Applied Information Systems Technology student), C.J. Wilkins

CONTRIBUTING EXPERTS
Chris Ade (Personal Fitness Trainer '03), Stephen Heller (Landscape Architectural Technology student), Shane Gaignard (Landscape Architectural Technology student), Nell Gasiewicz (Landscape Architectural Technology student)

CONTACT INFO
techlifemag.ca

We accept queries for editorial submissions at editor@techlifemag.ca. We do not accept unsolicited manuscripts.

techlife magazine is published twice a year by NAIT Corporate Communications. Online features are published monthly. Subscribe to the monthly e-newsletter at techlifemag.ca/subscribe.htm. Opinions expressed are not necessarily those of NAIT or the editorial team.

Direct advertising and circulation inquiries to circulation@techlifemag.ca.

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

AMPA Alberta Magazine Publishers Association

FSC Mixed Sources
Product group from well-managed forests, controlled sources and recycled wood or fibre
www.fsc.org Cert no. SW-COC-002550
© 1996 Forest Stewardship Council

30%

"THE REWARDS OF TURNING PERSONAL PASSION INTO SUCCESS CAN COME IN MANY DIFFERENT, AND SOMETIMES UNEXPECTED, FORMS"

When Tanya Bach and Ryan Clarke began building and designing guitar effects pedals two years ago in the basement of their Sherwood Park home, they never dreamed their little stomp boxes would soon be coveted by musicians in meccas like London and New York for their unique sounds and funky, handcrafted designs. Our cover story explores how the entrepreneurial couple has taken a passion for music, technology and design and created not only a successful product, but worldwide demand in a niche market.

While exploring the union of design and technology in this issue, we discovered that the rewards of turning personal passion into success can come in many different, and sometimes unexpected, forms.

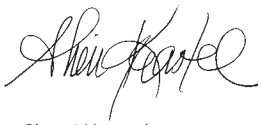
Stephani Carter's reward came once she was able to reconcile her love of interior design with her concern for the environment. Since hanging out EcoAmmo's shingle nearly two years ago, Carter has been busy convincing people to choose building products that are less harmful to both the environment and their health (A Breath of Fresh Air, p. 35).

And although designing shoes is not likely to turn into a full-time occupation for Ryan Zahacy, the parts technician's love of boarding inspired him to produce the winning shoe design in a national contest (Freestyle Sole, p. 44). People across the country are now wearing the shoe and Zahacy is looking for his next design challenge.

Here at *techlife*, our rewards have come from our peers. We're thrilled to announce that District VIII of the international Council for the Advancement and Support of Education gave our inaugural issue a gold for Best Periodical and a bronze for the photo of runningmap.com creator Randy Troppmann. The Alberta Magazine Publishers Association recognized the Corbin in the Kitchen feature with their annual award for Best Feature Layout. Admittedly, one of the best rewards for doing what you love to do is getting acknowledged for your effort.

Thank you to the many readers who wrote us following our debut issue. Keep sending us your thoughts on *techlife's* evolution, as we work toward fulfilling our mandate to bring you stories on technology for your life.

If you haven't already, go to techlifemag.ca to subscribe to our monthly e-newsletter. And visit flickr.com/nait to let us know your thoughts on the cover designs that didn't make the cut.



Sherri Krastel
Editor

Letters

We welcome your comments. E-mail editor@techlifemag.ca or mail your comments to Sherri Krastel, editor, *techlife* magazine, 11762 – 106 St. NW, Edmonton, AB T5G 2R1. Include your name and phone number.

I wanted to take a moment to say what an outstanding job you have done on the first issue of *techlife*. It is a first-class magazine and it greatly exceeded my expectations. I opened it expecting to blow through it in two minutes, thinking it would be a little bit of a "high school production," but it is an excellent piece of professional work. Sorry for not having more faith. I look forward to the next edition.

Mark Grubisich
Marketing '87

Just a note to congratulate you and your staff on the first issue of *techlife*. The quality of the magazine is superb with a variety of articles appealing to most, I think, readers. The bar has been set high for future publications.

Yours truly,
William J. (Jack) Milner
Featured in Making an Impact, p. 6, *NAIT Report on Giving 2006-2007*

I am very impressed with the revision of this publication, however, I have attempted on several occasions to view the video features and have had no success. I am wondering if others are having the same issue or it's just my system and if you can help me through the process.

Betty Jandewerth
Alberta Ministry of International and Intergovernmental Relations

Editor's reply: *We've received a few inquiries about video problems. Most* techlife *videos are in Flash format, which requires Adobe Flash Player. It is a free download at adobe.com/flashplayer. If the videos still don't play, there may be firewall restrictions.*

Another common concern that we've heard is that the monthly e-newsletter goes to junk mail. To solve this problem, add editor@techlifemag.ca to your safe list. In Outlook: Go to the junk e-mail folder and right click on the message. Select "Junk E-mail" and click "Add sender to Safe Senders List."

TECHNICAL EDUCATION: HARNESSING THE POTENTIAL

NAIT is in a unique position to provide innovative applied research and technology solutions to meet the demands of Alberta's robust economy.

As articulated so well in a recent report by the Canada West Foundation, this province has all the tools at its disposal to create a diversified economic base – an educated workforce, a highly entrepreneurial culture and excellent post-secondary institutions. Yet "there is a lack of traction when it comes to fostering the research, development and commercialization of new technologies."

At NAIT, we're excited about the potential of fully harnessing the creativity, practicality and diversity of Alberta's knowledge base. For over a decade our staff and faculty have been undertaking applied research in fields from fuel cell technology to gas chromatography to finding new ways to use RFID (radio frequency identification) technology. In addition, the federal government is creating opportunities for technical institutes like NAIT with funding from the Natural Sciences and Engineering Research Council of Canada.

We're helping inventors like Carrie Vos turn ideas into products. With the assistance of our Prototype Development Program and the NAIT Shell Manufacturing Centre, Vos – a grad-turned-instructor – built a prototype for a unique rain barrel lid (Over a Barrel, p. 18) that could soon be a great new gardening product. And we're working with a leading oil company to study the effect of plant life on the water quality in their tailings ponds – one of more than 60 applied research and prototyping projects. We hope to bring you more on that exciting research in an upcoming issue.

It's all part of our vision to be globally valued for student success, applied research and innovation. A vision shared by our stakeholders, whose outstanding investments in our $50-million Building on Demand campaign allowed us to increase access to some of the best technical education in the world. The campaign, which wrapped up in April at $80 million, increased financial assistance to students, helped create six world-class training centres with two more underway and updated labs and equipment to meet industry standards (see enclosed *Report on Giving*).

It's all part of our track record of providing meaningful solutions to support business and industry in Alberta and beyond. Send me a note or drop me a line to let me know how we're doing and what you think about the future of technical education in Alberta's evolving economy.

Dr. W.A. (Sam) Shaw
President and CEO
sams@nait.ca

NAIT: A SOLUTIONS PROVIDER

1 **Training a skilled workforce**
Providing 250 certificate, diploma, applied degree and degree programs

2 **Continuing education**
Offering 1,400 courses including leadership training and productivity enhancement services

3 **Applied research**
Using new and existing knowledge to solve real-world challenges

4 **Business incubation**
Duncan McNeill Centre for Innovation provides NAIT expertise and state-of-the-art facilities to help entrepreneurs develop their business ideas into profitable enterprises

5 **Prototyping**
NAIT's Prototyping Development Program helps inventors turn ideas into products

GOAL SMASHED BY $30 MILLION

NAIT wrapped up its largest-ever capital campaign on April 9. Building on Demand – The NAIT Campaign launched in October 2005 with the ambitious goal of raising $50 million to help meet the needs of business and industry with solutions designed to increase access to high-demand technical training.

Two and a half years later, $80 million has been raised for equipment, student awards and facilities, including eight world-class training centres in steel technologies, instrumentation, millwright, manufacturing, machinist, building environment, piping systems and power engineering.

More information on the campaign is available in *A Report on Giving: Building on Demand – The NAIT Campaign* (see insert p. 34 and online at techlifemag.ca/donors.htm).

– DIANE BÉGIN-CROFT

CELEBRATING AN $80-MILLION ACHIEVEMENT

MAKE IT YOUR BUSINESS

NEW DEGREE PREPARES ENTREPRENEURIAL LEADERS

NAIT's new business baccalaureate is unique not only because of what students learn, but how they learn it. The Bachelor of Business Administration in Enterprise Management (BBA) – launching in September 2008 – focuses on founding, managing and leading a business enterprise.

According to Dr. Berry Calder, provost and vice-president academic, the goal of the degree is to "develop business leaders who can make better, faster, more consistent business decisions."

To that end, BBA students will get a strong background in the foundations of business management, including supervision; will become skilled in using business technologies that improve analysis and decision-making; and will develop expertise in utilizing a variety of research skills.

Social responsibility in all aspects of managerial decision-making is also one of the defining differences between the BBA and other commonly offered undergraduate business degrees. BBA graduates will be well-versed in the triple bottom line – the economic, environmental and social elements that factor into responsible decisions.

BBA students will be working with case studies of real Alberta business scenarios, which will expose them to the realities of day-to-day business operations. Such context-based learning is a hallmark of the world-famous Harvard Business School. In fact, a Harvard administrator collaborated with NAIT on the design of key courses within the BBA.

Other renowned leaders in business education have also lent their expertise. Babson College in Massachusetts helped develop the BBA's innovative, integrated social sciences courses, and experts at the University of Western Ontario's Richard Ivey School of Business are working with NAIT faculty to develop their expertise in using case studies and simulations.

BBA students can study full time, part time or via online courses.

– KATHY FRAZER

FASTER, HIGHER, SMARTER

HONOURS STUDENT DALE-MARIE CUMBERBATCH OWNS THE RECORD BOOK

It seems that breaking records has become something of a habit for Dale-Marie Cumberbatch, a guard and forward on the Ooks women's basketball team.

After scoring a record-breaking 602 points in the 2006/07 season, Cumberbatch was at it again this past season, racking up a whopping 620 points. In doing so, the 19-year-old became the only player in the history of the Alberta Colleges Athletic Conference (ACAC) to score more than 600 points in consecutive seasons.

On her way to setting that record, Cumberbatch also set a record by scoring 1,000 points in the shortest time ever. Such a feat usually takes top scorers in the ACAC women's league four years. Cumberbatch did it in one and a half seasons.

Added to that, she established new ACAC records for the number of two-point field goals scored (199) as well as the number of free throws made (186).

Both Cumberbatch and her coach (and dad), Curtis Nelson, say the contribution of the other players was crucial to her record-breaking performance. "The girls are kind of like my second eyes on the floor. All of my records were scoring records and they would not have come without some great passes from my teammates," she says.

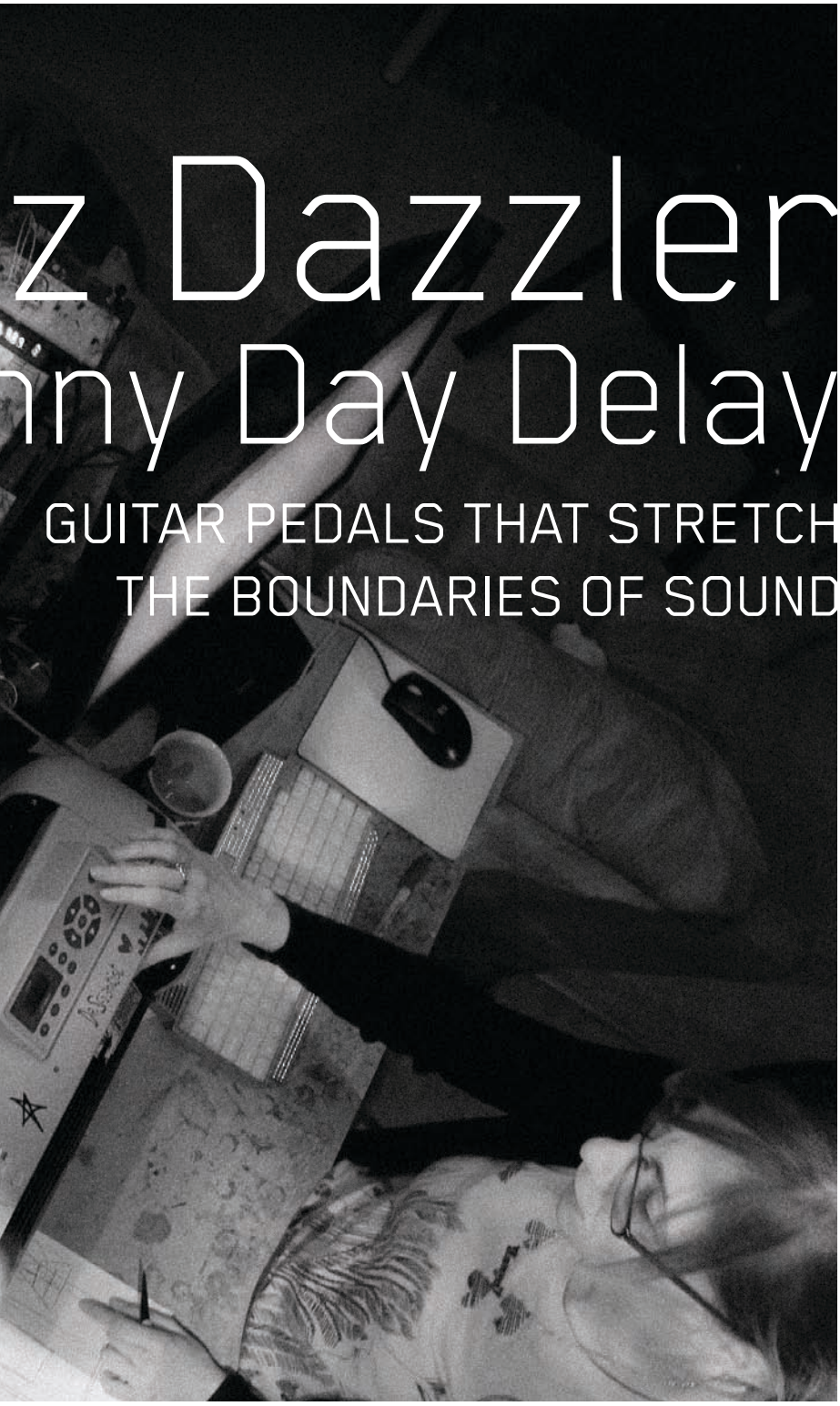
Cumberbatch's motivation to do well this past season was driven in part by "the respect issue." The coaches and players in the conference "respected me a little bit, but also thought that my performance during my rookie year was a fluke. And this year, that kind of motivated me to come out here and prove them wrong."

The Digital & Interactive Media Design student's ambition is evident off the court as well. She scored top marks in her studies and is now an honours student.

– DONOVAN FRANCIS

Fraz
AND THE Sur

RYAN CLARK AND TANYA BACH OFTEN WORK DEEP INTO THE NIGHT, BUILDING THE DR. SCIENTIST STORY INTO EACH OF THEIR GUITAR EFFECTS PEDALS.



z Dazzler
nny Day Delay

GUITAR PEDALS THAT STRETCH THE BOUNDARIES OF SOUND

STORY BY
KAREN RAWLINES

PHOTOS BY
JASON NESS

It's the deep part of the whispering night, and there is a light on in the laboratory. Here, somewhere in outer space – or at least on the outskirts of Edmonton, in an inconspicuous neighbourhood of new housing – Dr. Scientist Sounds is hard at work. The quest: the perfect guitar tone, wrangled to rigorous specifications. The product: a unique line of handcrafted guitar effects pedals that are slowly but surely being heard around the world.

Dr. Scientist is the happy union of Ryan Clarke's technical prowess as an electronics engineer and Tanya Bach's flair as a graphic designer. A tour of their small basement studio is proof of a creative lifestyle gone terribly right. Here, both forces behind Dr. Scientist work their own hours to deliver a product they believe in, according to their own standards and ethics.

Chances are, audiences will overlook the little box on the ground in front of the guitarist. But to the musician, it is the key to new sonic territory, bending and teasing sound for the aural pleasure of earthlings. Seemingly innocent, the pedal makes the difference between a basic chord strummed on a guitar and one with attitude.

And Dr. Scientist delivers the difference in spades.

In essence, the small metal box, roughly the size of your hand and twice as thick, is filled with a thin pad of circuits designed to change or add to the sound a guitar puts out. With twists of its knobs and dials, the device adjusts the sound the guitar pumps in, adding new textures of distortion or fuzz or reverb or any manner of tricks.

Since beginning in earnest in 2006, Clarke and Bach have shipped nearly 750 handcrafted pedals out of their basement laboratory in careful batches of about two dozen per order. Music stores in cities as distant as London and New York, and countries as far away as Denmark and Norway are selling the pedals to musicians including rock 'n' roll Juno nominees and country music guitarists.

It's a long way from the years of 12-hour shifts in the oil field Clarke left behind to return to school.

Dr. Scientist began in 2005, when Clarke began his mission to create his favourite guitar effects as he thought they should be built. About to graduate from Electronics Engineering Technology at NAIT, Clarke had the skills and the plan to build the pedals. He made some prototypes and they sounded good. All that was left was the look. At first he figured he could decorate the little boxes with a Sharpie marker to give them a little extra sass. But it wasn't quite right. Yet.

THEY WORK THIS HARD NOT TO SATISFY THEIR CUSTOMERS, THEY SAY. THEY JUST WANT TO BLOW THEM AWAY.

It was about then that he was having lunch at The Nest, the campus bar and restaurant where Bach worked. She couldn't help but notice him.

"He ordered pie and ice cream – for lunch," says Bach, who graduated from Graphic Sign Arts in 2002.

There were more of these lunches, she says, until they got to chatting and, soon enough, the chemistry beneath Dr. Scientist began bubbling. Bach instinctively knew what the pedals were missing.

The pedal talk piqued Bach's design sensibilities, prompting thoughts of sweet vinyl, a medium that intrigued her and begged to be explored on a smaller scale than the typical storefront signs. She considered the way slick segments of colour would make the pedals pop in a way no others do. Each graphic element is cut with meticulous care, assembled by hand, and sealed with a layer of clear coat vinyl that's then heat-gunned to give it resilience against the wear 'n' tear of rock 'n' roll.

They had their first pedals.

With the input and support of friend Bryan Kulba, they got their computer and Internet logistics in line – details like answering e-mails and customer service inquiries and all of those little things that turn out to be big.

These days Clarke and Bach, whose relationship grew along with their business, work out of their home, often into the early hours of the morning, for no other reason than they enjoy the buzz of putting the pedals together.

They work this hard not to satisfy their customers, they say. They just want to blow them away.

"We don't mind working all night, because we love it," Bach says.

There are times when it doesn't go so right, she admits, and that just pushes them harder. Bach says it's not unusual to roll the work into 5 a.m., just trying to get the images perfect, cutting each edge and element with the strictest care.

Every aspect of the business is designed that way – extraordinarily unique. The name Dr. Scientist is nothing more than something Clarke thought was "funny and cool," but it hints at something built into each pedal. A little secret. A little mystery.

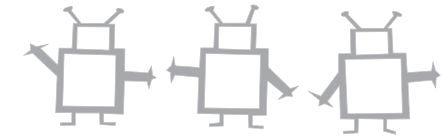
Clarke, 32, is all excitement and tousled hair, sitting barefoot and sporting a T-shirt with the Dr. Scientist robot icon; Bach, 25, is warmth and sincere attentiveness, even with Little Miss, a Maltese/Yorkie puppy, tucked into her lap.

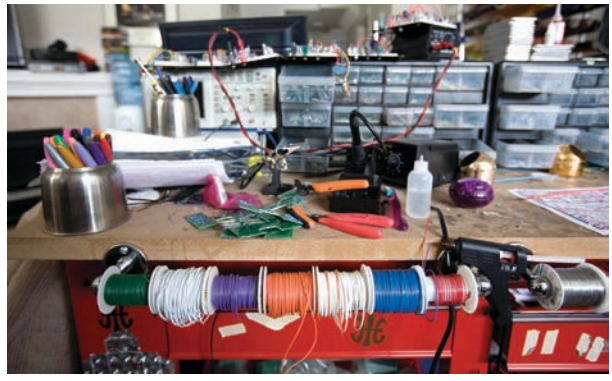
"If you're going to do this, you really have to take it up a couple of notches," Clarke says. "The Dr. Scientist mythology is part of the whole thing. You need more than a good sound. You need a good look. You need a good story."

With descriptions that include the birth of mankind, sonically sinister synthetic life forms – a.k.a. robots – roaming the universe, white coats and clipboards, sunny days and secret dimensions, teaching the universe to sing in perfect harmony and lawyers in the '80s driving Ferraris, these pedals are as fun as they are technically rewarding.

And customers are buying more than pedals. According to Dr. Scientist, they're buying into the experience, the idea and the vision. There may be a pinch of madness, but there is nothing diabolical in their science.

Bantering over the business and building on each others' sentences, Clarke and Bach radiate a genuine love of what they do, every accomplishment – and every little mistake.





CENTRE: ROLLS OF VINYL PROVIDE THE PEDALS (FAR LEFT) WITH THEIR EYE-POPPING COLOUR. RIGHT: CLARKE'S BASEMENT WORKSTATION.

Clarke admits that as he was developing one of the pedals, he tripped up. He was working on the design of a special-sounding fuzz circuit and made a mistake with the orientation of a component.

That tiny misstep resulted in something unexpected – and cool. "I made a pedal developed around the wrongness," Clarke says. "I cuddled the wrongness and made it something good."

That pedal is the Frazz Dazzler, the pet of the whole operation. "Frazz is my baby," says Clarke, pulling a guitar off the rack and taking it through its paces.

Of course, the mistake is built on Clarke's technical foundation; he knows his circuitry and how it makes good audio better. But it's a lot of experimentation, too. "It's so personal," Clarke says. "If you're a creative person, you can turn anything into a cool sound."

The duo still attends to every detail. And that matters to them as much as it does to their customers. Although an audience may have little care what pedal the guitarist has kicked on, Clarke says, it really matters. "Rock 'n' rollers are so picky about tone."

The Dr. Scientist team appreciates pickiness. Bach will customize the pedals to particular graphic preferences. Clarke will add an extra knob for adjusting sound, if that's what makes the difference. At Dr. Scientist, "it's still about rolling up your sleeves and doing all of the work," Clarke says.

Dr. Scientist is evolving. The pedals are slowly changing as Clarke tweaks the circuitry and Bach explores 125 colours of vinyl. Gone are the days when Clarke used to cook up circuit boards from scratch, a labour-intensive – and rather dangerous – process that has since been moved to a professional manufacturer. But they're reluctant to release control of production to the world outside.

The guitar pedal industry falls into two streams: big manufacturers and boutique builders like Dr. Scientist. With the boutique crowd, it's the craftsman approach to detail that matters, catering to the discriminating musician who values a unique sound in a world of factory-made standards. While there are rows of mass-manufactured guitar pedals available, Clarke says that is not what they are about. They want things to be personal and refined.

"We shoot for perfect," he says.

This commitment involves a strong focus on customer service and quality, and has made them popular among everyone from basement musicians to touring professionals (Musicians around the world . . . p. 16).

Talk of getting bigger elicits uncharacteristic discomfort from the young entrepreneurs. They say they are planning on getting to the NAMM Show by 2010 – a big step. The largest music products trade show in the United States – attracting 80,000 in the industry – it could mean new artists and new media attention.

But they are intent on continuing what they have here. Clark says they won't sacrifice that for growth.

"We're already succeeding," Clarke says. "We live on this. We've got a career we're passionate about."

In this basement, there's proof that it's paying off. Here is an empty bottle of French dessert wine that could encapsulate the very essence of Dr. Scientist. It came from France, sent by a client named Romain for no other reason than he was touched by the work the Good Doctor put into tweaking a pedal he'd previously purchased.

Clarke and Bach, though not much on drink, gleefully tippled every last drop, a sweet toast to getting things right, somewhere between Alberta and the stars. ▮

WEB EXTRA

Before the *techlife* article, there was this made-in-Second Life look at Dr. Scientist Sounds.
techlifemag.ca/drscientist.htm

The Good Doctor **PRESCRIBES...**

COSMICHORUS
Think cheesy '80s. The Cure. And Depeche Mode. "It all influenced the way I look at sound."
Dr. Scientist's website proclaims the pedal "does it all . . . from thick and lush to thin and sparkly to intense chorus sounds," with a load of variation.

RADICAL RED REVERBERATOR
"Our flagship. It got us well known in the boutique world. One of the only natural effects in pedals. 'Reverb' is out in the world waiting for you" with its eight great-sounding, studio-quality reverb effects including spacious halls and small rooms.

FRAZZ DAZZLER
"This one was my passion project. The song that inspired it was the 1998 cover of New Order's Blue Monday by Orgy. It has a revolutionary guitar tone – it blew my mind – a grinding chainsaw sound. It's all about the desire for extreme great tones. It took a long time, but it's here."

WOOFER WAILER
"It was inspired by the market. It's a huge sound, an important sound." Another description breaks it down: "An analog overdrive unit that can give a gritty volume boost to fat, crunchy overdrive or loud, crispy distortion and a lot of other variations."

DR. SCIENTIST'S ARSENAL OF SEVEN PEDALS WAS NOT ASSEMBLED BY ACCIDENT. THEY ARE RYAN CLARKE'S TAKE ON HIS SEVEN FAVOURITE GUITAR EFFECTS. BUT WHICH IS WHICH? CLARKE FILLS US IN.

DR. SCIENTIST'S HANDCRAFTED GUITAR EFFECTS PEDALS APPEAL TO THE DISCRIMINATING MUSICIAN WHO VALUES A UNIQUE SOUND IN A WORLD OF FACTORY-MADE STANDARDS.

PHOTOS BY
RYAN CLARKE

ALBUM COVERS BY
TANYA BACH

SUNNY DAY DELAY
"Not everybody wants a lot of effects, but everybody wants a delay pedal. It's inspired by the warmth of an analog delay."

THE TREMOLESSENCE
"Tremolo has been around since the '50s. It's a volume modulation to make the sound quiet and louder. Think Bang Bang by Nancy Sinatra."

WEB EXTRA
Ryan Clarke takes the guitar effects pedals through their paces.
techlifemag.ca/drscientist.htm

THE CLEANNESS
"A utility pedal inspired by the fact that sometimes you just want a bit of a boost." Bonus descriptor: "The Cleanness is an all-analog, high-impedance buffer, three-band active equalizer, and great sounding booster all in one neat-looking little package. The buffer keeps your tone strong and sparkly, while the lowness, midness and highness controls let you dramatically alter the bass, midrange and treble."

WEB EXTRA
Link to the Dr. Scientist playlists on iTunes.
techlifemag.ca/drscientist.htm

iTunes playlists

RYAN CLARKE'S INSPIRATIONAL SOUNDS

Auto Pilot
Queens of the Stone Age

Going Steady
Death From Above 1979

Stripped
Depeche Mode

Friend Is a Four Letter Word
Cake

Bloody Murderer
Cursive

Close to Me
The Cure

Teenager
Deftones

Total Job
The Faint

The Chauffeur
Duran Duran

Cruella
Deadsy

TANYA BACH'S SONGS TO SING ALONG TO

Living under June
Jann Arden

Summerland
Everclear

My Own Kind of Hat
Merle Haggard

I Love Rock N' Roll
Joan Jett & The Blackhearts

Bukowski
Modest Mouse

Where Is My Mind?
Pixies

Straight to Video
Mindless Self Indulgence

Good Woman
Cat Power

Uncool
Courtney Love

The Most Beautiful Girl in the Room
Flight of the Conchords

Musicians around the world tune in to Dr. Scientist

PHOTOS BY
JASON NESS AND HUGH NUTT

HOW DOES A BASEMENT-BASED COMPANY IN ALBERTA SOMEHOW WIND UP IN NEW YORK CITY? DENVER? COPENHAGEN? IT'S NOT ON THE WINGS OF A LOT OF FREQUENT FLYER POINTS.

Ryan Clarke and Tanya Bach say the online music community has been a boon to Dr. Scientist's business, chattering about the pedals and seeding interest worldwide. It only takes one person to post a great review of a pedal on an Internet forum for things to take off.

That's how **Joe Light** found them. He works at Vintage and Rare Guitars in London, England, an independent shop largely focused on vintage gear as well as the special little extras.

"People do come to us expecting to find something cool and different than what you would find in the larger chain stores," Light says. "It's also great to be enthusiastic about what you are selling and these are just so much fun to demo. It is really rewarding to be working with smaller, quality manufacturers that take a lot of pride in their products and what they do."

The Radical Red Reverberator is probably the most sought after in the shop, Light says, a unit of remarkable quality. "When I've demonstrated it to customers, 99 per cent have bought it there and then."

That Dr. Scientist story baked right into the metal casing of the pedal doesn't hurt. "I love the look of the pedals and the approach that these guys have to the world," Light says.

Russell Broom is a guitarist best known for some 14 years of work with Jann Arden. He counts the Tremolessence tremolo pedal among the stars in his arsenal.

Of course, the way he came upon the pedal is as Dr. Scientist as anything else the company does. "It's a bit of a funny story," Broom says. "I was doing my laundry in Edmonton in the midst of a Jann Arden tour, and there was a music store down the street from the laundromat. I popped in while my pants were in the dryer and saw the whole line of Dr. Scientist pedals in a display case."

Since then, the Tremolessence has been permanently stuck to Broom's pedal board, having its way with Broom's tone on virtually every recording session or live gig. "I loved how you could make it sound completely awful and unusable," he says. "I prefer to use pedals that go to more extremes than the generic mass-produced ones, and this was the most unique tremolo pedal I had heard. It sounds great." Adds Broom, it's "not just updates or small variations of more classic designs, but actually new and interesting designs and ways of processing a guitar."

Ryan Podlubny has all but one of the Dr. Scientist pedals (he lacks the Woofer Wailer since he figures he gets the job done with his Cleanness pedal), and had them all custom-designed with cat graphics, including a ninja cat, a cat in the window of a house and a robot cat.

When performing with the band Passenger Action, Podlubny sets up a regular line of about 13 pedals, giving him different sounds to draw from. He says the six Dr. Scientist pedals at his feet supply him with his own little light show, as some of the pedals' lights flicker and pop.

And those cat pedals hone his ability to achieve the exact, singular tone he has in mind.

"I would say I'm getting close to playing the pedals as much as I'm playing the guitar," he says.

Beyond his work in Passenger Action, Podlubny, who works at Acoustic Music Shop in Edmonton, the place that first accepted the Dr. Scientist pedals into the fold, says he also enjoys just fiddling with the pedals and has even routed his upright bass through them a couple of times.

In today's ever-changing world there are challenges and opportunities...

NAIT helps you meet these challenges at the new NAIT Spartan Centre for Instrumentation Technology!

www.spartancontrols.com

SPARTAN CONTROLS

OVER A BARREL

PROTOTYPE PROMISES TO MAKE YOUR RAIN BARREL USEFUL AND BEAUTIFUL

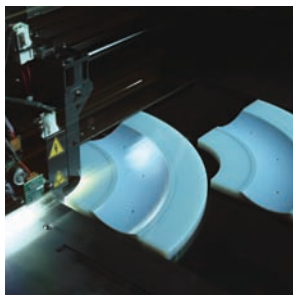
STORY BY
CHERYL MAHAFFY

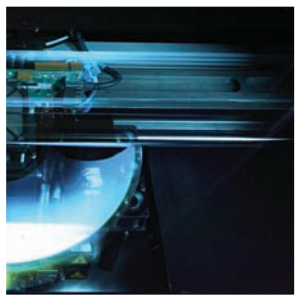
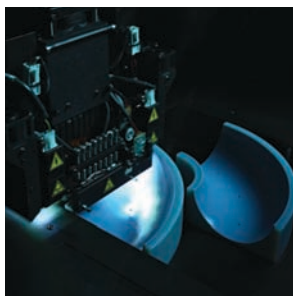
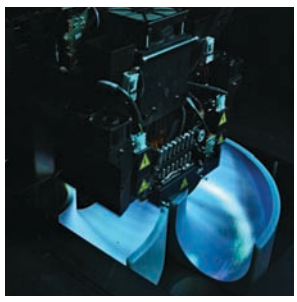
PHOTOS BY
LEIGH FREY

SETTING FOR PHOTO PROVIDED BY
GREENLAND GARDEN CENTRE

CARRIE VOS DEMONSTRATES HER RAIN BARREL LID PROTOTYPE. DESIGNED TO MELD WITH THE ELEGANCE OF HER YARD, THE TOPPER DRESSES UP A RAIN BARREL BY SERVING AS A PLANTER.

THE RAPID PROTOTYPING MACHINE AT THE NAIT SHELL MANUFACTURING CENTRE SPENT DAYS BUILDING UP THOUSANDS OF LAYERS OF POLYMER INTO QUARTER-CIRCLES (BELOW), WHICH CARRIE VOS THEN GLUED TOGETHER TO CREATE A RAIN BARREL TOPPER READY FOR TESTING (LEFT).



Carrie Vos is the proud owner of a one-of-a-kind rain barrel lid that not only lets in water, but also serves as a planter. That's her hope, anyway. Having designed the topper and acquired a prototype, she's itching to move testing to the outdoors now that spring is here.

It all started last April, when Vos went searching for rain barrels to match the elegance of her emerging eco-friendly landscaping. "Since I was going through all this trouble to make my yard nice, I wanted the barrels to be esthetically pleasing as well," recalls the NAIT Engineering Design and Drafting Technology grad, who also holds a B.Sc. in Environmental and Conservation Sciences from the University of Alberta. Walks with her dog became scouting expeditions, says Vos. "But I couldn't find any barrels I liked."

Then a neighbour's willow-filled pots seeded an idea: "I need a rain barrel with plant material coming out the top."

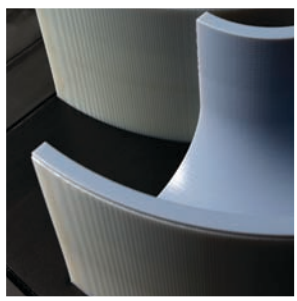
Vos sketched a barrel whose lid looks like a bagel sliced in half, with a well around the outside for soil and a hole in the centre for a downspout. "This can't be original," she thought. But a search for precedents turned up nothing. Perhaps she had something the growing cadre of avid gardeners would buy.

Thus began a journey that is far from over. Discovering that producing an entire barrel would be prohibitively expensive, Vos focused on creating a topper to fit existing barrels. Taking a summer off, she hired a patent lawyer while searching for an affordable way to create a prototype.

The search ended when a classmate in NAIT's Becoming a Master Instructor course – Vos teaches in the Engineering Design and Drafting program – pointed her to the Institute's Prototype Development Program. Since launching in April 2006, the program has offered one-stop technical advice and prototyping for nearly 70 projects, with inventors paying just half the cost thanks to a three-year grant from Alberta Advanced Education and Technology.

Prototype Development Program coordinator David Burry arranged for Vos's topper to be created on a rapid prototyping machine at the NAIT Shell Manufacturing Centre, based on an electronic file she supplied. "The machine has size limitations, so she had to cut the design into four pieces," he recalls. The printer spent two days building up thousands of layers of polymer into quarter-circles, which Vos then glued together.

Once Vos has finished testing the prototype, she plans to manufacture and sell the rain barrel lid. In the meantime, prototype in hand, Vos is again on the prowl – this time for a terra cotta rain barrel that's pleasing to the eye. ▮



TURNING IDEAS INTO PRODUCTS

A place where Canadian inventors and entrepreneurs like Carrie Vos can turn their ideas into saleable prototypes, the NAIT Shell Manufacturing Centre is a one-stop shop for manufacturing technology education and services.

The centre, which officially opened in November 2007, provides clients with access to leading-edge ideas and manufacturing processes, as well as services and support. In addition, the centre prepares students to work in the most high-tech manufacturing environments, with a focus on improving productivity.

Students of several NAIT engineering technology and degree programs train on state-of-the-art technologies such as advanced hydraulics, metrology and radio frequency identification (RFID) devices. By August, computer integrated manufacturing, robotic welding and laser cutting will be added to the curriculum.

Applied research and development is done in collaboration with NAIT's Prototype Development Program and the Duncan McNeill Centre for Innovation, as well as the National Research Council of Canada's Industrial Research Assistance Program.

The centre also offers training in business leadership and management through productivity enhancement services. These part-time certificate programs are designed to help managers and other professionals become more effective and efficient in the global economy.

– DONOVAN FRANCIS

THESE ITEMS AND MORE AVAILABLE AT THE NAIT TECH STORE, OR ONLINE AT WWW.NAIT.CA/ONLINESTORE

SKULLCANDY SMOKIN BUDS HEADPHONES

NAIT Tech Store customer service clerk **Tunc Gunes** gives a nod to the Skullcandy Smokin Buds headphones, "an amazing piece of machinery, a monster, one could say."

What makes these headphones so mind-blowing? "They offer the absolute highest quality audio at the best price," Gunes says. "Built-in earplugs block out unwanted noise. A custom case protects the headphones from earthquakes and tsunamis. Seriously."

Available in white, pink, brown, black and rasta (pictured).

GADGETS

TECHLIFE ASKS, THE UBIQUITOUS IPOD AND BLACKBERRY ASIDE, WHAT GADGET COULDN'T YOU LIVE WITHOUT?

IHOME IH6 DUAL-ALARM CLOCK RADIO FOR IPOD

"The top gadget out today is the iPod. Everyone and their grandma has one," says **Shaun Nystrom**, customer service clerk at the NAIT Tech Store. "Since nobody can live without this item, my top gadget is an iPod accessory – the iHome clock radio.

"Go to sleep to your favourite songs and wake up to them as well. Hitting the snooze button has never been so fun."

This sleek and stylish device is available in black or white. A central dock station allows you to easily connect iPods of any size, including the tiny Shuffle. The clock radio even comes with a remote for all the lazy iPodders out there.

No iPod? No problem. The clock radio has a line-in allowing you to connect any MP3 player or audio device.

PORTABLE USB HARD DRIVE

Physically larger than a flash drive, but still small enough to fit in a jacket pocket, the portable USB hard drive is **James Deslauriers**'s pick for the ease with which it allows him to transport data between computers or to back up important files.

"Since it uses a laptop hard drive internally, you can build your own by choosing a hard drive case that you like (various colours are available) and a hard drive size," says the NAIT Tech Store's computer systems support tech. "Laptop hard drives will soon be available in sizes up to 320 gigabytes."

DIGITAL PICTURE FRAME

Despite all of the intense circuitry and elaborate technical detail in his guitar pedals, Dr. Scientist Sounds' **Ryan Clarke** insists he's practically a Luddite. Nevertheless, Clarke has found an interesting advantage to one little gizmo.

Some 220 images of Dr. Scientist guitar pedals flow as a slide show on a digital photo frame set next to the computer in Clark's basement workshop. The frame can import the images from the RSS feed via the company's online Flickr photo sharing account, or it can be plugged into the computer's USB port.

Victoria's secret

A FEW SQUARES A DAY OF QUALITY DARK CHOCOLATE (FOREGROUND) IS A HEALTHY WAY TO INCLUDE CHOCOLATE IN YOUR DIET. REAR: RAW COCOA POWDER ON THE SPOON, CACAO PODS (RIGHT), CACAO NIBS (LEFT).

HOW TO HAVE YOUR CAKE AND EAT IT TOO

Chocoholics rejoice! There is a growing body of scientific evidence that chocolate is good for you. Victoria Laine, nutrition counsellor, NAIT cooking instructor and author of the radical *Health by Chocolate* cookbook, believes you can have your cake and eat it too – that is, if it's made with high-quality chocolate. Here, Laine provides an innovative look at one of the world's favourite foods.

TECHLIFE: Where does chocolate come from?

VL: Cacao, the fundamental ingredient in chocolate, comes from cacao beans harvested from the football-shaped pods of the cacao tree in tropical climates.

TECHLIFE: How is chocolate made?

VL: Cacao beans are removed from the pod and then fermented, dried and roasted, before being crushed to form a dense liquid of peanut butter consistency known as chocolate liquor or cacao mass. High-quality chocolate is made from 70 per cent or higher cacao mass with cocoa butter and sugar added. Low-quality chocolate has a lot of processed sugar, inferior fats and milk powder.

TECHLIFE: What are the health benefits of eating chocolate?

VL: The health benefits of high-quality chocolate are derived from the raw cacao ingredients. Researchers at the University of Texas Southwestern Medical Center at Dallas discovered the same antioxidant properties in chocolate that are found in red wine and reduce the risk of heart disease and cancer. Research performed at the University of California, Davis, found that chocolate has an anti-clotting property similar to low-dose Aspirin. Researchers at the Neurosciences Institute in San Diego found that chocolate contains substances known to have mood-elevating effects, including anandamide. Ananda in Sanskrit means bliss.

TECHLIFE: Any health risks to chocolate consumption?

VL: Overconsumption of chocolate can mean an overconsumption of daily fat calories, as cacao beans are high in overall fat. Some studies, however, have shown that the fatty acids in cacao actually reduce the oxidation of the (bad) LDL cholesterol.

TECHLIFE: Does chocolate have any nutritional value?

VL: Yes! Dark chocolate, which has high cacao content, is high in magnesium and contains iron, calcium, phosphorus, potassium, some B complex vitamins, vitamin C and vitamin E. Used wisely and with whole food ingredients, chocolate is a delicious and healthy choice.

TECHLIFE: How much chocolate is healthy?

VL: Eating a few squares of dark, dairy-free chocolate daily is a healthy way to include chocolate in your diet.

TECHLIFE: What are the best ways to get your chocolate?

VL: In recipes, use either raw cocoa powder (not Dutch processed) or dark, dairy-free melting chocolate (bars, chips or drops) of 70 per cent or higher cacao content. When purchasing chocolate, consider the source. Whenever possible, purchase chocolate with a Fair Trade symbol, which ensures cacao farmers get fair prices for their products and that child slavery isn't used in harvesting the beans.

– SHERRI KRASTEL

PHOTOS BY
JASON NESS

BELOW, VICTORIA LAINE ASSEMBLES INGREDIENTS FOR TRIPLE OMEGA ENERGY BALLS.

WEB EXTRA
Victoria Laine's recipe for triple omega energy balls.
techlifemag.ca/chocolate.htm

PHOTOGRAPHER JASON NESS ADJUSTS THE LIGHTING AS HE PREPARES TO CAPTURE FURNISHINGS HANDCRAFTED BY GRADUATES OF NAIT'S ADVANCED WOODWORKING AND FURNITURE DESIGN PROGRAM.

FEATURED:
TABLE AND CLOCK
BY JON GRI, DETAILS ON P. 24 AND P. 25

NAKALOOF CHAIR
BY BRIAN GUENTHER
(ADVANCED WOODWORKING AND FURNITURE DESIGN '07)
WALNUT AND TIGER MAPLE
$1,800

MASTERPIECES

LOOKING AT FINE FURNITURE IN A NEW LIGHT

PHOTO BY
EVAN WILL

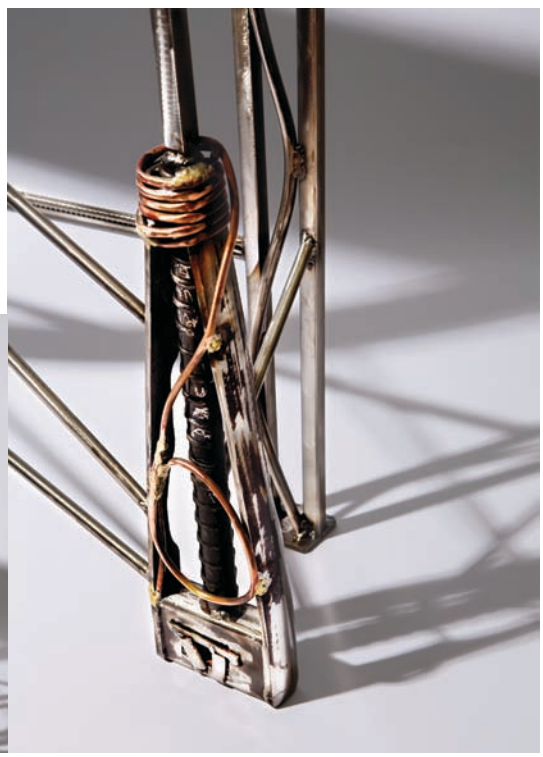
SHOT IN THE NAIT PETRO-CANADA CENTRE FOR MILLWRIGHT TECHNOLOGY

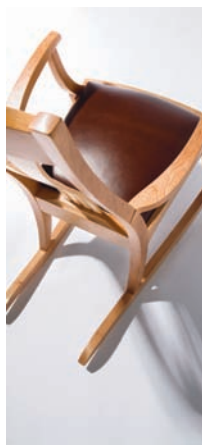
PHOTOS BY **JASON NESS**

TOP AND RIGHT:
AHAB'S GHOST BY JON GRI
(ADVANCED WOODWORKING
AND FURNITURE DESIGN '04)
FIGURED AND CURLY MAPLE
$3,800

BELOW: UNTITLED
BY ROGELIO MENZ
(NAIT MATERIALS
ENGINEERING
TECHNOLOGY
INSTRUCTOR)
STEEL, BRASS,
STAINLESS STEEL
AND WOOD
$600
AVAILABLE FROM
ROWLES & COMPANY LTD.
(ROWLES.CA)

RIGHT AND BELOW:
UNTITLED BY ROGELIO MENZ
STEEL, COPPER AND WOOD
$3,000
AVAILABLE FROM ROWLES &
COMPANY LTD. (ROWLES.CA)





UNLESS OTHERWISE INDICATED,
PIECES FEATURED HERE ARE
AVAILABLE AT THE TU GALLERY
(TUGALLERY.CA)

WEB EXTRA

Go into the studio with craftsman George Heagle as he shares his philosophy on furniture design: "I always strive to capture resonance and harmony of form and function, while celebrating the inherent beauty of wood."

techlifemag.ca/furniture.htm

LEFT AND BELOW:
TANSU BY GEORGE HEAGLE (PART-TIME NAIT FURNITURE DESIGN AND CONSTRUCTION INSTRUCTOR)
BUBINGA AND CEDAR FROM LEBANON WITH HAND FORGED HINGES
$5,200

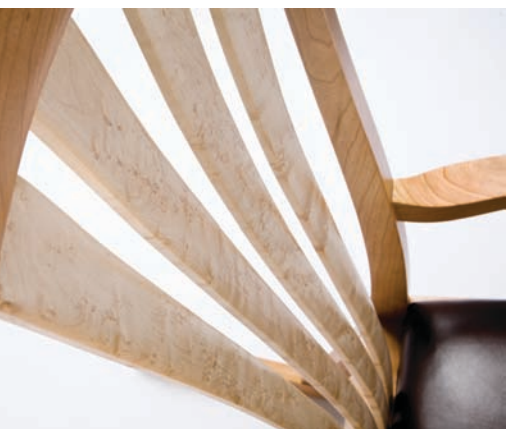
DESIGN DESTINATION

You won't find production-line knick-knacks, mass-produced wares, run-of-the-mill decorative or assembly-line furniture here. From small objets d'art, metal sculpture, hand blown glassware and fine-art photography to one-of-a-kind furniture pieces, Edmonton's TU Gallery prides itself on bringing beautiful, functional handcrafted work into public view.

While studying furniture design at NAIT, Alex Paterson was introduced to several Alberta artists who were designing and building fine furniture, and was surprised to find that they were without a gallery to showcase their beautiful creations. Recognizing a hole in the world of design, Paterson and his wife, Lorna – a graduate of the NAIT Photographic Technology program – took it upon themselves to fill it. The two set out to bring a more public voice to the word-of-mouth world of fine furniture design in Edmonton, and the TU Gallery was born. In three years the gallery has become one of the premier fine furniture galleries in Western Canada, offering a place for artisans of handcrafted furniture to display and sell their work.

– JASON NESS

PHOTO BY
LORNA PATERSON



TOP AND LEFT:
SARAH'S NURSING CHAIR
BY SCOTT MCRAE
(ADVANCED WOODWORKING AND FURNITURE DESIGN '07)
CHERRY, BIRD'S EYE MAPLE AND LEATHER
$2,650

RIGHT:
PARIS 1925 BY JON GRI
BIRCH AND WALNUT
$1,750

HEAVY METAL PRACTICE

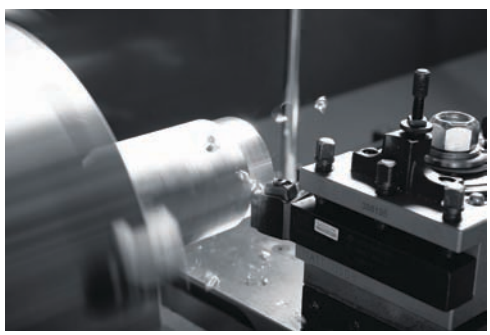
NAIT SANDVIK COROMANT CENTRE

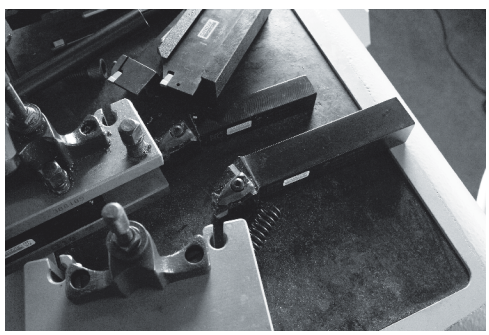
PHOTOS BY
JASON NESS

WEB EXTRA
More photos at
flickr.com/nait

Above, apprentices in the First Year Machinist Lab in the NAIT Sandvik Coromant Centre for Machinist Technology work on engine lathes. The centre's March opening marked a 50 per cent increase in capacity to 660 apprentices. The centre is home to Machinist apprentices and Computer Numerical Control (CNC) Machinist technicians, both of which manufacture metal parts. Right: a shot of the CNC Machinist Lab, machining a steel shaft on an engine lathe and an assortment of cutting tools. The centre is located on the northwest side of Main Campus in Edmonton.

FOR MACHINIST TECHNOLOGY





PIPING HOT

NAIT ENCANA CENTRE FOR POWER ENGIN

PHOTOS BY
LEIGH FREY

EERING TECHNOLOGY

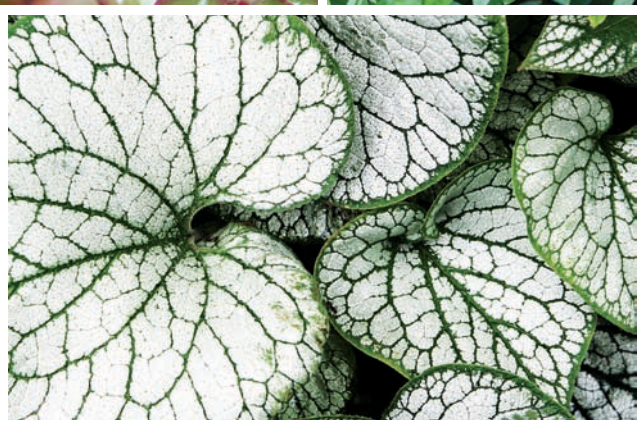
The Power Engineering Lab in the NAIT EnCana Centre for Power Engineering Technology receives full afternoon sun through a wall of south-facing windows. The centre underwent a renovation to increase capacity by 50 per cent to 180 students. Power engineers work on machinery and boilers that provide heat, power or refrigeration to buildings. The piping in both images includes high and low pressure steam and condensate lines. Some of the pipes bring steam from boilers to turbines and generators. The centre is located on the southwest side of Main Campus in Edmonton.

IN FULL BLOOM

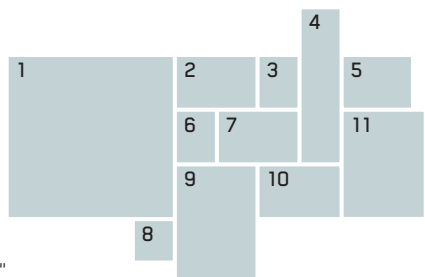
MAIN CAMPUS LANDSCAPES

PHOTOS BY
LEIGH FREY

Tucked away in NAIT entryways and courtyards are dozens of lush flowerbeds enjoyed by visitors, staff and students throughout the summer and fall.
The fresh-looking photos on these two pages were captured on Main Campus in Edmonton last summer, at the height of the blooming season.



	BOTANICAL NAMES	COMMON NAMES
1	GAILLARDIA GRANDIFLORA (BACK) SEDUM SPECTABILE (MIDDLE) FESTUCA GLAUCA (FRONT)	BLANKETFLOWER "BURGUNDY" SHOWY STONECROP "AUTUMN JOY" BLUE FESCUE
2	HEMEROCALLIS "STELLA DE ORO"	DAYLILY "STELLA DE ORO"
3	TIARELLA	FOAM FLOWER "SPRING SYMPHONY"
4	GALIUM ODORATUM	SWEET WOODRUFF
5	DIANTHUS DELTOIDES	DIANTHUS "CONFETTI MIX"
6	FILIPENDULA ULMARIA	MEADOWSWEET "FLORE PLENO"
7	SEDUM SPURIUM	STONECROP "DRAGON'S BLOOD"
8	OSTEOSPERMUM	OSTEOSPERMUM "ORANGE SYMPHONY"
9	ECHINACEA PURPUREA	CONEFLOWER "MAGNUS"
10	BRUNNERA MACROPHYLLA	HEARTLEAF FORGET-ME-NOT "JACK FROST"
11	TROLLIUS X CULTORUM	GLOBEFLOWER "ORANGE GLOBE"



INTRODUCING THE BACHELOR OF BUSINESS ADMINISTRATION

Where the classroom meets the boardroom.

If you dream of being a successful business professional, the BBA degree from the JR Shaw School of Business will give you the theory, instruction and real-world experience you need to take your vision and make it a reality. With full-time, part-time and online learning options, we can help you find the program that fits your schedule. And if you already have a business diploma or degree, you may be eligible to enter as a Year 3 student.

Now accepting applications for fall 2008. Call 780.471.8874 or visit www.nait.ca/degreebba to learn more.

JR SHAW
SCHOOL OF BUSINESS

NAIT

HATtrick

SUSTAINABILITY OFFICER'S WINNING APPROACH TO BUILDING ENVIRONMENTAL MOMENTUM

STORY BY
DIANE BÉGIN-CROFT

PHOTO BY
JOHN BOOK

NAIT FOOD SERVICES HAS SUPPORTED KATIE LAVIOLETTE'S CALL TO ACTION, INTRODUCING A GREENER LINE OF DISPOSABLE PLATES AND CUTLERY IN THE CAFETERIAS.

A personal quest to make a large-scale impact on the environment brought Katie Laviolette to NAIT in September 2007. Her position as sustainability officer was a first for post-secondary institutes in Edmonton, posing an exciting opportunity to help forge a new path.

The opportunity also brings with it the challenge of convincing an organization with more than 3,000 employees to adopt more sustainable practices. Laviolette, whose prior work experience includes providing training and awareness programs to Edmonton Garrison staff, sees this challenge as a team effort, in which champions within NAIT's schools and departments will help build the momentum.

"I am trying to get staff and instructors to encourage sustainable practices, lead by example, and collectively produce a greater effect for NAIT," says Laviolette.

The scope of her position includes establishing a sustainability policy, creating best practices, supporting the ecoNAIT environment committee, representing the Institute on external committees, and encouraging eco-friendly work practices to save resources and energy.

Environmental stewardship emerged as a key theme during staff consultations in early 2007 – and it's an area NAIT takes seriously.

Laviolette's role also supports NAIT's corporate social responsibility initiative, which will create triple bottom line benchmarks for improving the Institute's economic, social and environmental footprints as part of yearly business planning.

Since she started, NAIT's overall environmental footprint has begun to shrink with the introduction of degradable plates and biodegrable cutlery in cafeterias, a reusable mug campaign and more recycling bins on campus.

NOW YOU SEE THEM, BUT SOON YOU WON'T

The plates, cutlery and packaging used in NAIT cafeterias might look like regular disposables, but, made from uncoated paper and corn, they are designed to break down easily and have less impact on the ecosystem.

"Today's customer is much more environmentally conscious and wants to support sustainable solutions," says Food Services manager Kathryn Howden. "As well, our leadership team feels strongly about operating a sustainable business. We are a large department serving over 8,000 customers per day, so we have the opportunity to make a big difference."

Food Services introduced the new plates, cutlery and packaging last fall, greening some of the largest-volume disposable products used in the cafeterias.

While biodegradable corn cutlery and sandwich containers proved to be reliable alternatives, biodegradable plates didn't pass the hot meal test and Food Services ultimately settled on an uncoated degradable paper plate.

"They just didn't hold up under our hearty dishes," food procurement coordinator Kim Allen says of the corn plates. One even broke down under a plate full of spaghetti.

– KRISTEN VERNON

Degradable: Breaks down significantly into smaller particles as a result of physical processes, such as weathering

Biodegradable: A more active biological step, where material breaks down further into its basic elements (water, carbon dioxide and other inorganic substances) by being consumed by microorganisms such as bacteria

Compostable: Biodegradation by soil organisms as part of a compost site

Investing in education

with a focus on math, science & technology

– one of the ways we're contributing to Canada's future

There are few investments more important today than promoting the skills and abilities of our young people. At Imperial Oil, we sponsor a wide range of educational programs designed to spark Canadian students' interest in science, mathematics and technology – skills essential to our country's prosperity.

www.imperialoil.ca/giving

Esso

Imperial Oil Foundation

A BREATH OF FRESH AIR

INTERIOR DESIGNER'S WAR ON TOXINS CREATES HEALTHIER PLACES TO LIVE AND WORK

STORY BY
LISA RICCIOTTI
PHOTOS BY
LEIGH FREY

She's come so far, so fast. Looking at the success Stephani Carter has achieved in less than two years, it's hard to believe that just before setting herself up as a self-titled "eco-interior-designitect" and sustainable building materials specialist, Carter, 28, almost abandoned the design world – to study monkeys.

"CREATING HEALTHY WORK AND LIVING SPACES IS WHERE I CAN MAKE A DIFFERENCE"

WEB EXTRA
Stephani Carter shows you what to look for when searching for green building products.
techlifemag.ca/greening.htm

ABOVE, STEPHANI CARTER COLLABORATES ON SUSTAINABLE BUILDING MATERIALS AT THE RIVERDALE NETZERO DUPLEX.

Since starting EcoAmmo, a company founded on the principles of sustainable interior design, in June 2006, Carter has rapidly made a name for herself in the new and equally fast-growing green building field. She's in demand everywhere, speaking at environmental and building industry conferences, conducting workshops and teaching courses. From a one-woman dream, EcoAmmo has expanded to a staff of four, all kept busy providing research on environmentally friendly building materials and acting as LEED-certification facilitators. The Leadership in Energy and Environmental Design (LEED) rating system is the benchmark for green building design, construction and operation.

Current EcoAmmo projects include such high-profile developments as the 11-storey ProCura office and retail complex at 10830 Jasper Ave., Edmonton's first LEED-CS building, a certification for the core and shell (tenants are being encouraged to seek the complementary certification for green interiors), and the Village At Griesbach, an urban renewal development on the former military base in Edmonton – the city's first LEED-ND (neighbourhood design) pilot project.

Things are growing so quickly that in April 2007, an EcoAmmo database of sustainable building products and materials called Green Alberta branched off to become its own company.

Yet Carter doesn't need any reminders from Kermit the frog: it's not easy being green. Trying to balance her dual passions for interior design and environmentalism proved to be an ongoing struggle.

Doubts about environmental responsibility surfaced during her first job with an Edmonton firm, where Carter, who graduated in 2001 from NAIT's Interior Design Technology program, helped redesign and renovate large office spaces. "I liked the work; it was like playing Tetris," she says. "But I kept wondering where all the old furniture went. There was so much waste." As she delved deeper into the composition of building materials, Carter was horrified to discover many were full of toxins and known carcinogens. VOCs (volatile organic compounds) and urea-formaldehyde turned up repeatedly in paint and substrate materials like medium-density fibreboard selected for projects. "Everywhere I looked, I saw an industry not in line with my values. I knew I had to do something or drop out of the field."

In early 2003, Carter learned about a group of fellow building industry professionals who were forming a coalition dedicated to sustainable building practices. She grabbed the opportunity like a lifeline, helping to found the Alberta Chapter of the Canada Green Building Council at the same time the national coalition was established. In 2004, Carter acquired her LEED professional accreditation.

Also that year, she moved to Manasc Isaac Architects, which Carter describes as the greenest design company in Edmonton. Carter, who eventually came to head up a team of green interior designers, felt she now had the opportunity to make a difference by creating healthier living spaces that also made fewer

demands on the earth's resources. She continued researching building materials off-hours and started to be known to suppliers and contractors as "the green girl who asked too many tough questions."

But something had to give. Even though Manasc Isaac was at the forefront of sustainable design, green interior design only accounted for a small fraction of Carter's work: so many clients still weren't ready to go the green route. "I'd fallen out of love with design," Carter explains. "Listening to discussions about paint choices, all I could think was, 'Don't you know that brand is toxic?' Colour wasn't important to me." Good-looking design was no longer enough; good health and good-for-the-earth were what mattered.

In May 2006, she packed her bags for a much-needed escape.

Carter retreated to the jungles of Sri Lanka, working as an Earthwatch volunteer on a 40-year-running study of toque macaques. There, during a month away, Carter pondered whether to return to her current career or stay with the monkeys. Time-out in Sri Lanka convinced Carter the solution was to "commit 100 per cent to pursing sustainability in built environments." To do that, she'd have to go into business for herself. On her return, she promptly started EcoAmmo, and she's been "waging war on toxins" ever since.

Carter has more company in that battle today. "I have the highest regard for her energy, dedication and passion," says Peter Amerongen of Habitat Studio & Workshop, who's currently collaborating with Carter on Edmonton's Riverdale NetZero Project, an energy-efficient duplex with solar electric and thermal systems that will produce all its own energy for lighting, appliances, hot water and heating over the course of a year. "She's very persuasive and an inspiration, even to an old guy like me who's been involved in energy conservation since the last oil crisis. With her talent and intelligence, she could do anything she wants. But sustainable design is where she's made her commitment."

The monkeys lost a researcher, but sustainable building design gained a strong advocate. "I want to give back to the world," says Carter. "Creating healthy work and living spaces is where I can make a difference. My small idea has grown into something bigger and now the whole industry is changing as it recognizes consumers' desire for green products. It's a very exciting time." ▮

INSET: SUSTAINABLE BUILDING MATERIALS, CORK, GRANITE, LINOLEUM, SALVAGED HARDWOOD, FSC HARDWOOD AND BAMBOO.

GREEN? OR GREEN-WASHED?

As environmentally friendly products become more popular, some home-building manufacturers are marketing products as green without having the sustainable benefits to back up those claims. Beware the "green-washing" effect, says Stephani Carter of EcoAmmo. But how can a consumer know what's genuinely green?

Bottom line: start scrutinizing labels, says Carter, and look for third-party certification that a product really delivers the green goods. For example, wood products will have a FSC (Forest Stewardship Council) symbol or a CSA (Canadian Standards Association) rating. Look for a Green Seal or EcoLogo symbol on paint, and choose carpets that are CRI (Carpet & Rug Institute) certified.

Be your own researcher, says Carter, who offers the following questions to consider: Where does a product come from? ("Buying locally is intrinsically being sustainable," she says.) Where does the material in a product come from? Is it recycled? Natural? From a chemical process?

Carter also advises consumers to decide what factors are most important to them, whether that's a product's recycled content, durability, cost, toxicity or ability to be recycled, and to seek products that fit those priorities.

To learn more and to nominate a product to be verified by Green Alberta, visit greenalberta.ca. The product database is currently being developed.

STORY BY
GLEN EDWARDS
PHOTO BY
ADAM BLASBERG

invisible

BRUCE WOLOSHYN CREATES VISUAL EFFECTS THAT ENHANCE TV AND FILM SCRIPTS.

man

AWARD-WINNING VISUAL EFFECTS ARTIST HOPES HIS BEST WORK IS NEVER NOTICED

Today's movie-magic technology can create a futuristic metropolis, but it can't make a story on its own.

Award-winning visual effects artist Bruce Woloshyn has spent his entire career telling stories through pictures. And Woloshyn, 44, knows that no amount of computer-generated flash can blind an audience to a bad script or silly plot premise. From his days telling the story behind the game as technical director of NBA and NHL broadcasts through to his work on television and feature films, Woloshyn's focus has never changed.

"Everything I've done, from live sports to TV dramas, is in the service of enhancing the story," says Woloshyn, visual effects (VFX) supervisor at CIS Vancouver, formerly Rainmaker, an award-winning visual effects company with sister offices in Hollywood and London.

Woloshyn believes his best work should never be noticed by audiences. The most absorbing movie is one that makes you forget the people seated beside you, the walls to your left and right, and the stale popcorn sticking to the spilled soda by your foot. Entertainment is meant to be escapist – so you shouldn't find yourself returning to reality thinking, "This shot must have cost a lot of money to make."

"If I do a really, really good job, you shouldn't even know it. If I get a comment on it, maybe I didn't do it right," says Woloshyn, a Gemini and Leo award winner, as well as multiple Emmy award nominee.

SHOW AND TELL

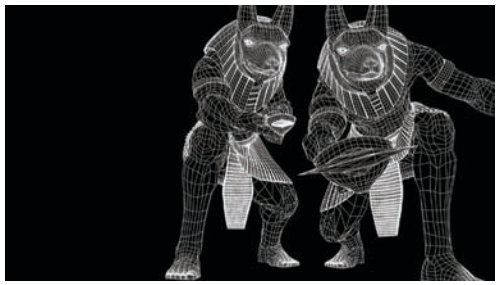
BRUCE WOLOSHYN REVEALS HOW HE CREATED THESE SCENES USING VFX

NIGHT AT THE MUSEUM

Night at the Museum © 2006. Twentieth Century Fox. All Rights Reserved.

Not all characters are real. In fact, more and more characters in feature films are a combination of many artists, not just a single actor. The Jackals in *Night at the Museum* are the culmination of the work of an entire team of production personnel, computer modellers, animators, rigging and lighting specialists, and digital compositors. Everyone worked to seamlessly integrate into the film characters who never really existed – except in our imaginations.

↑ ORIGINAL GREENSCREEN PHOTOGRAPHY



↑ JACKALS COMPUTER MODEL WIREFRAME

↑ JACKALS CG COLOR RENDER

↑ FINAL VFX SHOT FROM FILM

When Woloshyn graduated from NAIT's Radio and Television program in 1984, his current job didn't even exist. But as computer generated imagery came of age in the early 1990s with films like *Terminator 2, Jurassic Park* and *Forrest Gump*, Woloshyn, who was already working as a full-time television editor, was well-positioned to meet the rising film industry demand for computer graphics to create special effects. In 1995, Rainmaker founder Bob Scarabelli recruited Woloshyn to join his new visual effects company. Today, sci-fi channels, eye-popping HDTV shows and blockbuster franchises like *Lord of the Rings* or *Harry Potter* all have the simple digital pixel to thank.

TODAY'S VFX CAN EASILY CREATE LIFE WHERE THERE ONCE WAS NONE.

But Woloshyn's most cherished Hollywood movie memory always serves as a history lesson to his craft.

"One of my favourite films is the original 1933 *King Kong*. I can watch it over and over. You felt for King Kong at the end when he died. When I'm watching him get shot by those biplanes at the top of the Empire State Building, I still feel bad for the guy. But King Kong is just a stop-motion puppet – the marvel is that they made a real character out if it," he says.

Today's VFX can easily create life where there once was none. But absolute power corrupts – and sometimes the sizzle replaces the steak, with movies trumpeting shiny new technology rather than a compelling plot or great acting.

"Overindulgence was a big problem early on. I think most of us have since realized you can't use VFX as the only vehicle for a movie. In fact, projects that are not overtly VFX-driven teach you that the most," Woloshyn says.

Case in point is Woloshyn's work on Global's *The Guard*, a new one-hour series that follows the lives of four coast guard rescue specialists as they endure the daily dangers of life on the Pacific Ocean. The show tells stories set in an unforgiving environment that is neither film-friendly nor conducive to living a long life. Woloshyn gets the episode script as soon as it's written and marks up scenes that would be impractical to shoot for real, or where VFX could add value to the story. "Bruce always looks at what we need to make the scene better with just the minimum amount," says Raymond Storey, *The Guard's* executive producer and creator.

One episode had a man fighting for his life on the high seas. Woloshyn and his team turned footage of an actor treading water in a studio tank into a camera flyby revealing a lost soul adrift in the ocean with no land or rescue in sight. The vision driving Woloshyn was not his VFX software, but the story.

"What attracts me to *The Guard* are the characters, because they give you a story and that's what makes it interesting – not VFX," says Woloshyn. "You want a project with a good story because you're going to have to look at it for months and months in post-production." ▮

SHOW AND TELL (continued)

28 WEEKS LATER

28 Weeks Later (TM) and © 2007. Twentieth Century Fox. All Rights Reserved.

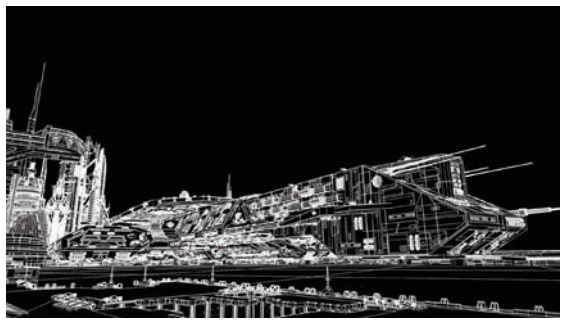
Sometimes, it's the subtleties that make the difference. For this scene, as Tammy and Andy rejoin their father in London (28 weeks after the outbreak of the lethal virus that annihilated the population of Great Britain), they walk past a makeshift memorial of candles to those lost in the disaster. On the day of filming, the wind was such that none of the candles would stay lit. The answer was to later add a flame to each individual candle.

↑ ORIGINAL GREENSCREEN PHOTOGRAPHY

STARGATE: ATLANTIS

Stargate: Atlantis © 2004-2008.
MGM Global Holdings Inc. *Stargate: Atlantis* is a trademark of Metro-Goldwyn-Mayer Studios Inc.
All Rights Reserved.

Sometimes visual effects are just not meant to be subtle. A genre that seems made for this kind of work, science fiction offers an almost limitless palette for the visual effects artist. Landing the Daedalus spacecraft in the ocean beside the city of Atlantis simply can't be filmed. However, that is certainly not to say that it can't be seen.



↑ COMPUTER MODEL WIREFRAME

↑ FINAL VFX SHOT FROM FILM

↑ ORIGINAL BACKGROUND PHOTOGRAPHY

↑ FINAL VFX SHOT FROM EPISODE

↑ FINAL VFX SHOT FROM EPISODE

THE GUARD

The Guard © 2007-2008.
Air Sea Productions (BC) Inc.
All Rights Reserved.

For a dramatic series, visual effects need to maintain consistency with all of the other non-visual effects photography. The second that any visual effects shot pulls you out of the dramatic moment is the second it fails. On an episodic television schedule, that is even more challenging.

From the series premiere, Waheguru, this image shows the character, Duff, as he is located by the Coast Guard BO-105 helicopter.

HEAL THE PAST

FEED THE FUTURE

FORMER RESIDENTIAL SCHOOL STUDENT LAUNCHES NATIONWIDE CHALLENGE

STORY BY
LISA GREGOIRE
PHOTOS BY
LEIGH FREY

DIANA BLACKMAN JOINS STUDENTS AT MIMIW SAKAHIKAN SCHOOL FOR THEIR BREAKFAST FOR LEARNING-SPONSORED MORNING BOWL OF CEREAL. THE NON-PROFIT PROGRAM FEEDS 13,580 ALBERTA SCHOOL CHILDREN EACH DAY.

Whenever she got anxious, Diana Blackman would taste pudding in her mouth. For years after leaving Lebret Residential School in Fort Qu'Appelle, Saskatchewan, Blackman not only remembered the lousy, often-expired food served to her, she tasted it. Any anxieties always transported her back to that dining hall and its row upon row of confused, fearful children. And that pasty custard.

"I would have to clear my throat," says Blackman, NAIT's aboriginal liaison coordinator. "It was always when I was feeling helpless, when I was stuck. It triggered that memory of being powerless. But I know I'm not that helpless little girl anymore."

With a successful career in education and social work and the knowledge that native children are still going to school confused and hungry, Blackman, 44, has contrived a way to slay her childhood memories and help native students get a proper education: she's donating $500 from her federal residential school settlement to the national, non-profit Breakfast for Learning (BFL) program – and challenging other survivors to do the same.

"We are incredibly grateful for the leadership and support of Diana Blackman and her challenge to Canadians," says Wendy Wong, BFL's president and CEO. "Her commitment, and her challenge to others across the country, will help make a positive impact on students who will receive the proper nourishment they require to stay alert and engaged in class."

Blackman, who is mostly Sioux, was born the youngest of 10 and dirt-poor on the White Bear Reserve in southeast Saskatchewan. She was in her mother's womb when her father died. A short time later, her older brother also died and after that, her mother seemed to give up, turning to alcohol for escape, Blackman says. Blackman spent one year at the Lebret school, when she was about seven, and a few years later, the family moved to Edmonton where she has spent most of her adult life.

Food – our enjoyment of it or desperate hunger for it – occupies a permanent place in our memories. There's a reason why we turn to shepherd's pie, moose stew and bannock or other "comfort foods." Food can satisfy hunger and soothe the soul. It can also help you learn. Paulette Cameron, principal at Mimiw Sakahikan School on the Pigeon Lake Reserve, says the change in student behaviour as a result of the BFL-sponsored breakfast program was astounding. "It really helps with discipline. When you're hungry, you're edgy," she says. A week after supplying fruit, cereal and juice to students,

the classrooms were noticeably calmer. "When their tummies are full, they want to learn. And it helps with attendance too."

As an aboriginal counsellor at St. Francis of Assisi Catholic School and later St. Joseph Catholic High School, and even at NAIT, Blackman has witnessed first-hand how hunger impairs a student's academic ability and hence, their confidence and self-esteem. Residential school survivors have an opportunity to give an aboriginal child a fighting chance, she says, something that child might never have otherwise.

"I'm hoping people can look at their experience and say, 'Oh, this can really help our grandchildren at school,' " Blackman says. ▮

BREAKFAST FOR LEARNING

NATIONAL PROGRAM FEEDS 230,000 STUDENTS

Launched in 1992 by *Canadian Living* magazine, the now independent, non-profit Breakfast for Learning (BFL) program distributes roughly $2.5 million annually to school nutrition programs across the country that provide breakfast, lunch and snacks to more than 230,000 students. That satisfies about 28 per cent of current requests. BFL's budget relies entirely on corporate and individual donations.

Alberta's BFL program received two generous commitments from Enmax and the Edmonton Oilers Community Foundation, bringing total grants for the 2007/08 school year to more than $304,000, which helps 283 provincial schools – 18 of them aboriginal – feed 13,580 students every school day.

breakfastforlearning.ca

FREESTYLE SOLE

RYAN ZAHACY DESIGN – A GOOD FIT

STORY BY
RYAN SMITH

PHOTOS BY
JASON NESS

Ryan Zahacy is usually pretty laid back, but he doesn't mind taking risks. He is a skateboarder, after all.

"Oh yeah, I take some chances – you've got to do some scary stuff now and then and push yourself," he says. "I've banged my wrist and had a few concussions and whatnot, but that's part of the game."

Zahacy, 22, says he loves skateboarding because it gives him freedom to express himself in a realm outside any organized rules.

"With street skateboarding, you can just go anywhere and do it anytime you want. That's the beauty of it," says Zahacy, who recently became a certified parts journeyman through NAIT and now works at Western Pontiac in Edmonton.

The urge to take chances and express himself compelled Zahacy to enter a contest to design a skateboarding shoe for Globe Shoes, with the winning design to be sold in West49 stores across Canada. His entry was one of about 250 submitted.

"I didn't tell my friends," he says. "I thought they'd just be, like, 'Whatever, you'll never win.' But I showed (my design) to my girlfriend and she was, like, 'This is good. You're going to win.' "

She was right.

"It was the first design I've ever done, so I was kind of surprised that I won," he says. "I pretty much just did it the way I'd want it to be if I was going to wear it."

"Ryan's design was really, really bang on," says Jerry Filice, a 33-year-old skateboarder and senior buyer for West49. "Even the guys at Globe said they thought it was something they could see their own in-house designers coming up with."

Zahacy describes his design as "clean and simple." He took the Globe icon, a "G-box," and created a brick pattern with it. The colours on his shoe are black and white, with a hint of red added to the logo.

"There's a lot going on in (the design), but it's also just a nice, simple black and white shoe that really shows off the Globe brand," says Casey Laird, the 26-year-old skateboarder and store manager of West49's store in West Edmonton Mall.

"It really did quite well for us. We had two or three size runs on it, so that's close to 100 pairs at this store alone," Laird adds. "The thing about that shoe is that everybody's bought it. It's not just one type of skateboarder or another that bought it."

The shoe was manufactured this past summer, and Zahacy's prize for winning the contest was a dozen pairs in his size and some other Globe gear. He also earned a rare honour.

"We added a little feature for Ryan that he didn't know about, and that was to put his name on the footbed of the shoe. It says, 'Designed for West49 by Ryan Zahacy,' which makes him one of a select few in the world, outside professionally sponsored riders, to have his name on a skateboard shoe," Filice says.

Zahacy didn't enter the contest to gain attention, but he says it feels good when he sees people wearing his shoe.

"I've seen a few people at NAIT and around the city wearing them," he says. "Sometimes I want to talk to them and hear what they think about (the shoes), but I don't go up to them or anything. I guess just having people wear them is good enough for me."

Zahacy says he enjoys his current career, but he's interested in doing more design work, particularly for skateboard and snowboard clothes.

"I haven't designed any other stuff since the contest, but if they gave me a chance I would. I'd enter another contest, for sure," he says.

Fans of Zahacy's design work shouldn't have to wait long. The first contest was such a success that West49 will likely do it again next year, says Filice.

"I know for sure that when we launch the next contest, I'll personally call Ryan and let him know about it and make sure he gets an entry in," he says. "When young people like Ryan have that sort of talent and love for designing, that's our favourite work to get our hands on." ▮

RYAN ZAHACY PERFORMS TRICKS IN THE WEST49 WEST EDMONTON MALL SKATEPARK. THE FOCUS ZAHACY SHOE (RIGHT) FEATURES A BRICK PATTERN OF THE GLOBE "G-BOX" ICON.

SKILLS HAVE AN EXPIRATION DATE TOO.

Elevate your education - keep your skills and knowledge fresh and up-to-the-minute. Continuing education courses are a perfect fit for busy people looking to rev up their marketability with a degree, diploma or certificate or with new courses featuring new technology.

Our May to August Calendar offers hundreds of options for the part-time learner:

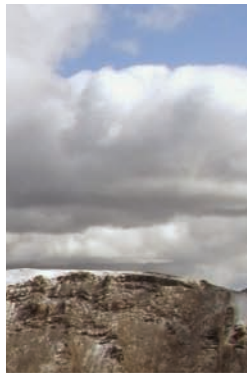
- Bachelor of Applied Business Administration — Accounting
- Bachelor of Applied Information Systems Technology
- Supervisory Development Certificate
- Construction Technology
- Construction Trades
- Geothermal Installation
- Radio Frequency Identification
- Culinary Boot Camps
- Special Events Management Certificate
- Motorcycle Rider Safety Training
- Occupational Health & Safety
- Health Sciences
- Radio & TV
- And more

For more information:
www.nait.ca/ContinuingEducation
Email: spring08@nait.ca to have a calendar mailed to your door

NAIT

AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS

11762 - 106 St. Edmonton Alberta Canada **PH** 780.471.6248



DAY 17 OF HIS TREK FOR CANCER: LUCAS POZNANSKI, NORTH OF THE NOTCH, A PROMINENT LANDMARK ON THE SKYLINE TRAIL IN JASPER NATIONAL PARK.

SEPTEMBER 17, 2007

TREKKING FOR CANCER

The Skyline Trail in Jasper National Park was breathtaking. The views of the surrounding mountains were spectacular, leaving little doubt as to why this route is so popular during the summer.

Carrying my 60-pound pack, I covered 35 kilometres of high-impact terrain today.

It was 10:30 p.m. when I arrived at the Skyline's southern trailhead. I still had six more kilometres to the Trapper Creek Campground on the Maligne Pass trail.

I reached a junction, indicating 'left' to Maligne Pass. Although the trail was distinct and easy to follow by headlamp, I kept an eye on my GPS, which apprised me of the remaining distance. After about 90 minutes, it indicated I had passed the waypoint by 300 metres, but there was no sign of the campground.

Coming to a large creek, I could see the trail resuming on the opposite side. It had been almost 14 hours since I began hiking that morning; I was tired and didn't feel like fording an icy stream barefoot.

I backtracked, thinking that perhaps I had failed to notice a smaller trail leading to the campground. Walking over half a kilometre back north, I saw nothing but thick forest.

I began looking for a suitable clearing for my tent. Because of the thick foliage framing the narrow trail on both sides, I was unable to find even a mediocre place to sleep. Closer to the stream, I was surprised to notice an obscure sign reading 'Hiker,' pointing right, to a faint trail. Within seconds I had found a bridge crossing the water, on the other side of which was the backcountry campground.

It was around 1 a.m. when I arrived. I rushed through a late dinner, before getting some much-needed sleep.

LUCAS POZNANSKI
BACHELOR OF APPLIED INFORMATION SYSTEMS TECHNOLOGY CANDIDATE
Operations Manager, 36ZeroWaste Group Inc.

In September 2007, Lucas hiked more than 550 kilometres through the Canadian Rockies, raising $3,000 for the Alberta Cancer Foundation. Read more about his trip on his blog: cancertrek.ca.

DYLAN AND C.J. WILKINS WITH THEIR BUELL ULYSSES TOUR MOTORCYCLES IN CALGARY.

ABOVE FROM LEFT: C.J. PREPARING IN HIS GARAGE, A BIKE EQUIPPED WITH A LUGGAGE SYSTEM, FRONT VIEW OF THE ULYSSES AND DYLAN AND C.J. READY TO ROLL.

MARCH 16, 2008

WISH YOU WERE **HERE TO HERE**

This summer my brother Dylan and I will be riding our Buell Ulysses motorcycles more than 32,000 kilometres through 26 countries and areas to raise money for Street Kids International. With less than two months to go before we start the ride, we are at NAIT Fairview Campus for some one-on-one instruction with Wally and Randy of the Harley-Davidson Technician program.

Our instructors have been incredibly patient with my (lack of) mechanical ability – even when I broke a sparkplug wire and one of their tools. Similarly, they have helped Dylan, who is a licenced aircraft maintenance engineer, with troubleshooting potential repairs and maintenance items on the motorcycles. Dylan and Wally even figured out how we can change a tire using the Buell's kickstand and the weight of the bike to leverage the tire off the rim. It took some serious effort and I'm glad they figured it out before fatigue set in at the end of the day.

Nearly a decade ago, I worked in a co-op position in the Fairview Campus communications department, giving tours of the Trev Deeley building. Having only started riding two years ago, I never would have expected to be working on my own Buell motorcycle in the very same place.

The Here to Here World Tour launches on May 10 from Calgary. To follow our progress, and to learn more about the tour and about Street Kids International, visit heretohere.com.

C.J. WILKINS

PHOTOS BY **JASON NESS**

WEB EXTRA
Video postcard at
youtube.com/techlifemag

Words of wisdom

WE ASKED 10 PEOPLE TO WEIGH IN ON THREE QUESTIONS

STEPHANI CARTER

Alum; Sustainable building material specialist, EcoAmmo and Green Alberta

Environment: Live in a walkable community. Set up my two companies with the smallest ecological footprint possible – we work from home (or satellite offices). Made pacts with some relatives to donate in each other's names instead of giving gifts.

Designer: Architect William McDonough for what he's accomplished on sustainability. Edward Mazria for his carbon neutral initiatives in architecture.

Mac or PC: Mac.

BARB COCKRALL

Volunteer and former chair, SS Benefit NAIT Cruise

Environment: Recycle household goods and clothing – and find others who can make use of them.

Designer: Giorgio Armani for men's and women's clothing because of his pure design and fabrics.

Mac or PC: PC.

NOLAN CROUSE

Alum; St. Albert mayor

Environment: Walk and bike to work when possible. Recycle. At City Hall, we're developing an environmental plan for the city.

Designer: The designer who keeps me looking slim, regardless of who it is.

Mac or PC: PC.

MELISSA DOMINELLI

Alum; Edmontonians *magazine 2007 Sizzling 20 Under 30; Radio personality, 91.7 The Bounce; TV host & producer, TDot TV*

Environment: Recycle. Buy recycled products. Use compact fluorescent light bulbs.

Designer: Donna Karan. Marc Jacobs. Rock & Republic jeans have the best fit – my favourite is Victoria Beckham's line.

Mac or PC: Mac.

JODY FATH

Alum; NAIT advancement relations officer

Environment: Purchase items made from recycled goods, such as WAS bags (wasnewzealand.co.nz).

Designer: Alexey Dushkin, award-winning architect of several stunning metro stations in Moscow.

Mac or PC: Mac.

LINDA HENDERSON

NAIT athletics director

Environment: Recycle. Make stops on the way home from work so as not to use my vehicle unnecessarily. Cycle to work when nice. Turn down my thermostat during the day and night and light only the rooms I occupy.

Designer: If it's functional, fits and looks good, I'm happy!

Mac or PC: PC at work. If I had the choice, it would be Mac all the way!

RICK LEE

Alum; Radio personality, Sonic 102.9

Environment: Recycle. Reuse.

Designer: The entire Ikea store, if that counts. Putting the stuff together is one thing, but simplicity and cost efficiency is key. The $1-breakfasts are a bonus.

Mac or PC: PC.

ASHIF MAWJI

Alum; Founder of Upside Software Inc.; BDC's 2007 Young Entrepreneur for Alberta

Environment: Use energy efficient light bulbs. Run behind my wife turning off lights, appliances, hair straighteners, etc.

Designer: Giorgio Armani for fashion and interior.

Mac or PC: PC hands down.

HOLLY PLANTE

Alum; Edmontonians *magazine 2007 Sizzling 20 Under 30; President, Freckle Creative*

Environment: Recommend post-consumer paper products to clients. Recycle office paper. Back up e-mails electronically.

Designer: Prada, but it might be time for imitation. Seems when I buy new Prada sunglasses I do something silly like dive into the lake while wearing them.

Mac or PC: PC.

BRUCE WOLOSHYN

Alum; Visual effects supervisor at CIS Vancouver

Environment: I'm a big fan of the "tapeless" environment. No tapes, no DVDs, no shipping, no garbage.

Designer: Burt Rutan, designer of the Voyager (the first plane to fly non-stop around the world without refuelling) and suborbital vehicle SpaceShipOne.

Mac or PC: Mac at home. Both at work.

OPEN CONCEPTS

THE DESIGN-MINDED OFFER ESSENTIAL READINGS ON THE ART OF CREATING

EXPLORING VISUAL DESIGN: THE ELEMENTS AND PRINCIPLES

Joseph A. Gatto, Albert W. Porter, Jack Selleck (2000)

Recommended by **Fletcher O'Grady**, Photographic Technology instructor

Ever wondered what makes great art, photography and graphic design interesting to look at? O'Grady recommends *Exploring Visual Design* for insight into the two-dimensional world of design and the fundamentals needed to create visual interest.

The first section of the book explores the six elements of design, while the second details the six principles of design.

HAND JOB: A CATALOG OF TYPE

Michael Perry (2007)

Recommended by **Tanya Bach** of Dr. Scientist Sounds (Graphic Sign Arts '02)

The rough and tumble character of hand lettering means a person is on the other end of the pen. It's authentic and personal – the qualities Bach puts into her work.

For inspiration, she recommends *Hand Job*. The antithesis of how-to manuals that teach people to make perfect graphics, the book's examples of typography leap from the page, the charm of their imperfections and quirks intact.

Bach says now, perhaps more than ever, there's an appetite to celebrate handmade in an automated industry.

GARDEN DESIGN MAGAZINE

Recommended by **Donna Brown**, Landscape Architectural Technology instructor

"This magazine includes award-winning landscape designs from all over the world and often presents designs with a non-traditional approach and very innovative solutions," Brown says. "The magazine also showcases the latest products and materials, high-end furnishings and green design ideas, including roof gardens, rain gardens and green walls."

Affiliated with the American Society of Landscape Architects, gardendesign.com offers informative links to professional websites.

AMERICAN FURNITURE OF THE 18TH CENTURY: HISTORY, TECHNIQUE, AND STRUCTURE

Jeffrey P. Greene (1996)

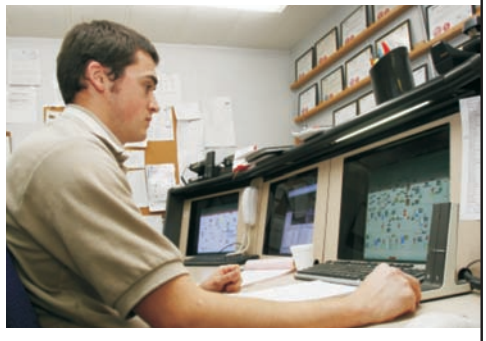
Recommended by **Jon Gri**, fine furniture craftsman (Advanced Woodworking and Furniture Design '04)

Understanding the techniques and expertise of the artisans of old and applying those skills to fine furniture making today brings integrity to every piece and ensures it will be enjoyed for generations to come, says Gri. And that's why he recommends *American Furniture of the 18th Century* to aspiring fine furniture makers.

nexen
www.nexeninc.com

A CAREER WITH NEXEN

see the VALUE



50 BEST EMPLOYERS IN CANADA 2008
THE GLOBE AND MAIL REPORT ON BUSINESS MAGAZINE

Nexen Inc. is one of Canada's largest independent oil and gas companies with operations worldwide.

STORY BY
KRISTEN VERNON
ILLUSTRATION BY
SHANE GAIGNARD
PHOTOS BY
LEIGH FREY

GO NATUREL

GREEN YOUR YARD WITH LANDSCAPE OPTIONS AND GARDENING TECHNIQUES FROM THE DESIGNERS OF **TIMELESS ELEMENTS, THE BACKYARD SHOWCASE** FEATURED AT THE EDMONTON HOME AND GARDEN SHOW.

DESIGNED BY SECOND-YEAR LANDSCAPE ARCHITECTURAL TECHNOLOGY STUDENTS STEPHEN HELLER, SHANE GAIGNARD AND NELL GASIEWICZ – WINNERS OF A CLASS DESIGN COMPETITION – THIS ECO-FRIENDLY OUTDOOR SPACE WAS INSPIRED BY THE ELEMENTS OF NATURE: EARTH, WATER, WIND AND FIRE.

RIGHT: ROCKS LINING THE WATERFALL, TABLE SETTING ON DISPLAY IN THE BACKYARD SHOWCASE.

EARTH

COMPOSITE DECKING

Not only are composite deck boards low maintenance, with no sanding, staining or painting required, they can be made from non-toxic reclaimed or recycled materials, including plastic grocery bags, sawdust and pallets.

WATER

PONDLESS WATERFALL

A waterfall and stream, a pondless waterfall operates much the same as a regular pond, with a pump circulating water from the reservoir beneath the rocks to the top of the waterfall. It's a virtually maintenance-free alternative to a pond, simply requiring you to top up water that has evaporated. And, unlike a pond, there's no ecological need to keep the system going continuously, making it an energy-efficient choice. This water feature requires less space than a pond and is ideal for families with small children.

WIND

SHELTER BELT

Planting large coniferous trees and shrubs on the north and west sides of your house creates a wind screen, helping lower your heating bills in the winter. Planting deciduous trees on the south side of your house can help keep it cool during the summer.

FIRE

LOW-VOLTAGE LIGHTING

Light your nightscape with an energy-efficient alternative. Low-voltage lighting uses 12 volts of electricity, instead of the standard 110/120 volts.

EARTH

COMPOST

Described by the Composting Council of Canada as "nature's way of recycling," composting is an excellent way to divert kitchen and yard waste from the landfill, with the organic material decomposing into humus, which can enhance soil quality.

EARTH

ORGANIC MULCH

Use compost, wood chips or other organic materials in your planting beds to keep weeds under control, retain soil moisture (reducing how often you need to water), and keep plant roots cool on hot days. As the mulch slowly decomposes, it provides nutrients to the plants.

FIRE

WOOD PELLET BARBECUE

A clean and efficient alternative to gas or charcoal, wood pellets are made from waste wood materials, including sawmill residue, that would otherwise have gone into the landfill.

WATER

BIOSWALES

Shallow vegetated channels, bioswales filter pollutants and sediment and slow storm water runoff. Relatively inexpensive and easy to install, bioswales can be located next to walks, driveways or waterspouts and can supplement curbs or gutters. While there are different types of swales, dry swales are recommended for residential landscapes as they are, well, dry most of the time and, between storms, are designed to drain in about a day.

WATER

XERISCAPING

The principles of this water-conserving method of landscaping include choosing native plants, which on the Prairies means choosing drought-tolerant plants suited to our natural precipitation (in areas less than 30 centimetres a year), mulching and watering efficiently and reducing the size of your lawn.

When to water

Water your lawn before 11 a.m. to avoid evaporation. Established lawns only need 2.5 centimetres of water, including rain, every seven to 10 days, advises Epcor.

WATER

RAIN HARVESTER

There are many benefits to using rain harvesters or rain barrels in your garden besides the savings to your water bill. Storing rain water, rather than letting it flow directly into the gutters, eases the burden on municipal wastewater treatment facilities. It decreases storm water runoff and also the chance of live sewage dumping into the North Saskatchewan River when the system overflows during heavy precipitation.

Inventor Carrie Vos has designed a decorative cover to make your rain barrel useful *and* beautiful (Over a Barrel, p. 18).

Health. Opportunities. Rewards.

At *Sherritt International*, with more than 80 years of business success as a leading diversified natural resource company in Canada, these attributes are fundamental to who we are and how we reward our employees.

Health & Safety
Taking care of our employees is the key to taking care of our business. A healthy workforce promotes success, so we strive every day and every hour to ensure that our workplace meets or exceeds health and safety standards.

Opportunities
Sherritt offers attractive salaries and incentives and provides our workforce with a host of growth opportunities. Our five divisions: *Metals, Coal, Oil & Gas, Power* and *Technologies* offer an array of career options, both in Canada and internationally, with exposure to a wide range of process technologies, projects and skilled people.

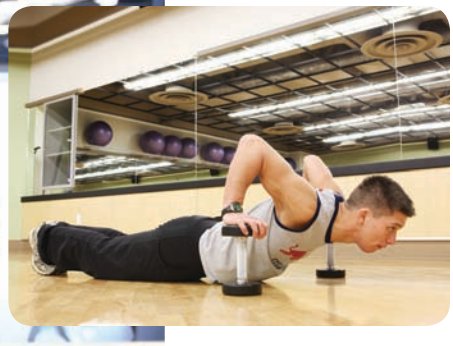
Rewards
Challenging and rewarding work. Opportunities for advancement. A stable company that believes in, and values, its people. A safe and positive work environment. These are just a few of the rewards that *Sherritt* offers.

sherritt

Please visit the Sherritt website at www.sherritt.com for more information or to submit an application.

Sherritt International Corporation is a leading diversified natural resource company involved in the production of thermal coal, nickel, cobalt, oil and gas and electricity. Sherritt's success is built on utilizing innovative technologies and the breadth of its financial and operational expertise to increase productivity and profitability. Sherritt continues to explore opportunities to grow its $5.5 billion asset base through expansion of its existing businesses, capital projects and strategic acquisitions.

KICK UP your workout



MIXED MARTIAL ARTIST CHRIS ADE SUGGESTS LONGER THAN NORMAL TRAINING SESSIONS TO PREPARE FOR A MARTIAL ARTS PROGRAM.

Q: TONY HOANG (CHEMICAL TECHNOLOGY '96) ASKS,

"DO YOU HAVE A RECOMMENDED FITNESS/STRENGTH TRAINING PROGRAM FOR MARTIAL ARTS?"

DO YOU HAVE A QUESTION YOU'D LIKE ANSWERED?
Send to:
editor@techlifemag.ca
and one of NAIT's many experts may provide an answer in a future issue.

A: Fitness training programs for martial arts vary in content and style from one trainer to another. However, there are certain basic features that should be included in any fitness training program.

Warm-up exercises should be part of all fitness sessions. Start with light weights or light cardiovascular exercises to get the blood flowing into the muscles.

Your fitness program should prepare you to endure long and strenuous martial arts sessions. You should, therefore, complete multiple strength exercise sets over a longer than normal period of time. Always begin exercising the largest muscle groups first, before working your way down to the smallest muscle groups.

Given that martial arts involve contact, you will need to align yourself with a competent team. Only by practising with others can you develop great technique.

The fitness program you choose should be as practical as possible, replicating the movements of your sport and strengthening the muscles you use most.

Through targeted approaches such as these, you will be homing in on your specific goal – mastery of the martial arts.

CHRIS ADE
(PERSONAL FITNESS TRAINER '03)
PERSONAL TRAINER & MIXED MARTIAL ARTIST

PHOTOS BY
LEIGH FREY

REPLICATE THE MOVEMENTS OF YOUR SPORT

Shadow kickboxing is one exercise that replicates the movements of martial arts. It is a one-person routine that involves constant punching and kicking in a manner that simulates a real fight.

IMPROVE YOUR PHYSICAL ENDURANCE

In general, non-martial arts strength training exercises are done in two to three sets of eight to 12 repetitions each. For martial arts training, you'll need to build your physical endurance, which you can do by using a lower weight and increasing the number of repetitions and sets. Aim for five to six sets of 20 repetitions each. Here, Ade executes a set of pushups using a pair of dumbbells.

BE AMBITIOUS
BE IN DEMAND
BTech

At NAIT, BTech is shorthand for fast-track career success.

Our new baccalaureate – the Bachelor of Technology in Technology Management – meets industry's growing demand for managers who have that vital combination of technical expertise, strategic thinking and project management skills.

You qualify to start BTech studies if you have already earned a diploma in an applied science or engineering technology field. You'll finish after just two more years of study. Choose part-time, online or full-time classes – and get ready to be noticed.

Be informed:
www.nait.ca/btech
Toll free: 1.877.627.3377

NAIT

AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS
www.nait.ca

LOBSTER EGGS BENEDICT

RECIPE COURTESY OF
BRAD HOREN

YIELD
4 SERVINGS

Butter-poached lobster, smoked back bacon, quail eggs, smoked scallops and lobster Béarnaise sauce

8 oz lobster meat (bigger pieces are nicer)
4 pieces of smoked back bacon
4 poached quail eggs
4 smoked scallops (sliced thinly into coins)
4 oz lobster Béarnaise sauce
2 English muffins (split in half)

SMOKED SEA SCALLOPS

(15 to 20 per pound)

Method: Soak cherrywood chips for 30 minutes. Drain wood chips and place in a pan or wok. Cover the wood chips with a roasting rack. Apply medium low heat to the base of pan or wok and cover. When the wood chips create smoke, place scallops on rack and cover with a dome lid. Allow scallops to smoke until firm to the touch (approx. 5 minutes). Remove pan from heat and stand to the side until needed.

LOBSTER BÉARNAISE SAUCE

(makes 1 1/2 cups)
6 tbsp Béarnaise reduction (see below)
6 egg yolks
3/4 cup clarified butter
3/4 cup lobster oil (see below)
2 tbsp fresh tarragon

Method: Add the cold Béarnaise reduction to the egg yolks in a large bowl. Whisk them together over a pot of simmering water. Do not bring to a boil or let the water touch the bowl as it will cause the eggs to scramble. At the same time, place the lobster oil and clarified butter in a pot on the stove on medium low heat to keep it warm. Whisk the egg yolk mixture until it doubles in volume, starts to thicken and becomes a pale yellow in colour. Slowly add the lobster oil mixture to the egg yolk mixture in a steady stream. The sauce should become thick and rich. If the mixture starts to separate, add a small amount of cold water and it should bring the sauce back together. Once all the oil and butter are whisked in, finely chop the tarragon and mix into the finished sauce. Season with salt and pepper.

BÉARNAISE REDUCTION

(makes about 6 tbsp)
1 shallot
2 tbsp fresh tarragon
3 tbsp white wine or tarragon vinegar
3 tbsp white wine
2 tbsp water
1 tsp white peppercorns
1 bay leaf

Method: Dice shallot and chop tarragon into two-inch pieces. Bring all of the ingredients to a boil in a saucepan. Reduce the liquid by half. Strain the liquid through a fine strainer and cool immediately.

LOBSTER OIL

2 whole lobster shells (meat removed)
4 shallots
2 bay leaves
4 cloves garlic
4 white peppercorns
1 litre canola oil

Method: Roast the lobster shells in a 450 F oven until they turn red and become fragrant. In a large bowl, crush the lobster shells with a mallet until they are in smaller pieces. Put all of the other ingredients into a large saucepan with the crushed shells. Place the pot over a low flame until small bubbles come up through the oil. Leave the pot over low heat for two hours until the oil pulls all the flavours out of the lobster and aromatics. Strain the oil through a fine strainer and cool immediately. The oil should have a dark orange to red colour and taste like lobster. You can freeze this oil for up to 6 months.

LOBSTER POACHING BUTTER

1 lb butter
2 sprigs fresh tarragon
1 quartered lemon

Method: Melt butter in a pot on low heat. Add tarragon and lemon quarters. Allow mixture to come to a simmer. Add lobster pieces and poach for 5 to 7 minutes or until they are firm to the touch. When the lobster is ready, remove from butter. Keep lobster warm until needed.

Putting it all together: Toast the English muffins to a light golden brown. Lightly grill back bacon just to warm through. Layer toasted muffin, back bacon, scallop, lobster and poached quail egg. Coat with the lobster Béarnaise sauce.

RECIPE COURTESY OF
BRAD HOREN

CHEF'S BREAKFAST

CULINARY CHAMP

GOING FOR CULINARY OLYMPIC GOLD: BRAD HOREN, CAPTAIN OF THE ALBERTA TEAM, MAKES A BUFFET PLATTER DURING A PRACTICE SESSION AT THE SHAW CONFERENCE CENTRE. THE CULINARY OLYMPICS – THE LARGEST FOOD COMPETITION IN THE WORLD – TAKE PLACE IN GERMANY IN OCTOBER.

If you hadn't met him before, you might think Brad Horen a gruff man; at first, his sentences are short and his expression as hard as a lobster shell.

But while a man of few words in mixed company, the thirty-something melts like tempered chocolate when asked about cooking. He speaks fluently of the challenges of running a multi-million-dollar culinary enterprise and the thrill of international competitions.

Chatting in the oyster bar of Calgary's Catch restaurant, with its nautical theme and salt-water smell, the executive chef tells the story of his success. Since graduating from NAIT's Culinary Arts program in 1996, Horen has earned national acclaim for his cooking prowess. By the time this magazine is published, he will have left Calgary's top seafood spot for Victoria's Café Laurel and the soon-to-open Aura restaurant at the Laurel Point Inn.

He'll bring powerful ambition to his new role at the 88-seat waterfront Café Laurel, which made the *Condé Nast Traveler* readers' choice list of 20 best hotels in Canada in 2006 and the Gold List in 2007. "I've still got a great desire to grow and advance," he explains.

"I want to do everything local, West Coast, high-end. I want Café Laurel to be one of the top hotel restaurants in Victoria within three years."

His plan is to take advantage of the area's fresh produce ("Victoria's got a good push on for local and organic products," he says) and his own flair for blending international flavours.

There's little doubt he'll make a splash – in 2007 he won the Canadian Culinary Federation's first national Chef of the Year competition, taking the western title before going up against the three other regional winners in a cook-off.

"He's demonstrated his technical abilities as a cook, and that's the cornerstone of being a great chef," says Judson Simpson, president of the federation and executive chef at the House of Commons. "He put himself in front of his peers and that's not an easy thing for a chef to do."

Since it was a modified black-box competition, Horen knew what proteins would be supplied and was able to bring some of his own ingredients to the table to prepare a three-course meal, with wine pairings, for 25. "We didn't want it to be a mystery because we wanted to ensure we had the chef's best food," Simpson says.

Although Horen won't speak to what it feels like to be the best, he's eager to talk about the competition itself. While he could plan some recipes in advance, all dishes had to be prepared during that timeframe. "So, if you wanted to use a really nice chocolate garnish, you had to make it there to show you could really do it."

In the world of competitive cooking, which Horen admits is similar to the Japanese show *Iron Chef*, there are many different types of competition. In cold food competitions, chefs prepare the menu items and then cool and glaze them with gelatin before presenting the food artistically, while in hot food competitions, they actually serve the meal. "They really want to see that you know how to cook. You may have a short time, but it's about how you react and use stuff properly."

While cooking is known for its embrace of the senses, Horen has a poker face that must certainly be a disadvantage to nervous competitors struggling to finish their dishes. It's hard to tell if Horen is a master at time management or excellent at appearing to have everything under control. Even today, with a hundred things on his plate, he's as placid as a lake on a windless day.

His brow furrows only slightly when he speaks of the competitions that he hasn't relished, like the Global

THE FORMER EXECUTIVE CHEF OF CALGARY'S CATCH RESTAURANT DROPS ANCHOR OFF CANADA'S WEST COAST

CASTS A WIDE NET

Chefs Challenge Continental Finals held last July in Orlando, Florida.

"It was the first time they ever had it – and it was a disaster," says Horen, who placed second. The event simply became too political. Five of the seven judges were American, and competitors took issue with a U.S. chef winning.

What's more, hygiene wasn't a priority.

"When we turned on our burners, we had cockroaches running out of (them) . . . there were tons and tons and tons of them. I was a little angry, so I gave the judge a hard time and he didn't like it. But if this was my restaurant, it'd be closed. You don't do things like that."

Bugs may be cooked and eaten in other countries, but Horen shakes his head at the prospect. In general, however, he's not afraid to dive in and try something new. In 2007, Horen appeared on the reality TV show *Next Great Chef*, as mentor to fellow Catch chef Marc Schoene, who survived four cook-offs against fellow Canadian chefs to take the show title.

As a mentor, Horen drew on his competition experience to help the young chef prepare for the elimination-style challenge and, on set with Schoene, provided guidance throughout.

"It was good," Horen says of the opportunity to mentor Canada's next great chef.

Schoene is grateful for Horen's support. "First of all I want to start off by thanking absolutely everyone, especially my mentor Brad Horen. Without him, I would not have made it this far . . ." he wrote on his blog the day after winning the competition.

These days, Horen is gearing up for a few new projects, including the Culinary Olympics in Germany this October, which he's attending as the captain of Culinary Team Alberta (a role he'll hold until the end of the year). The largest food competition in the world, 40 countries will compete in the four-day event, which in 2004 drew 1,200 chefs and 23,000 visitors.

Horen is also eyeing the Bocuse d'Or, arguably the most prestigious culinary competition in the world. Winning this one involves gritty work (like de-feathering and gutting poultry), but gives a chef the right to work at literally any European restaurant.

With his career continuing its steep upward climb, it's amazing to think that there was a time when Horen was considering an entirely different path: accounting.

Initially, he pursued Business Administration at NAIT, but when he realized he couldn't handle deskwork for eight hours a day, he switched to culinary arts, a passion he'd developed as an adolescent, working as a prep cook in a tiny Edmonton restaurant.

While on the surface accounting and cooking have nothing in common, his business background is increasingly useful, he says. Because fine restaurants can haul in millions of dollars in sales each year, Horen's work must seamlessly combine the art of fine food with the science of financial planning.

This contributes to long days for Horen, as his wife will attest: "He's never home! I don't really see him," laughs Junko Sadahiro, a fellow member of Culinary Team Alberta and former pastry chef at the Hyatt Regency Calgary.

The two met in 2002 when they were both employed at Edmonton's Shaw Conference Centre. Having worked with her husband professionally, Sadahiro admires his dedication both to the craft and his staff.

"He's successful because he looks after people who work for him very well. He really thinks about that person's needs and he cares for people as they're growing." ▮

STORY BY
CAITLIN CRAWSHAW
PHOTOS BY
LEIGH FREY

CATCH OF THE DAY

FOR BRAD HOREN, GOOD FOOD BEGINS WITH HIGH-QUALITY, FRESH INGREDIENTS. THIS MEANS BUYING LOCALLY WHENEVER POSSIBLE.

"The less it's got to travel, the better it will taste. The quality and shelf life is better, there are fewer pesticides and preservatives in it."

This isn't easy to achieve when you're running a seafood restaurant in a Prairie city. During his time at Calgary's Catch restaurant, Horen made it a priority to seek out local flavours.

"We (tried) to use white fish or pickerel or whatever we (could) get our hands on from farmers in Alberta to support the economy," he says.

Now that he's cooking on the West Coast, which boasts a temperate climate and longer growing seasons, fresh products are easier to find.

"The Cowichan Valley is full of organic farmers, so they can grow more all year round. So, they're further ahead than Calgary," he says.

His special-occasion lobster eggs Benedict is a mix of both local and flown-in ingredients, like lobster from Nova Scotia and Alberta pork (which the restaurant cures and smokes to create bacon).

"A lot of places will do a smoked eggs Benedict – why not do something a little higher end? Lobster is more interesting and has a more complex flavour."

TOP AND BOTTOM: AT CALGARY'S CITY FISH, BRAD HOREN (LEFT) AND DAVID YIP, GENERAL MANAGER OF THE FISH WHOLESALER DISTRIBUTOR, INSPECT THE WEST COAST OYSTERS AND LOBSTER ON HOREN'S GROCERY LIST. CENTRE: LOBSTER AND SCALLOPS ON ICE.

PHOTOS BY
ROTH AND RAMBERG

eating OUT

NAIT CULINARY GRADS COOK UP DINING EXPERIENCES ACROSS WESTERN CANADA. SEND YOUR LISTING TO EDITOR@TECHLIFEMAG.CA TO BE INCLUDED IN THE PLATINGS DIRECTORY.

↑ MUSE RESTAURANT & LOUNGE

107-10A ST. NW, CALGARY
403.670.6873
muserestaurant.ca
Online reservations through OpenTable.com
EXECUTIVE CHEF CAM DOBRANSKI
(Apprentice Cook '99)
Fine dining featuring fresh local and regional ingredients, including organic meat and produce. Located in the heart of the Kensington district.

THE RED OX INN ↑

9420-91 ST., EDMONTON
780.465.5727
theredoxinn.com
Online reservations through OpenTable.com
SOUS-CHEF BRIAN FORREST
(Culinary Arts '04)
Eclectic cuisine with an emphasis on local ingredients.

↓ GLENDALE GOLF AND COUNTRY CLUB

12410-199 ST., EDMONTON
780.447.3529
theglendale.com
EXECUTIVE CHEF ARIEL BALUYUT
(Culinary Arts '89)
Fine dining for members looking for a culinary experience following a game or visit to the club.

↑ CATCH RESTAURANT AND OYSTER BAR

100-8 AVE. SE, CALGARY
403.206.0000
catchrestaurant.ca
Online reservations through OpenTable.com
SOUS-CHEF PATRICK GAYLER
(Apprentice Cook '04)
Fresh seafood including Japanese hamachi and Hawaiian marlin and a dozen types of fresh oysters flown in jet fresh.

BOTANICA

MAYFIELD INN & SUITES
16615-109 AVE., EDMONTON
780.930.4060
mayfieldinnedmonton.com
SOUS-CHEF ANGELA PIONTKOWSKI
(Culinary Arts '02, Red Seal)
Canadian favourites, kicked up with zest. Unique recipes, colourful presentations and delicious entrees.

CAFÉ LAUREL, AURA (opening in May 2008)

THE LAUREL POINT INN
680 MONTREAL ST., VICTORIA, B.C.
250.386.8721
laurelpoint.com
EXECUTIVE CHEF BRAD HOREN
(Culinary Arts '96)
Fresh, seasonal West Coast ingredients prepared in a range of international culinary styles. Enjoy the sunrise over the Inner Harbour or the city lights at night.

CALGARY PETROLEUM CLUB

319-5 AVE. SW, CALGARY
403.269.7981
calpeteclub.ca
EXECUTIVE CHEF LIANA ROBBERECHT
(Cooking)
Contemporary regional cuisine prepared for members and guests, emphasizing local and organic produce.

DEVINE

579-3 ST. SE, MEDICINE HAT
403.580.5510
devinegrill.com
CHEF AND OWNER TODD LINDSAY
(Culinary Arts '00)
Located in historic downtown Medicine Hat, offering globally inspired casual fine dining, fine wines and excellent service.

VIC'S STEAKHOUSE

MAYFIELD INN & SUITES
16615-109 AVE., EDMONTON
780.930.4062
mayfieldinnedmonton.com
SOUS-CHEF ANDRE THEROUX
(Culinary Arts '96)
Sterling Silver steaks, prime rib, rack of lamb, seafood - plus an extensive Canadian wine list.

SHOW YOUR NAIT PRIDE

Display your hard-earned credentials in a high-quality frame from the NAIT Bookstore.

The NAIT Bookstore offers a wide range of high-quality, classic frames that are perfect for displaying your NAIT credentials. All of our frames include acid-free mats, are easy to assemble and hang, and are imprinted with the NAIT name. Choose from the following:

- **Brushed Gold** – economical and elegant, with a classic brushed finish.
- **Vogue** – clean, modern black metal frame with a double mat.
- **Briarwood** – contemporary wood frame; rich satin finish with a double mat.
- **Diplomat and Diplomat Plus** – Our top-of-the-line frames feature a rich lacquered wood frame and an elegant triple mat. The Diplomat Plus frame adds an extra touch of class with a suede mat and a gold wood fillet.

Purchase options:
Online: www.nait.ca/onlinestore
By phone: 780.491.3104 **Fax:** 780.471.1966
Email: mailorders@nait.ca
Visit the NAIT Bookstore:
Room X114, 11762-106 St. NW
Edmonton, AB T5G 2R1

NAIT
BOOKSTORE

AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS
www.nait.ca

HOME and AUTO INSURANCE
for members of **NAIT Alumni Association**

Insurance program endorsed by: NAIT

Say Goodbye to your Deductible

"This is my **SOLUTION.***"*

As a partner of **NAIT Alumni Association,** TD Meloche Monnex offers you **high-quality home and auto insurance products, preferred group rates and exceptional service**.

Goodbye DEDUCTIBLE™

Being involved in an accident or falling victim to theft can be very stressful. Get added peace of mind by adding our NEW **Goodbye Deductible™** protection to your automobile policy. That way, you'll have ZERO deductible to pay in the event of an eligible claim. We will handle all covered expenses from start to finish. Contact us to add this feature to your policy today!

Enjoy savings through **PREFERRED GROUP RATES**:

TDMelocheMonnex.com/nait
1 866 352 6187

TD Meloche Monnex
Insurance for professionals and alumni

Due to provincial legislation, our auto insurance program is not offered in British Columbia, Manitoba or Saskatchewan. The TD Meloche Monnex home and auto insurance program is underwritten by Security National Insurance Company and distributed by Meloche Monnex Insurance and Financial Services Inc. in Quebec and by Meloche Monnex Financial Services Inc. in other provinces and territories. Goodbye Deductible is a trademark of Meloche Monnex Inc.

MAKE THE LINK

B-SIDES

Ever wonder what goes into creating a magazine cover? See the cover concepts that didn't make the cut, including science fiction movie posters, an American Gothic-inspired portrait and other rocking shots.

flickr.com/nait

ALUMNOTES

This alumni favourite moved online and is updated in April and October when the print edition of the magazine is published.

techlifemag.ca/alumnotes.htm

GET CONNECTED

Looking to reconnect with someone specific? Or to connect with the NAIT community? Check out our listings on social networks: Twitter, Facebook, Flickr and more.

techlifemag.ca/socialnetworks.htm

MONTHLY UPDATES

Want more technology for your life? Subscribe to the *techlife* monthly e-newsletter for contests, news and advice on everything from sharpening an axe to choosing a personal fitness trainer.

techlifemag.ca/subscribe.htm

5 WAYS TO GET INVOLVED @ NAIT

IF YOU'RE AN ALUM, STAFF OR STUDENT

1 Be a friend and a guide to the city for an international student adjusting to life in Canada.
International Student Centre
780.378.5030

2 Apply for a BMO NAIT MasterCard. BMO Bank of Montreal supports the NAIT Scholarship Endowment Fund every time you make a purchase.
www.nait.ca/alumni/mastercard.htm

IF YOU'RE AN ALUM

3 Serve on the Alumni Association. Provide valuable ideas for alumni programming.
Alumni Relations
780.471.8843

4 Connect with other NAIT alumni on Facebook.
techlifemag.ca/socialnetworks.htm

IF YOU'RE A WOMAN IN INDUSTRY

5 Share your experience with someone just like you. Be a mentor to a female student in sciences and technology, where women are under-represented.
Women in Technology
780.471.7550
mparker@nait.ca

WEB EXTRA
The complete, uncut interview with former Ooks' coach Perry Pearn, now an assistant coach with the New York Rangers.
techlifemag.ca/ookshockey.htm

THE PUCK STOPPED HERE

84/85 OOKS PERFECT HOCKEY SEASON COMMEMORATED ON WALL OF FAME

STORY BY
RAYNE KUNTZ

PHOTO
NAIT HISTORICAL ARCHIVES

At the start of the 1984/85 season, the Ooks men's hockey team was hungry. There were a lot of veterans on the squad – veterans who could still feel the sting of defeat from a heartbreaking loss to the College of St-Georges de Beauce in the national semi-finals the previous year.

"We outshot them about 50-20 and lost 3-2," says then-coach Perry Pearn. "I think it really spurred the team on to be as good as it was."

Good is an understatement. In 1985, the team won the Canadian Colleges Athletic Association championship with a remarkable record: 25-0 in league play, 8-0 in playoffs and 44-2 overall. The two losses came in exhibition play against the University of Alberta Golden Bears.

It was clear at the start of the season expectations were high, but undefeated was almost unimaginable.

"You win one, you win two, you win 10 and you're going, 'Oh, this is a good run.' Then you come to some close games and we had to pull it off in the last minute and sometimes overtime," says Ron Amyotte, NAIT's all-time point leader, who was a rookie that year. "We just never wanted to lose the game we were playing at the time."

What made this team so dominant was the excellence of the program under Pearn, now an assistant coach with the New York Rangers, says one of his then-rivals.

"He is a very intense person, highly motivated and he held his players accountable," says Allan Ferchuk, former coach of the Red Deer College Kings.

Ferchuk says he loved going head to head with the Ooks because of the intense competition.

"Looking back at my statistics . . . there were 70 to 75 hits a game. The average NHL game now has 20 to 25 hits max," he says.

"We had a little bit of a formula that we kind of ran on," Pearn says. "If we had 70 hits a game and less than 20 turnovers, we were going to win and there weren't too many nights we didn't hit the targets on both ends."

Last fall, the team was inducted into the NAIT Wall of Fame. That recognition was a special honour for Pearn. "Probably the greatest feedback I have had as a coach, that has had the most impact on me individually, is the feedback from players who played at NAIT and who told me I had a positive effect on their lives," he says.

Amyotte, who lost his father at a young age, is grateful for that bond. "Perry and I had quite a few talks," he says. "It wasn't always about hockey. He was always there to listen. I owe him a lot."

Amoytte was also inducted into the Wall of Fame last fall, making him the first individual hockey player to receive the honour.

But even more than the recognition, Amyotte relishes the experience. "That's what is great about team sports and winning, you always have that bond and no one can take that away from you." ▮

CONTRACTING & PROCUREMENT
FINANCE
HUMAN RESOURCES
INFORMATION TECHNOLOGY
SALES & MARKETING
SUPPLY & DISTRIBUTION
TRADING
GEOLOGY/GEOPHYSICS
PETROPHYSICS
PRODUCTION TECHNOLOGY
PRODUCT/PROCESS RESEARCH
ENGINEERING:
RESERVOIR/PETROLEUM
WELL
PRODUCTION
PROCESS
ASSET MAINTENANCE
PROJECT/FACILITIES
DISCIPLINE

With the wind behind you and open space ahead, there's no limit to the possible directions your career could take. And at Shell, we'll support you all the way.

Our approach is collaborative – matching our business needs with your training needs, our global opportunities with your career aspirations. We aim to build a win-win partnership between you and Shell.

Right from the start, you'll be making a valuable contribution to exciting projects. Your ideas will be taken on board, your talent recognised and achievements rewarded.

So if you want to achieve more in your career, get together with Shell. You can make your online application right now – just visit our career website.

Shell is an Equal Opportunity Employer

www.shell.ca/careers

Explore it

There's a wider world out there

Achieving more together

“Make sure to set the rules for your profitability.”

To stay competitive in manufacturing you have to bridge the gap between what the market is willing to pay and the cost of production. There are two roads to get there. Either you optimize your existing process, or you maximize the impact of an investment in new machinery.

A partnership with Sandvik Coromant will provide you with global expertise - regardless of where your manufacturing is. We can pinpoint areas that need improvement. Faster return on investment, productivity improvement or lower costs. The results are different but the method is the same.

Talk manufacturing economics with Sandvik Coromant.
Our commitment is to deliver top-class improvements to your productivity!

Call your Sandvik Coromant representative at 1-800-268-0703 today or visit www.coromant.sandvik.com/ca to locate your local authorized distributor.

SANDVIK Coromant

PM#40063296

RETURN UNDELIVERABLE ADDRESSES TO
techlife magazine
NAIT Corporate Communications
11762 - 106 Street NW
Edmonton, Alberta, Canada T5G 2R1

techlifemag.ca