



PEOPLE TECHNOLOGY INNOVATION

V3.1 2009
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GETS A MAKEOVER

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YOUR BIG
IDEA, P. 64

TAKE SPORTS PHOTOS
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**ROCK
LEGENDS**

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COACH JULES OWCHAR

MOUNTAIN MAN

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Cover photo
By Adam Blasberg



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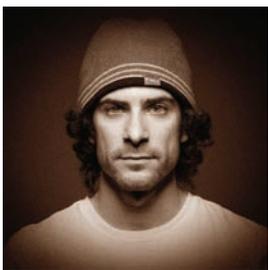
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Canada played host to the world for the 1988 Olympic Winter Games in Calgary. Staff and alum involved in the Games share their memories.



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Vancouver-based photographer **Adam Blasberg** first met Ryley Thiessen in March 2009, while scouting locations for the *techlife* shoot. It didn't take long, he says, to realize that Thiessen is one of the hardest-working and most accommodating people he'd ever met. "It's rare that the subject organizes the shoot, makes arrangements for transportation and bends over backwards to ensure its success. Ryley did all that, and entertained at the same time. The photographs speak to Ryley's authenticity, both personally and professionally." Rhonda Chinchilla (Photographic Technology '09) assisted Blasberg in Whistler.



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Curling is a particular passion for **Allen Cameron**, the *Calgary Herald's* football and curling writer (he's worked at the paper since 2000). The 2008-09 curling season was a highlight for him; Cameron covered the four major national and world championships and was named the Canwest News Service Olympic team's curling writer for the 2010 Winter Games in Vancouver. Over the years, he's gotten to know Kevin Martin and Jules Owchar, and last season followed their team through the provincials, the Brier and the worlds, ending with their heartbreaking loss at the world championship final in Moncton.



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When **Tracy Hyatt** picked up a basketball in junior high, she had dreams of going pro. She watched Larry Bird, Magic Johnson and Isiah Thomas play in the NBA and thought "that could be me." It wasn't until she unsuccessfully tried out for her high school team that she realized how much hard work it takes to make it to the top. Interviewing NAIT basketball player Dale-Marie Cumberbatch hammered home that long-forgotten message. "Even though she was sidelined with an injury, she showed up to every practice and studied every aspect of the game. That's a drive few people, including me, have." Hyatt is the online editor of *Westworld Alberta*, the former managing editor of *Alberta Venture* and a regular contributor to *Western Living*.



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Naomi K. Lewis was born in England, and has lived in the U.S. and several Canadian cities. She currently lives in Calgary, where she's working on her second novel between teaching, ghostwriting and editing. Her first novel, *Cricket in a Fist*, was published by Goose Lane Editions in 2008. Personal trainer and bodybuilder Mat Park drove three hours to Calgary for their interview, and was so personable and enthusiastic, Lewis briefly forgot she had the stomach flu. Since the interview, her posture and exercise habits have much improved.



V3.1 2009

techlife

PEOPLE TECHNOLOGY INNOVATION

techlifemag.ca

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

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

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Sure, the closest most of us will get to an Olympic experience this winter will take place on a couch in front of our television. But we don't all have to be professional athletes to relate to the challenges of setting an ambitious goal, and the effort and compromises required to reach it.

As we look ahead to the 2010 Olympic and Paralympic Winter Games, we've profiled individuals with gold-medal goals who refuse to accept anything short of their ideals. Curler Kevin Martin and coach Jules Owchar's journey to capturing Olympic gold began years ago (p. 30), and they still have hurdles to clear, not the least of which is winning the Canadian trials in December.

Of course, the desire and drive to do your best can be found far from an Olympic stadium, in classrooms, boardrooms, gymnasiums and - for landscape architect grad Ryley Thiessen (p. 22) - mountain ranges around the world.

Thiessen's journey to becoming a mountain resort planner was born on the Saskatchewan prairies, nurtured at NAIT and realized in the mountains of Whistler, B.C., where, early in his career, he helped design the venue where the best athletes in the world will compete this winter in Nordic events. Today, his high-flying career takes him to peaks around the world, negotiating with clients in the Ukraine, snowboarding a legendary ski course in Austria, and experiencing the sometimes unorthodox Eastern European approach to business.

Thiessen will have the thrill of standing among thousands of athletes, spectators and media in Whistler Olympic Park, knowing he contributed, in a small way, to their Olympic experience.

For some exciting competition closer to home, keep your eyes on our Ooks athletes as the teams look forward to great seasons of their own (p. 39 + p. 40).

At *techlife*, our goal is to produce the best magazine for our readers and we're always interested in how we're doing and what we can do better. To that end, we will be conducting a short, anonymous survey following each issue to collect your feedback. The first survey will be emailed to a random sample of readers in November. In addition, all *techlife* readers are invited to take the survey by visiting techlifemag.ca/survey.htm before Dec. 11, 2009.

Have a great winter and don't forget to cheer on our athletes here at home and in Vancouver. Go teams!

Sherri Krastel,
Editor
editor@techlifemag.ca

"WE DON'T ALL
HAVE TO BE
PROFESSIONAL
ATHLETES TO RELATE
TO THE CHALLENGES
OF SETTING AN
AMBITIOUS GOAL."

TECHLIFE AWARDED

*Best New Magazine -
Western Magazine Awards*

*Silver Leaf Award of Merit -
International Association of
Business Communicators*

*Award of Excellence -
International Association
of Business Communicators,
Capital Region.*

LETTERS

WEB EXTRA

Learn to Twitter with *techlife* associate and online editor Diane Bégin.

techlifemag.ca/twitter.htm

Feedback posted on Twitter by @daelan (Daelan Wood, Instructor, Digital Media and IT)

I'm very impressed with the #NAIT published magazine *techlife*. Great content, great design and not too much advertising.

@username

A user's handle with the @ symbol is a unique identifier that also directs a Twitter message to that user.

Last issue, *techlife* asked you to share your green projects. Here's what one reader had to say:

My wife and I are currently building a new home on an infill lot in Mill Woods, and are trying to make it energy efficient. To this end, we are using insulating concrete forms for the basement and the upper walls in the house, shop and garage.

We will have a small, 97 per cent-efficient boiler heating all the concrete slabs and the tile flooring on the main floor. Where we have hardwood, we have selected a locally made high-velocity air heating system.

Roger Cyre
Carpentry '84

WE WANT TO HEAR FROM YOU

Email editor@techlifemag.ca, reply via Twitter to @NAIT or mail your comments to Sherri Krastel, Editor, *techlife* magazine, 11762 - 106 St. N.W. Edmonton, AB T5G 2R1

HIGH def TWITTER EXPLAINED

#keyword

Also called a hashtag, any keyword with a # symbol allows users to group conversations on Twitter.

"WE HAVE CLEARLY
DEFINED OURSELVES
AS AN INSTITUTE OF
TECHNOLOGY COMMITTED
TO STUDENT SUCCESS."

THE GREAT BUSINESS OF TECHNOLOGY



W.A. SAM SHAW, PhD, PRESIDENT AND CEO

At NAIT, greatness is embodied in our people. It can be seen in the passion and dedication of our staff, the commitment and energy of our students and the success of our alumni.

Greatness, whether it's winning an Olympic medal or going the extra mile to connect with your students, is the result of discovering what you're really good at, and then focusing your efforts on that one thing.

In his popular book, *Good to Great*, Jim Collins describes it as the need for every business to pick something they can be best in the world at, and then pursue it with single-minded determination.

In a province like Alberta with so much opportunity, it would be easy for an institute like NAIT to try to be all things to all customers. But that's not where our future lies. Instead, we have clearly defined ourselves as an institute of technology committed to student success.

That's what we do best. It's where we think we can be the best in the world. Not in humanities. Not in the arts. But in pursuing literally boundless opportunities in our core business – the business of technology.

You can see it in our classrooms, where instructors like Culinary Arts chair Vinod Varshney (*Appetite for Gold*, p. 57) bring first-hand industry knowledge to their students, preparing them for success in the workplace. His refusal to accept anything less than the best has netted dozens of gold medals for both himself and his students, and contributed to NAIT's reputation as one of the best culinary programs in the world.

You can see it in our labs – where we simulate real-life scenarios to ensure our students are better prepared to think on their feet. In health alone, all 17 programs, including Respiratory Therapy (*Breathing Practice*, p. 20), are using comprehensive simulation to improve competency and confidence, and enhance patient safety.

You can see it in the strategic relationships we build with industry partners like Nexen Inc., whose \$1-million contribution helped build the next generation classroom in the Nexen Theatre (*Big Picture Learning*, p. 28).

Lastly, you can see our passion for technology in our commitment to harnessing the creativity, practicality and diversity of Alberta's knowledge base to develop useful ideas and innovations through applied research, such as that being conducted by Biological Sciences Technology instructor and environmental researcher Dr. Leonie Nadeau into the suitability of native plants for green roofs (*Rooftop Gardens Take Root*, p. 21).

It's all about supporting our vision to be globally valued for student success, applied research and innovation. Send me a note and let me know how we're doing – I'd love to hear from you.

W.A. Sam Shaw, PhD
President and CEO
sams@nait.ca

Special guests meet with Governor General Michaëlle Jean (far right) during an intimate reception in NAIT's bytes cafeteria.

BECAUSE APATHY IS BORING

Governor General of Canada Michaëlle Jean was on campus July 31 encouraging people to become part of a movement to advance peace and human rights. Jean's visit to the Global Youth Assembly conference was a collaboration between Apathy is Boring and the John Humphrey Centre for Peace and Human Rights. Approximately 500 delegates between the ages of 16 and 28 made the trek to Edmonton from around the world for the four-day conference. The next assembly is scheduled for 2011 in Winnipeg – home of the Canadian Museum of Human Rights.

— Diane Bégin



Dave Williams

FROM BEHIND THE SCENES TO THE HALL OF FAME

After spending more than 50 years in sports development, former NAIT manager of planned giving Dave Williams was inducted into the Alberta Sports Hall of Fame.

"You immediately think of others who have been selfless with their contributions and who are perhaps more deserving than yourself," he says.

But others think differently. "He has worked tirelessly for years behind the scenes in many

sporting ventures and was instrumental in getting the Alberta Sports Hall of Fame its home in Red Deer," says Edmonton Eskimo president and CEO Rick LeLacheur. "He is most deserving."

Williams was instrumental in establishing the Edmonton Eskimo Green and Gold Club and helped found the Edmonton Gold Bar Lacrosse Club and the Edmonton St. Mikes Hockey School.

— Donovan Francis

COMING SOON: HOME FOR ALTERNATIVE ENERGY STUDIES

A centre of excellence in alternative energy is being developed at NAIT, thanks to a \$5.2-million investment from the governments of Canada and Alberta.

The centre for alternative energy will be used by students in

Power Engineering and other programs to train in renewable energy technologies, including solar, wind, mini-hydro, fuel cell, geothermal and biofuels.

The centre is expected to be complete by March 31, 2011.

— Kristen Vernon

HOCKEY HAND UP

Five kids aged 10 to 13 attended NAIT's summer hockey school, thanks to a new Ooks Hockey Alumni Association scholarship for children who otherwise wouldn't have the opportunity to attend the camp.

"Part of our mandate is to provide some fundraising to the community – and this just made perfect sense," says

association president Andrew Hore (Marketing '99).

The association, which selects players in partnership with charity The Brick Sport Central, will send five kids to NAIT's hockey school next summer and plans to increase that number to 35 in 2011 with the help of a casino fundraiser.

— K.V.

We also invest in brain power.

BP Canada's community investment program focuses on three key areas - education, environment and community. That's why we are partnering with NAIT in the development of a new mobile education unit. Watch for more details in 2010.



bp.com

GADGETS

"TECHLIFE" ASKS, WHAT ITEMS WOULD YOU PACK BEFORE HEADING TO B.C. FOR THE WINTER OLYMPICS?

ALUMNI AND FRIENDS' PICKS

Ryley Thiessen

(See also p. 22)
Alum; Spirit of NAIT Alumni Award recipient

- 1 iPhone: To look up athletes' stats, event results and keep on top of traffic jams, weather conditions and where the best parties will be!
- 2 Canadian flag

Shelagh Thiessen

(See also p. 22)
Alum

- 3 Mittens and EZ Heat reusable, instant hand warmers (battery-powered hand warmers are another option)

John Stanton

Running Room President; Recipient of an honorary diploma in Business Administration - Marketing
Running Room's breathable, moisture-wicking layers for maximum dryness and warmth.

- 4 Base layer: Next to Skin Long Sleeve
- 5 Mid layer: Midweight Long Sleeve
- 6 Top layer: Wind Pro Deep Zip
- 7 Wind Pro Straight Leg Pant

Rayne Kuntz
Alum; NAIT Media Relations Coordinator

- 8 Umbrella

Jody Fath

Alum; NAIT Stewardship Coordinator

- 9 Solio hybrid solar and electric charger for handheld electronics

NAIT TECH STORE PICKS

These gadgets and more are available at the Tech Store or online at www.nait.ca/onlinestore.

- 10 Crumpler photo bag

- 11 Ooks mini horn

- 12 Lug Nap Sac travel blanket

- 13 Crumpler messenger bag

- 14 Lug Ticket Tango travel wallet

- 15 Flip Ultra video camera

- 16 Lug luggage tag

"TECHLIFE" STAFF PICKS

Jason Ness
Alum; Photographer

- 17 Olympus Stylus Tough 8000 digital camera

Diane Bégin

Alum; Associate and Online Editor

- 18 iPhone application TripIt: Forward your air, hotel and activity confirmations to plans@tripit.com to keep all information in one place.

- 19 iPhone application Yelp: Find nearby restaurants and shopping services based on your current location.

Kristen Vernon
Managing Editor

- 20 Frommer's Vancouver & Whistler Day by Day

21 Fodor's Vancouver's 25 Best

Nicole Parker
Alum; Advertising and Circulation Manager

22 HP iPaq 310 Travel Companion GPS

Leigh Frey
Alum; Photographer

23 Sunglasses

Derek Lue
Art Director

24 Pentax binoculars, 8X24 UCF

WEB EXTRA

Get tips on backpacking abroad from Jody Fath, who spent a year travelling the world.

techlifemag.ca/backpacking.htm



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educational &
environmental
programs**

**that help
to Protect
Tomorrow.
Today**

**– one of the
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contributing
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New look for a legend

HIT BY AVRO'S ARROW, VOLUNTEERS WITH NAIT'S AIRCRAFT SKIN AND STRUCTURE REPAIR PROGRAM REFURBISH A MODEL OF THE AVIATION ICON.

STORY BY
RUTH JULIEBO

PHOTOS BY
**LEIGH FREY AND
VERN KLOTZ**



Volunteers with NAIT's Aircraft Skin and Structure Repair program devoted more than 500 hours to completely recover the Arrow Mark 1 model with 4,320 square metres of aluminum sheeting.



THE HANGAR is packed with a haphazard collection of vintage aircraft in various states of repair. There's barely enough room to manoeuvre between the planes. Engines silent, propellers still. Suddenly, the quiet hum of overhead fluorescent lights dimly lighting countless pieces of aviation history is broken by rivets screeching into aluminum. Warm May sunlight pours in through an open door and there she is – standing some 6.9 metres high, looming majestically over the other planes like a mother eagle watching her young.

This is the Avro Arrow.

Over the past few months, students and instructors from NAIT's Aircraft Skin and Structure Repair program have volunteered their expertise to refurbish a full-scale model of the legendary Avro Arrow at the Reynolds-Alberta Museum in Wetaskiwin.

Above the chaos on the hangar floor, Allan Jackson leans on the second-floor balcony railing, carefully watching what the NAIT team is doing. After all, they are working on his "baby." Back in the late 1950s Jackson was preparing for a career in aviation. When the highly acclaimed Arrow project was cancelled in 1959, Jackson's career prospects, and those of thousands of others in the country, literally

disappeared. He was forced to abandon his dreams and work in another field. He began work on the nose section in his garage some 30 years later and continued, piece by piece, using only drawings and photographs to build the 24-metre model. His attention to detail was so great that the CBC borrowed it to use in their 1997 miniseries *The Arrow*, starring Dan Aykroyd. After filming, the model was returned to Wetaskiwin and was in need of a complete overhaul. With little funding and a limited number of volunteers, the model collected dust for nearly a decade.

The Reynolds-Alberta Museum breathed new life into the iconic symbol of aviation as part of this year's celebrations to mark the 100th anniversary of powered flight in Canada. Incidentally, this year also marks the 50th anniversary of the cancellation of the Arrow initiative. (The Diefenbaker government officially cancelled the program on Feb. 20, 1959 because of skyrocketing costs and a belief that air defence could be better handled by unmanned missiles, and ordered all completed Arrows, related documents and equipment destroyed. Conspiracy theories immediately took flight and, to this day, continue to elicit passionate debate among aviation enthusiasts.)



ARCHIVAL PHOTOS COURTESY OF THE CANADA AVIATION MUSEUM

Above, the first Avro Arrow prototype is unveiled in Malton, Ont. on Oct. 4, 1957.

Above right, this prototype (the RL-202) reached a speed of Mach 1.96 – the highest speed achieved by any of the Arrow prototypes during test flights.

Below left, the finished model emerges from the warehouse for the first time in close to a decade.

Below, instructors and students with NAIT's aircraft structure program after the refurbished Arrow model made its debut to a throng of onlookers and national media in July.



Dave McIntosh, chair of the Aircraft Skin and Structure Repair program, aided by two students, lifts a four-square-metre sheet of aluminum that's ready to be affixed under an outstretched wing. "It took me all of two seconds to say yes to this," grins McIntosh. "I'm so proud of the work we've done."

The model, like the aircraft it pays homage to, evokes strong emotions. The Arrow's mystique and beauty continue to capture hearts, some three generations after its inception. At age 19, Ryan Sears has been hit by Avro's Arrow. The momentous task has consumed his final weeks as a student in NAIT's aircraft structure program. Devoting more than 50 volunteer hours, Sears's passion is evident. "This is Canada's aviation history," he beams. "We're taking what we learned at NAIT and using it in a real-world setting." His enthusiasm spilled over to his father, who joined the restoration crew. Working side by side, son is the teacher and father is the proud student.

ON A SUNNY AFTERNOON in early July, the finished model emerges from the warehouse she's called home for close to a decade. Volunteers have logged nearly 500 hours to completely recover the entire Arrow

Mark 1 model with 4,320 square metres of aluminum sheeting. The students, staff, their families, museum staff and curious onlookers let out a victorious cheer. The event has attracted national media coverage.

"It's magnificent – this is an incredible moment," says McIntosh. "This was such a huge job that there were times I didn't know if we'd get it done. But we did it, and seeing her out here in the sunlight – I'm overwhelmed."

The group walks alongside the Arrow as she is carefully towed across a grassy field, past other retired fighter jets. She takes her rightful place on the tarmac outside the Aviation Display Hangar. The model looks so real that you almost expect her to taxi off to the nearby runway and roar up into the clouds.

As sunlight bathes the majestic Avro Arrow, Jackson quietly watches a growing throng of onlookers gather. A look of admiration and nostalgia engulfs his 73-year-old face. It may have taken half a century, but Jackson's dream of being part of the Avro Arrow's legacy has finally come true. "I'm going to bring my five-year-old grandson here," says Jackson, suddenly overcome by emotion, "and tell him that grandpa built this." ■

HOW SHE ARRIVED HERE

OCT. 4, 1957

The first Avro Arrow prototype (RL-201) is rolled out in Malton, Ont.

MARCH 25, 1958

RL-201 makes its inaugural flight

MARCH 1958 - FEBRUARY 1959

Five Arrow prototypes are flown a total of 70.5 hours, reaching a top speed of Mach 1.96

FEB. 20, 1959

The Avro Arrow project is cancelled by the Canadian government

FEBRUARY 1989

Allan Jackson begins building a full-scale nose section of an Avro Arrow model in his Wetaskiwin, Alta. garage

JAN. 12 & 13, 1997

CBC broadcasts the miniseries *The Arrow*, featuring Jackson's full-scale model

The refurbished Avro Arrow model on display at the Reynolds-Alberta Museum in Wetaskiwin.

WEB EXTRA

Watch the refurbishment of the Avro Arrow model, and see the finished plane towed from the hangar.

techlifemag.ca/arrow.htm



AUGUST 1997
Jackson's model is featured at the Abbotsford International Air Show

JULY 1999
The model is on display at the Cold Lake Air Show, celebrating the 75th anniversary of the Royal Canadian Air Force

2000-09
Jackson's model is in storage in a warehouse at the Reynolds-Alberta Museum in Wetaskiwin

2009
100th anniversary of powered flight in Canada

APRIL 20, 2009
NAIT Aircraft Skin and Structure Repair students and instructors begin refurbishing Jackson's model

JULY 10, 2009
Jackson's Arrow model is towed out of the hangar for display at the Reynolds-Alberta Museum
— Ruth Juliebo



NAIT'S GOT TALENT

TAKE THE
\$10,000
novaNAIT
CHALLENGE,
 p. 64.

FROM A PET ALARM TO A POLICE RECRUITMENT CAMPAIGN, THESE WINNERS STAND OUT ON THE ACADEMIC STAGE. — Kristen Vernon



Associate chair of Accounting and faculty advisor Perri Sinal, with business students Spencer, Larsen and Bell. The students won a marketing contest to help police agencies with recruitment.

MATT BELL, HANS KRISTIAN LARSEN AND SANDRA SPENCER

These JR Shaw School of Business students placed first, among six other colleges and universities, in a province-wide contest to develop a police-recruitment campaign with their concept Alberta C.O.P.S. (Career Opportunities in Police Services). It was then used in marketing campaigns developed by participating post-secondary institutes during the second part of the contest. In that component, the NAIT team placed second with a hockey skills challenge that drew roughly 400 students.

This summer, Bell and Larsen got the unexpected bonus of being recruited by the RCMP and Edmonton Police, respectively, to work in marketing roles with the recruiters.

Watch for more from this team. They hope to participate in the next phase of the on-campus police recruiting project.



BRIAN LARSON

At the 2009 Canada-Wide Science Fair, this 15-year-old from Hanna won gold for engineering, silver

in the automotive category and an award recognizing that his pet monitor invention merits application for a patent. During the summer, he flew to Toronto to tape an appearance for an episode of the TV Ontario kids' program *Think Big*.

Larson is planning to tweak and test the SafeD Pet monitor prototype, developed with the help of Electronics Engineering Technology chair Mark Archibald and

novaNAIT, the institute's centre for applied research and technology transfer.

Somewhat controversial – Humane Societies don't recommend leaving pets in vehicles – the device measures the temperature and humidity in a vehicle, calculates humidex and sends the data via text message to the pet owner. It also has a two-way speaker.

Larson knows leaving pets in vehicles can end tragically – his aunt and uncle's two dogs died after being left in their RV for an hour – and says it's not a practice he advocates, but recognizes that people travel with their pets and believes his device is a good solution.



Nine-year-old Snoopy with the SafeD Pet monitor. The next generation prototype will be smaller and waterproof.

JENNIFER HARRIS (See also p. 45)

The fourth-year Bachelor of Technology in Technology Management (BTech) student spent the summer in Washington, D.C. on an internship, helping non-profit Black Women United for Action organize the annual wreath-laying at the Slave Memorial on George Washington's estate.

Harris, 30, was the first NAIT student to participate in the Washington Center program, which provides intern and study opportunities, and emphasizes networking and civic engagement.

Sonia Ziadé, a Washington Center senior program advisor who liaises with Canadian schools, says that experiencing a high-pressure environment like Washington gives students the confidence to aim higher than they might have otherwise.

Harris, a 2001 Petroleum Engineering Technology grad and project coordinator for NAIT Corporate and International Training, isn't sure where the internship and her BTech degree will lead. "It just helps open doors and broaden your perspective," she says.



During an internship at the Washington Center, BTech student Harris helped organize the wreath-laying at the Slave Memorial (pictured) on George Washington's estate.



Kurek plans to test the five-speed, 40-pound, battery-powered Rollator prototype with potential users.



GARY KUREK

The 17-year-old inventor of a combination walker and wheelchair – the prototype was built with the help of novaNAIT, the institute's centre for applied research and technology transfer – took top spot at the 2009 Canada-Wide Science Fair and nearly \$47,000 in awards. Kurek has now set his sights on the Intel International Sciences and Engineering Fair in May 2010 and post-secondary

studies in mechanical engineering and business. The 12th grader also has another mobility aid in the works, but is mum on the details as he sorts out the intellectual property.

Kurek got the idea for the Rollator at age 12 after witnessing his grandma's cane, walker and eventually her wheelchair, fail to meet her varied mobility needs as she battled cancer. "I wanted to build a device that would accommodate (people) for the spectrum of conditions that they'll have day-to-day," he says.



VIOREL BUJOR, ABHISHEK CHAUDHARY, LEE ROBERTS AND JASMEET SINGH

The ideas proposed by this team as part of their Bachelor of Technology in Technology Management capstone project identified savings of more than \$127,000 for client Exocore, the Canadian distributor of Insulock building blocks.

"For a small company, that's like having two or three full-time people on board," says president Harold Reimer.

The team found a better way to release the polyurethane block from the mould during manufacturing. The problem: about 10 per cent of blocks got stuck, resulting in 30 days of lost production a year. The solution: tapered moulds. The result: production increased as only one per cent of blocks got stuck, decreasing lost production to 7.5 days a year.

Manufacturing has since been outsourced to a company that adopted the students' tapered mould solution.



These interlocking blocks, which have an R-value of 38, are used to build walls in commercial and residential construction.



From left, Chaudhary, Singh, sponsor Harold Reimer from Exocore, Roberts and Bujur.

Eddie Ko treats Maryam Quazi for asthma distress as the respiratory students act out a scenario as part of their curriculum. Simulation is gaining momentum as a way to prepare students for the realities of the workplace.



BREATHING PRACTICE

Eddie Ko's pulse was racing and his hands were clammy. The third-year NAIT Respiratory Therapy student wasn't sick – he was relating how he felt during a simulation scenario that saw him treat an asthma patient in distress. "You've got to think on the spot, it's as real as it gets," Ko says.

To boost the confidence of Respiratory Therapy students, starting in April NAIT will add more simulation scenarios to the curriculum as part of a project called Simulation for Clinical Optimization of Respiratory Education (SCORE). Simulations can use actors or mannequins as patients, or can be computer-based.

The project will also help address the shortage of practicum spots in hospitals and other settings, like home care. "The clinical rotation will be reduced from 39 to 35 weeks, with eight weeks of simulation training incorporated into the program," says instructor Joe MacPherson.

Allan Shemanko, assistant manager of Respiratory Therapy and EEG Services at the Royal Alexandra Hospital in Edmonton, says simulation is catching on in a big way at Alberta Health Services, and he wants to see it used more to train students. "Students will definitely benefit from the better preparation that simulation can provide. Existing practitioners serving as preceptors (those who supervise and coach students during clinical rotations) will also benefit, since students will require less instructional time in the clinical setting," he says.

MacPherson says simulation will never replace the experience students get through their clinical placements, but it will better prepare them for their clinical rotations.

NAIT will evaluate SCORE at the end of the 2010-11 school year through graduates' effectiveness, exam scores and surveys of health-care professionals.

— Rayne Kuntz



ROOFTOP GARDENS TAKE ROOT

THIS APPLIED RESEARCH PROJECT AIMS TO DISCOVER THE BEST PLANTS AND GROWTH MEDIUM FOR THE UNIQUE MICROCLIMATE OF AN EDMONTON ROOF.

Green roofs - essentially rooftops as planter boxes - are sprouting up across Canada. There's the 2.4-hectare living roof on the Vancouver Convention Centre, the main media centre for the 2010 Winter Games, touted as one of the largest in Canada, and the green roof on the athletes' village. In Toronto, a bylaw adopted this year - the first in North America - requires new buildings over 2,000 square metres to have a green roof. Living roofs, after all, help improve air quality and stormwater management, cool cities, reduce energy consumption and add green space.

In Edmonton, green roofs have been slower to take root, though several have been planted, including on Stantec's Atrium Tower. To seed green roof development, Dr. Leonie Nadeau, a researcher supported by novaNAIT, the institute's centre for applied research and technology transfer, and a team of seven are studying the plants and growth medium best able to withstand conditions atop Edmonton buildings.

"The microclimate on the roof is very different than what we have on the street," Nadeau says. Plants need to be able to withstand direct sun and greater wind, water loss and temperature ranges with highs of 40 C. And then there's the winter. "We want to make sure there's no winter kill."

Nadeau teamed up with the owners of the 124 Street building that's home to environmental consulting companies Esak Consulting Ltd. and Solstice Canada Corporation to plant the first roof in the study. When Lynette Esak, president of Esak Consulting and a member of NAIT's

Biological Sciences Technology Advisory Committee, and her business partner renovated their office building last year, they had a reinforced roof built to support a patio, daycare play area and green roof. The challenge, though, says Esak, was that they didn't know what would survive on the roof - which is why they offered their building and Esak Consulting contributed \$2,000 for the study plus labour.

Nadeau and Esak planted 12 containers with prairie grasses and forbs most commonly found in southern Alberta, including flax, sage, goldenrod, golden aster and cinquefoil, in the hunt for a selection of low-maintenance plants that grow well together.

Next year, the team will plant a second garden on the reinforced roof of the Williams Engineering Canada building in downtown Edmonton, thanks to an investment of \$45,600 from the Alberta Real Estate Foundation.

Ultimately, Nadeau says she'd like to determine the plants, growth medium and depth suitable for extensive roofs or those that aren't reinforced. "If we could develop a system for extensive green roofs - that would make this more accessible for everyone."

— *Kristen Vernon*

Above, environmental consultant Lynette Esak and researcher Dr. Leonie Nadeau planted flax, sage, golden aster and cinquefoil on the roof of Esak's office building.



REAL The Life of

Persistence paid off for this farm boy whose career as a mountain resort planner has exceeded his wildest dreams. His list of accomplishments include one of the fastest growing resorts in the world and Whistler Olympic Park – site of the Nordic events for the 2010 Winter Games.

And then there are the adventures – from being lost in Kodiak bear territory in Siberia to snowboarding the icy slopes of Austria's famed downhill ski course.

RYLEY THIESSEN was on a mission. He sold everything he could and packed whatever would fit into his '89 Mustang. His destination: Whistler. His goal: to become a resort planner.

It was May 2002, and Ryley and his girlfriend Shelagh had just finished their landscape architecture degrees. Although Shelagh had a lead on a job, Ryley was having little success even getting in the door with mountain resort planning company Ecosign. In a 30-second phone call, president Paul Mathews assured Ryley he had no jobs. Ryley promised to call when he got to Whistler. "It was a shot in the dark," Shelagh admits.



Ryley

Shelagh landed a job immediately. Ryley called Ecosign repeatedly and started applying for work with design-build companies. Days passed and no one called. "It seemed bleak at the time," he says.

But 10 days after arriving in Whistler, Ryley got the call he'd been waiting for. And a day after his interview, the 23-year-old had an offer from Ecosign, whose projects span 33 countries and include venues for four Winter Olympics, the 2010 Olympic and Paralympic Games among them.

Ryley credits the work ethic instilled in him growing up on a dairy farm near Watrous, Sask. for his persistence in pursuing Ecosign. Early in his career, that same farm-boy work ethic helped propel Ryley onto

the international stage, planning four-season mountain resorts, including Bukovel in the Ukraine - now one of the fastest growing resorts in the world. At home, he's volunteered to build four community greenhouses with Whistler Community Services. (A share of the harvest goes to the food bank.) This spring, these achievements earned Ryley the Spirit of NAIT Alumni Award, which recognizes outstanding achievements within 12 years of graduating.

"I was a big dreamer, but I couldn't have envisioned this," Ryley says. Seated on a coffee shop patio, the Whistler gondola in the background, rising into the clouds, the 31-year-old talks excitedly about the life he's built with his now-wife Shelagh in Whistler, and

STORY BY
KRISTEN VERNON
PHOTOS BY
ADAM BLASBERG

Above, Mountain resort planner Ryley Thiessen on Sproatt Mountain in B.C.'s Callaghan Valley. Brandywine Mountain is in the background.



IF IT SNOWS 20 CENTIMETRES OVERNIGHT, ECOSIGN EMPLOYEES CAN HIT THE SLOPES BEFORE THE OFFICE AS LONG AS THEY'RE NOT ON DEADLINE.

his career planning mountain resorts (Ryley specializes in mountain resort village and ski base area design, real estate and recreational planning).

JUST ONE YEAR after getting hired, Ryley was given an opportunity to lead his first project (under Mathews' supervision) – a ski centre in Siberia called Gora Belaya. He was also given the opportunity to assist a senior planner with drawings for Whistler Olympic Park, the site that will host cross-country, biathlon, Nordic combined and ski jumping in the 2010 Winter Games.

Soon, Ryley, who had never left North America, was travelling to the Ukraine, Russia and other Eastern European countries, and returning with surreal tales. He's been lost in Kodiak bear territory on a Siberian mountain during a rainstorm (the client spent the day in the van eating sausage, drinking vodka and playing cards while Ryley and a co-worker flagged trees to cut for trails) and has relied on a translator to smooth things over with a soldier in southwest Russia after his map, camera and GPS raised suspicions.

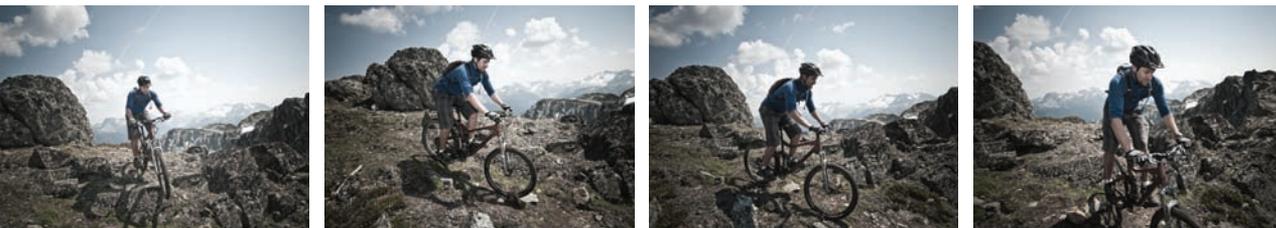
Beneath the stories, though, is a thread of hard work – and a determination to get it right.

Take his first trip to Bukovel in 2004. After travelling more than 24 hours, Ryley arrived at the resort, which had just two chair lifts and hotel beds for 100 visitors. His first task was to negotiate the deal for Ecosign to plan an expansion. With the aid of a translator, the 25-year-old sat at the table negotiating until 3:30 a.m., trying to ensure he didn't say the wrong thing. "I was a little nervous. I wanted to hold my ground," he says. And the language barrier did nothing to put him at ease: "They always sound like they're arguing or saying something bad about you."

Ryley's Ukrainian client was driven. His attitude was, "Whatever you can do in North America, we can build it twice as fast." (And he has, installing 12 chair lifts in the last four years and adding thousands of hotel beds.) But that meant Ryley had to complete an eight-month planning job in a mere four. Fortunately, Ryley and Shelagh approach their work with the same attitude: You do what you need to do so the job is done to the highest quality. Working in the same field, they understand the hours, travel – these days Ryley travels frequently to China – and stress of each others' careers. Though, Ryley laments, "I wish our deadlines would work together more."

Top, Ryley snowmobiling on Sproatt Mountain in B.C.'s Callaghan Valley. Snowmobile courtesy of Canadian Snowmobile Adventures.

Above, consulting with client Allan Crawford of Canadian Snowmobile Adventures.



MATHEWS TALKS about Ryley's rapport with clients – "He is a very personable guy, has a great sense of humour and the customers like him." And that's on display this morning as Allan Crawford, the colourful developer of Canadian Snowmobile Adventures, arrives for our interview.

Crawford turns the meeting into an impromptu site visit, putting Ryley to work. But first, we have to get to the site – a trip that starts in Crawford's '92 limo (Crawford even dons a chauffeur's hat), and finishes in a dump truck, with a stop to pick up gravel. Crawford, who doesn't have a huge budget, is hauling 2,000 loads to the site himself.

Ryley listens attentively, offering solutions as Crawford explains an emerging issue. The military is considering using the Canadian Snowmobile Adventures site, which is next door to Whistler Olympic Park, as its base during the Games. Crawford and his partner want any area the military needs developed to align with their still evolving vision for the site's future.

"It's unheard of for a small company like us to use Ryley," Crawford says. And getting to plan an all-season adventure base camp in his own backyard has given Ryley the unique opportunity of watching what he's drawn on paper take shape.



RYLEY TRACES HIS career choice to interests developed as an "artsy-fartsy" kid. He liked to draw and garden, and at 12, he and his brother landscaped their parents' yard as a surprise.

After his dad discouraged him from farming, Ryley enrolled in NAIT's Landscape Architectural Technology program, which is where he met Shelagh, an Invermere, B.C. native. After graduating in 2000, they continued on to the University of Guelph.

While as a kid Ryley might have been "artsy-fartsy," it's not a description that comes to mind now. With interests that include golfing, snowboarding and mountain biking, Ryley exudes an outdoorsy coolness. "If you're not doing something every minute of the day here,

you always feel like you're a lazy couch potato," he says. Even his job encourages the lifestyle: If it snows 20 centimetres overnight, Ecosign employees can hit the slopes before the office as long as they're not on deadline.

While Ryley didn't take over the family farm, he approaches his work with the same attitude farming would have required. "I treat Ecosign as if it were my own," he says. More than seven years after packing up for Whistler, the joke, says Shelagh, "is that we're almost local." They've bought a three-bedroom townhouse in Spring Creek with a view of the Whistler Blackcomb Valley, and are looking forward to starting a family. "The sky's the limit and I chose to go after it," Ryley says. "I'm still going – it's a big sky." ■

Mountain biking on the peak of Whistler Mountain. "If you're not doing something every minute of the day here, you always feel like you're a lazy couch potato," says Ryley.

THE CLIENT SPENT THE DAY IN THE VAN EATING SAUSAGE, DRINKING VODKA AND PLAYING CARDS.

TO TOP PEAKS TO SKI

RECOMMENDED BY RYLEY THIESSEN



Mountains of the Callaghan Valley, site of the Nordic events at the 2010 Winter Games.

FAVOURITE FIVE



Whistler Blackcomb

Probably the best mountain resort I've been to, it is one of the only true master planned villages and ski areas. Steep lines, big snow, big recreation and big parties! What else could you ask for? Oh, and I can golf, snowboard and hit the beach all in the same day!



St. Anton, Austria

Good snow conditions and sunny weather, and the best après ski I've had!



Vail, Colorado

Great pedestrian resort with European flavour, famous powder and 300 days of sunshine.



Valle Nevado, Chile

Spectacular landscape in the Andes, amazing people, great off-piste skiing and big snow!



Mt. Bachelor, Oregon

Ever skied a volcano? A laid back wilderness experience in the Cascade Range, Mt. Bachelor has huge snowfall, loads of sunshine and great fall-line skiing.

BUCKET LIST



Chamonix-Mont-Blanc, France

Historical ski destination in the breathtaking French Alps. I want to see for myself what all the hype is about!



Zermatt, Switzerland

Great ski terrain, amazing village, history and an incredible landscape. This is one of Ecosign's master plans and I want to see it at full 1:1 scale.



Niseko, Japan

Another one of our company's master plans. After looking at my colleagues' photos and listening to their stories (best powder and culture), I am sold!



Krasnaya, Polyana, Russia

One of Ecosign's master plans, it's the site of the 2014 Winter Olympics. I am tired of hearing and talking about it - I want to hit it!



Mammoth Mountain, California

Big vertical, huge snow, California sunshine and the best terrain parks you could ever hope for.



Above, Ryley and wife Shelagh enjoy the après ski on a sunny afternoon in Whistler village.



PHOTO SUPPLIED BY RYLEY THIESSEN

WEB EXTRA

On a trip to Austria with the Canada West Ski Areas Association in January 2005, Ryley ruffled some Austrian feathers by snowboarding the icy slopes of the famed Hahnenkamm downhill ski course at Kitzbühl the day before the race. "Ryley takes chances and is daring, not only in physical activities, but also in what he is doing in his work," says Ecosign associate Peter Alder, who has become a mentor to Ryley and watched him snowboard at Kitzbühl.

Cross the finish line with Ryley, seen above at the base of the course, second from right on a snowboard.

techlifemag.ca/snowboard.htm

*“The nuclear industry
is very precise.*

**Each component
has to be perfect”**

Bill Bullen – Plant manager, Laker Energy Products

When Laker Energy Products in Burlington, Ontario, needed to drastically increase production output and efficiency while maintaining supreme quality control, they called in Precision Dormer.

The R567 CDX-Inox carbide drill made the pursuit of perfection an achievable goal. Not only did they hold the tight tolerance required of plus or minus 1/1000th of an inch, but tool life almost quadrupled.



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The Right Tool at the Right Time





Guests at the Nexen Inc. gift announcement watch the company's corporate video on the 19 by 7.7 foot projection screen.

BIG PICTURE LEARNING

NAIT'S NEWEST
HIGH-TECH VIDEO
CONFERENCING
FACILITY, THE NEXEN
THEATRE, CAN TAKE
EDUCATION BEYOND
THE TRADITIONAL
CLASSROOM WITH
VIRTUAL SIMULATION.

The NAIT Spartan Centre for Instrumentation Technology is now home to the most high-tech video conferencing facility on campus.

The Nexen Theatre features high-definition video conferencing on its 19 by 7.7 foot projection screen. The Nexen Inc. team, including president and CEO Marvin Romanow, were on campus Sept. 10 to announce a \$1-million investment in the theatre.

"This type of hands-on environment will open so many doors for students and help them learn in ways that, even a decade ago, just weren't possible," Romanow says.

Other features include a 103-inch plasma screen, a high-definition camera that sends remote signals, high-quality audio and five computer stations that connect to the screen to allow for group work.

The new space has the potential to be used in learning situations that go beyond the capabilities of the traditional classroom, such as virtual simulated environments.

— Diane Bégin

For information on facility bookings,
visit www.nait.ca/conferencingsolutions.





men with
BROOMS

It was fall 1984 when Kevin Martin, a kid with shaggy blonde hair, showed up at the office of Jules Owchar, asking to play for NAIT. A few practices later, a partnership was born that, a quarter-century later, is beyond question the most successful player-coach relationship in the history of curling.

STORY BY
ALLEN CAMERON

PHOTOS AT THE
SAVILLE SPORTS
CENTRE BY
JASON NESS

ILLUSTRATIONS BY
**TRINA KOSCIELNUK
AND SHEENA RIENER**

IT'S A LATE 1983 winter day in Edmonton, and NAIT curling coach Jules Owchar is in his customary position behind the glass of a sheet of curling ice. He's coaching one of his star players, Rick Feeney, in the Northern Alberta junior men's playdowns when he notices another junior a few sheets over. The kid, Kevin Martin, had an athletic build even then, and a shaggy mop of blonde hair. Owchar watched the kid throw a few shots, and followed his name for the rest of the playdowns, but never saw him throw another rock.

Fast forward to the following September and the same kid is in Owchar's office, expressing his interesting in curling for Owchar's famed NAIT program. A few practices later, Martin is skipping the Oaks men's team, and a partnership is born that, a quarter-century later, is beyond question the most successful coach-player relationship in curling history.

A junior national championship, four Brier titles, a world title, an Olympic silver medal and more cashpiel winnings than any player in history, with the greatest prize – gold at February's Winter Olympics in Vancouver – still hanging tantalizingly within reach; to say the least, it's been an enriching 25 years for both men.

OWCHAR, WHO SPENT 34 years at NAIT teaching phys ed before retiring in 2003, knew early on that Martin was destined for greatness. Sure, he threw the rock well. Nothing amazing there: lots of juniors are great throwers.

But Martin, a 1987 graduate of Petroleum Engineering Technology who makes no secret of the fact that he went to NAIT specifically because of Owchar, had something intangible that was put on display in 1985 when he skipped Feeney, Dan Petryk and Mike Berger to a national junior championship in the team's first year together.

"You see a lot of juniors and they all look so good. But they just stay there," says Owchar, who was inducted into the NAIT Athletics Wall of Fame the year he retired, and still coaches the school's curling and golf teams. "Kevin was good, but as he went through cities, northens and provincials, you could see as he was making shots that he was just not an ordinary curler. And he did the same thing in the nationals and the worlds." In the 1986 world junior championship, Martin's rink was undefeated until the final, losing to Scotland.



Uncle Ben's

Ford
2011 WORLD CURLING
CHAMPIONSHIPS

Tim
Hortons.

PERFORMANCE

CANADA
Team Canada
London 2010



Above, Jules Owchar's trained eye can spot the slightest flaw in Kevin Martin's delivery.



2009 World Championship photo by Ron Ward, Times & Transcript

Above, Martin watches his shot during a game against the U.S. at the 2009 Ford Men's World Curling Championships in Moncton.

That first season together revealed that Martin and Owchar shared a passion for the mechanics of curling and the quest for a delivery that could be repeated with as little variance as possible hundreds, if not thousands, of times in succession so that regardless of the circumstance – a practice at the Avonair Curling Club or a draw to the four-foot to win the Brier – the delivery would stand up to the pressure.

“Consistency and mechanics are the same thing,” says Martin. “Tiger or Phil Mickelson, they’re so technically sound. They’re not going to win every time they go out. But you know what? They’re going to be pretty tough every time. That’s where Jules has been such a help. We’re not going to win every time, but we’re going to be pretty good every time. And over the long haul, you win quite a lot.”

Today, Owchar’s trained eye can spot the slightest flaw in Martin’s delivery, and is one of the few people Martin will take input from. “They seem to know each other without having to say too much,” said Martin’s second, Marc Kennedy. “He is one of the only guys who can tell Kevin what he should be doing mechanically. And Kevin listens. He’s a beaut.”

OFF THE ICE, the relationship quickly evolved from that of teacher and student to friends. Not that there weren’t some early hiccups. Take, for instance, the closing banquet at the 1985 national juniors. “Oh, yeah, he *definitely* read me the riot act,” recalls Martin of that night. “We weren’t acting the way we probably should at a Canadian championship.” Which is all Martin is willing to say about that night.

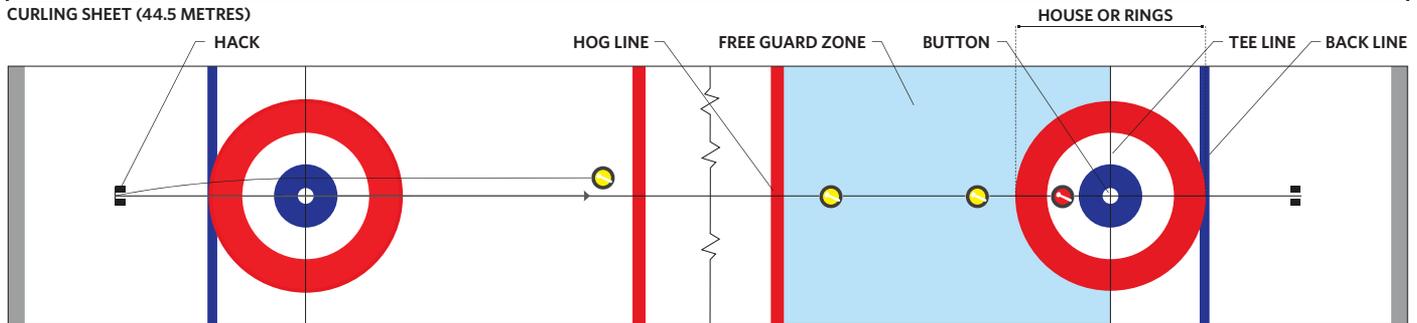
Owchar, though, fills in the blanks. “It was a big function, and someone said to me that I better go see the (team’s skip and lead),” chuckles Owchar. “They had their suit coats on, and their pants off and they’re dancing in their shorts. With all the dignitaries there.”

Owchar had a cringe-worthy moment of his own, though, a few weeks earlier when coaching Martin at the Alberta college championships in Calgary. Martin was down to a team from Red Deer, and just prior to the fifth-end break, Owchar ducked out of the building to place a bet on a hot prospect in a harness race at the Stampede Park racetrack, just across the parking lot. While he was gone, Martin found himself in the middle of a massive dust-up on the ice. And his coach was nowhere in sight.

“(THE OLYMPICS) ARE BIG FOR US, AND KEVIN IS PROBABLY THINKING THAT MAYBE IT'S THE LAST CHANCE TO GO.”

– JULES OWCHAR

CURLING SHEET (44.5 METRES)

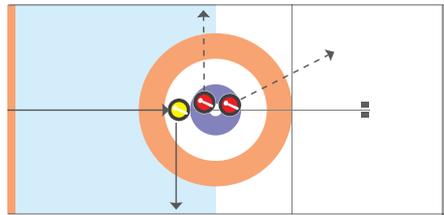


HOGGED ROCK

No, there's nothing porcine involved. Instead, it refers to a thrown rock that fails to cross the far hog line (a line in the ice 4.57 metres in front of the rings). Kevin Martin's lead Ben Hebert had a hogged rock during the world men's curling championship earlier this year in Moncton; suffice to say, he took a few jabs from his teammates.

FREE GUARD ZONE

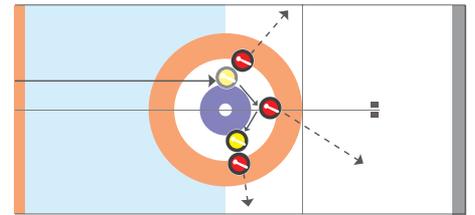
A rule introduced in the early 1990s that prevents guards (rocks in the area between the hog line and the tee line, excluding the house) from being removed until the fifth rock of each end. Before that rule, Martin's teams would take an early lead and then start hitting everything in sight, an extremely defensive strategy that bored fans and led to the rule change. Now, he uses the new rule to his advantage by employing an all-out offensive strategy early in games, using the guards to his benefit.



PEEL WEIGHT

Nobody throws peel weight better than Martin. It's considered the hardest-thrown takeout, and is delivered with malice aforethought in order to remove rocks

or guards from play. Martin throws peel weight more accurately than any player on the planet - a must because sweepers have basically no effect on the rock.



AROUND THE CLOCK

A rare curling shot that is all about angles: a thrown rock glances off a series of rocks and each deflection changes the direction of the thrown rock, almost

to the point where it's coming back towards the thrower. Martin made one of these to beat Randy Ferbey in a memorable game at the 2008 Alberta provincial championship in Spruce Grove.
— Allen Cameron

Movement of Team Martin's Rock
→

Movement of Opponent's Rock
- - - - -

Team Martin's Rock

Opponent's Rock

"There was a big row on the ice because we got the corn brooms out at the fifth-end break," relates Martin, referring to the since-banned practice of changing from push-brooms to corn brooms in order to leave debris on the ice. "All hell was breaking loose, the game had stopped - I mean, the place was going crazy."

"I don't remember the name of the horse, but I know Jervis Clifton was driving," says Owchar, laughing as he tells the story. "The racetrack is, what, three minutes away? So we just went and made the bet and came back. And when I came back, everybody was looking at me like I had committed hara-kiri. I had no idea what was going on."

For what it's worth, Martin came back to win that game. And another page was added to the Martin-Owchar legend book.

FOR ALL THE SUCCESS Martin and Owchar have enjoyed together, it's a stark reality that Martin's career is notable, in the public eye anyway, more for the losses than the wins, beginning with that world junior final setback.

"Yeah, we used to kid about it, that we had to win because we had no more room on our foreheads for the Ls," says Owchar. "Oh, we took some (losses); we took some wicked ones." In later years, Martin would lose the 1991 world final (again to Scotland) in Winnipeg, the 1992 Olympic semifinal (when curling was a demonstration sport in Albertville), the 1997 world men's semifinal to Sweden and the 2002 Olympic gold-medal final to Norway, leading naysayers to sneer that Martin was at his best with money on the line in domestic competitions, but couldn't win big with a Maple Leaf on his back.

Martin, with his current team (he was joined by John Morris, Kennedy and Ben Hebert prior to the 2006-07 season), finally erased that stigma in 2008, winning his first world title by beating David Murdoch's Scottish champs in the gold-medal game at Grand Forks, N.D.

But a year later in Moncton, N.B., in a gold-medal game that featured one of the most talked-about curling shots in history, Martin fell short to Murdoch when the Scots came back from a two-point deficit through eight

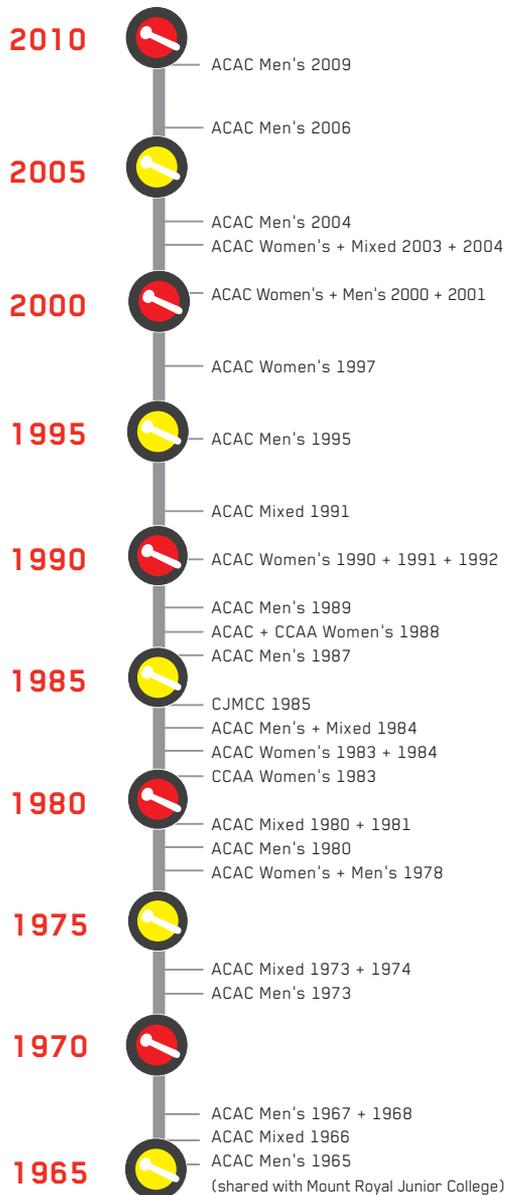


Above, Martin and Owchar, seen here at the Saville Sports Centre, share a passion for the mechanics of curling.

HOUSE RECORDS

BOOKS CURLING TEAMS GOLD-MEDAL WINS BY YEAR

— Donovan Francis



↑ LEGEND

- ACAC | Alberta Colleges Athletic Conference
- CCAA | Canadian Colleges Athletic Association
- CJMCC | Canadian Junior Men's Curling Championship



Team Alberta, winners of the 1984-85 Canadian Junior Men's Curling Championship, at the closing banquet in Newfoundland. From left, Kevin Martin, Rick Feeney, Dan Petryk, Mike Berger and Jules Owchar.

HISTORICAL PHOTOS SUPPLIED BY JULES OWCHAR

ends, and stole the winning point in the 10th.

The shot in question was actually a non-shot: Martin intentionally tossed his first rock of the 10th end through the rings, believing he would do more harm than good by putting the rock in play. The decision stunned the 5,300 fans in attendance and hundreds of thousands watching at home – and surprised his coach.

"I saw what he was doing, but I never dreamt he would do it," says Owchar. "It surprised me completely; I'm never shocked by what he does, but I wasn't sure what he was going to do." In the end, Martin still had a shot for the victory (as he predicted he would before the throw-through), but he missed, touching off weeks of second-guessing, but not (publicly, at least) from his coach.

"There's not much to say," adds Martin with a shrug. "He knows exactly what I was thinking. We do win around 90 per cent of the games we play, and sometimes the decisions you make produce a lot of points. And sometimes they don't work out."

IT'S QUITE CONCEIVABLE that Martin and Murdoch will renew acquaintance at the 2010 Games; Murdoch has been named to Great Britain's Olympic squad, with the final team to be named in December, and Martin has to get through December's Olympic trials in Edmonton.

"I don't think it would be a surprise; those guys have been at the top of their game for the last two years, and you see the way they ripped through the Brier the last two years and the world championship barring the last three games," said Murdoch, who has skipped in four of the past five world finals, winning twice. "Those guys are playing extremely well. It will be tough for them; Glenn (Howard) will be wanting to get back to the top, and you have the re-emergence of Randy (Ferbey) and his team; they seem to have fire in their stomach again. It will be interesting to watch."

Ferbey, for one, has spent the better part of two decades scrapping with Martin, on and off the ice, establishing the best rivalry in the sport's history. And while he has plenty of respect

JULES OWCHAR COACHING AWARDS

- Alberta 3M Coaching Award (1997)
- Alberta Colleges Athletic Conference, Coach of the Year (2008-09, 2003-04)
- Northern Alberta Curling Association, Coach of the Year (2000)
- Petro-Canada Coaching Excellence Award (2008, 2002)



From left, 1986 world junior silver medalists: Team Canada's Berger, Petryk, Feeney and Martin. The team went undefeated before losing the final to host country Scotland.



Martin and Owchar in their first Brier appearance in Hamilton in 1991, where the team finished in first place.



A practice at the Avonair Curling Club, 1991.



Team Alberta swept through the 2009 Brier in Calgary undefeated, capturing Martin and Owchar's fourth Brier title.

PHOTO BY CANADIAN CURLING ASSOCIATION/MICHAEL BURNS PHOTO

for his former teammate (they spent two months together in 1995 before parting ways), he's not sure Martin's team has done enough to establish itself as the best ever.

"How do you define the best?" Ferbey asked shortly before the Brier. "I don't know. If they go on to win five world championships, Number 1 on the money list for five years, lose only

a handful of games, I'll bow down to them. But until then, yikes, you'll have every guy gunning for you big time, and other teams will be formed to go up against you."

TIMING IS EVERYTHING in sports, and should Martin and Owchar (along with Morris, Kennedy and Hebert) have it going their way, they'll prevail at the Olympic trials

to earn the right to represent Canada in Vancouver.

Owchar will be in his customary position, behind a sheet of curling ice, watching the man he helped mould into one of the world's finest curlers. "I guess that would just crown everything off for the two of us," says Owchar. "For 25 years, we've done a lot of work together.

"(The Olympics) are big for us, and Kevin is probably thinking that maybe it's the last chance to go. To him, it's the biggest event. I know we will be prepared. The schedule will be set properly. There will be no excuses. We'll go in, and we'll be ready to shoot our 90-plus (per cent) and hope that's good enough. If it isn't, we'll offer our congratulations." ■



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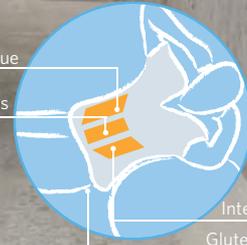
← CORE

1 Exercise ball

Lie on your back on an exercise ball. Tighten your glutes, engage your abs and rotate your upper body. Repeat on the other side.

External oblique

Rectus abdominus



Internal oblique

Gluteus maximus

From Acme to Wildwood, curlers in 187 clubs across Alberta, part of a network of over 900 clubs across Canada, are gearing up for a busy season. That's a lot of curlers. And a lot of sore backs and stiff muscles as curlers once again get accustomed to the physical demands of one of the world's fastest-growing winter sports.

Lorraine Glass knows all about it. An instructor in NAIT's Personal Fitness Trainer program, she wrote a paper on performance enhancement in curling as part of her master's studies.

As Glass explains, "The key to curling is precision, requiring the body to stay balanced and stable over a prolonged period - not easy on a slippery ice surface."

How do you achieve better balance and stability? First, focus on your core muscles - those that stabilize the spine, hips and shoulders. Exercises that challenge the core often involve movements where you must work to control the body. For example, lie on an exercise ball on your back with your feet on the floor and rotate your upper body from side to side.

Lunges are also effective – to the front, side or with a rotation.

To improve your balance, stand on one foot or try a series of partial squats with feet close together. Increase the difficulty by exercising on an unstable surface, like a thick foam mat or wobble board – or just close your eyes.

Strengthening your limbs will also improve your game – and help you avoid muscle pain the next day.

Throwing a curling rock is all about the lower body – the gluteal, quad, hamstring and adductor muscles. “If you don’t have good balance, stability and strength in the lower body, it doesn’t matter what you do with your hand on the rock – the results aren’t going to be pretty,” says Glass. Include squats, step-ups and lunges in your exercise program to strengthen the lower body.

Sweeping requires both upper and lower body strength and a strong core. Any exercise that provides a push-and-pull motion against moderate resistance will help your upper body. Work out on a rowing machine and do chest presses against a wall.

Glass suggests that basic exercises for balance, stability and muscle endurance be done three times a week in the off-season and at least weekly when you are active at the curling rink. Aim for 15 - 25 repetitions of each exercise per session. She also recommends adding 20 - 25 minutes of moderate cardio conditioning for overall health, doing any activity you enjoy such as a riding a stationary bike, or going for a quick walk or jog.

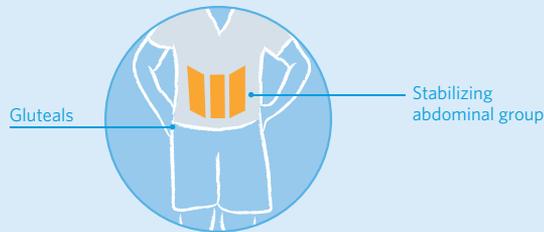
When it’s game time, don’t forget to warm up first to get the blood flowing to joints and muscles. Movement is the key, whether it’s a light jog on the spot or gentle lunges, twists and arm rotations. Happy curling!

— Kathy Frazer

→ BALANCE + CORE

2 Balance

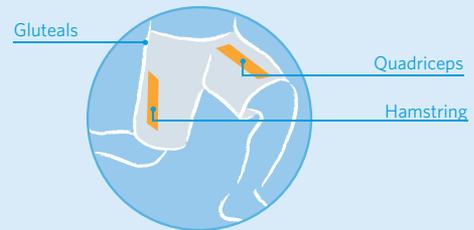
Stand on an unstable surface like a foam mat or wobble board. Engage your abs, tighten your glutes and attempt to balance.



← LOWER BODY + CORE

3 Diagonal lunge

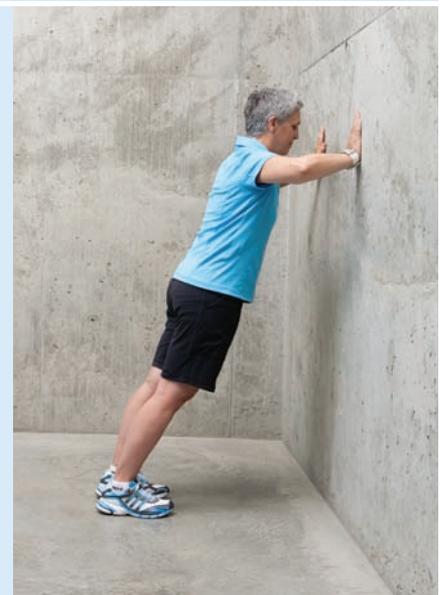
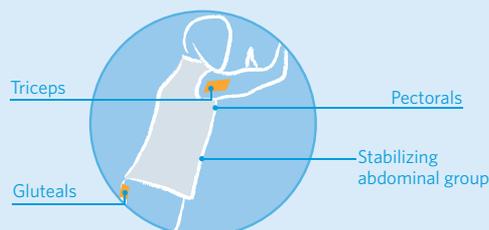
Start with your feet together. Engage your glutes and abs. Step diagonally and lower your body straight down until your front knee is about 90 degrees. Repeat on the other side.



→ UPPER BODY + CORE

4 Push press

Start with your arms straight against a wall. Engage your abs and glutes. Lower yourself towards the wall until arms are 90 degrees. Hold. Draw your shoulder blades together. Return.





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ON THE LEADERBOARD

NAIT OOKS TO KEEP YOUR EYES ON THIS SEASON.

AUSTIN HINCHEY →

Volleyball coach Simon Fedun's first pick, Hinchey, 18, says he's expected to play on disabled teams, but surprises a lot of people by playing regular volleyball at the level he's at.

Born with a brittle bone disease, by 10 the athlete had broken his leg four times. Just before Grade 6, Hinchey had his left leg amputated below the knee – a decision he made so he could keep playing sports. Now, he wears a prosthetic limb and a high-performance foot.

The first-year Bachelor of Business Administration student has played on the national Paralympics team since he was 16 and moved up to starting setter on a club team that placed second last year and won provincials the previous three years.

Fedun will be looking to his new setter for his decision-making and coolness under pressure as the team aims to be a medal contender in provincials. "His ability to think ahead and be a student of the game – we're really going to rely on that."

LAURA STOSKY ↓

A defenceman who won gold with Canada's Under-22 Team in the 2004 European Air Canada Cup and bronze with Team Alberta in the 1999 Canada Winter Games, Stosky brings elite-level skill to a hockey team that's only ever won two playoff games since forming in 2000-01.

Stosky, a 26-year-old third-year Carpentry apprentice, comes to NAIT from the Edmonton Chimios. Coach Deanna Iwanicka says Stosky will play a leadership role as the Ooks – who have 12 new players this year – aim to win at least half their games and make the playoffs. "On the ice, she'll exemplify all the things we expect of a player at this level," Iwanicka says.



Come cheer on Ooks. Game schedule at www.nait.ca/athletics.



↑ SINEAD CHEAH AND JOEY VANDERVET

Reigning badminton mixed doubles national champs Cheah (first-year Architectural Technology) and Vandervet (first-year Medical Radiologic Technology) are expected to defend their title on home court as NAIT hosts the Canadian Colleges Athletic Association championship in the spring.

Unknowns when they arrived at NAIT last year (Cheah, 19, and Vandervet, 18, were partners for four years in Ontario), this year coach Jordan Richey will also be looking to the pair to "serve as leaders and set the example for how hard you have to work to play on our team."

— Kristen Vernon



SHOOTING STAR

DALE-MARIE CUMBERBATCH IS THE FIRST ONE ON THE COURT AND THE LAST TO LEAVE – AND THAT DEDICATION IS NETTING RESULTS. THE CAPTAIN OF THE OOKS WOMEN'S BASKETBALL TEAM HAD WHAT WAS ARGUABLY HER GREATEST SEASON LAST YEAR, BREAKING FOUR PROVINCIAL COLLEGE BALL RECORDS, INCLUDING THE CAREER SCORING RECORD.

People describe 21-year-old Dale-Marie Cumberbatch as an evolutionary leap, the kind of player who materializes every few generations in college basketball and makes everybody ecstatic and argumentative at the same time.

Last season was a phenomenal one for the captain of the NAIT women's basketball team. The five-foot-11 Cumberbatch broke several Alberta Colleges Athletic Conference (ACAC) records – total number of points per season, most two-point field goals in a season and most free throws in a season. (She also holds the record for the most successful blocks in a season – an achievement from her rookie year.)

When she broke the career ACAC scoring record last November, sports journalists from the *Edmonton Journal*, *Edmonton Sun* and Global Edmonton gave the hoops player her deserved celebration. "Dale-Marie has a real passion for the game and sees the ball really well. Her positional play is exceptional and, with her talents, it's a great pleasure to watch," says *Journal* sports writer Cam Tait, a 2001 recipient of an honorary diploma in Communications Technology from NAIT.

Last year's buzz drew an increased number of fans to NAIT's 900-seat gymnasium to see Cumberbatch play. Undisputedly, Cumberbatch is on her way to shooting to the top of professional women's basketball.



STORY BY
TRACY HYATT
PHOTOS BY
JASON NESS

Dale-Marie
Cumberbatch on the
court at Edmonton's
McNally High School.



Despite shattering several records, Cumberbatch says they don't mean much to her.

Sideline because of a knee injury, Cumberbatch sits courtside during a team practice wearing immaculate white Nike Air Jordan shoes. She watches her teammates run full-court presses, records their three-pointers and calculates the team's shooting percentage, encouraging those who have mastered the physics of basketball and rebuking those who have not. Knowing her teammates strengths and weaknesses is what makes Cumberbatch a sage of the game. On court, she responds to situations more quickly than most because she's always studying players. Basketball is equal parts mental strategy and physical prowess.

Cumberbatch is one of the loudest and most vocal players on the team. "I get frustrated on the court easily. I like when things are going the way they should. When we've put hard work into practice and we've done everything perfectly, we should be able to repeat that in a game. If we aren't perfect in a game, I'll let my teammates know." It's an attitude that's earned the respect of her teammates, who along with the coaches last year selected Cumberbatch for the Silver Torch award, recognizing her contributions to the sport and the team, as well as her academic achievements.

Off court, Cumberbatch is a completely different person. In between crunching team stats, Cumberbatch is modest, soft-spoken and answers routine questions as though she is hearing about her achievements for the first time. "I don't pay attention to the records. They don't mean much to me. If I wanted individual glory, I'd go play an individual sport like golf," she says.

One score that she is proud of though, is her academic record. With digital media and computer networking programs completed and the third year of a four-year Bachelor of Technology in Technology Management underway, Cumberbatch has managed to maintain a solid 3.5 GPA. When she's finished school and basketball has taken her as far as she can go, she'd like to run her own web development company, the perfect marriage of all three programs.

For the past three years, she's been coached at NAIT by her father Curtis Nelson. His influence on her game really started when she was a

lanky 10-year-old who expressed an interest in having her father coach her. Back then, her awkward frame was more of a hindrance than a physical weapon.

Nelson agreed to coach her on one condition: that she work twice as hard as anyone else to dispel any rumours of favouritism. "Unfortunately, it's not fair, but that makes it even in everyone's eye. If you're going to be the coach's daughter, it's not an easy road to take," says Nelson. It meant that during the school year Cumberbatch played under her junior-high and high-school coaches. And in the summer, Cumberbatch was off to basketball camp and played club under the tutelage of Nelson. "Dale understands how much effort she has to put into the game and it doesn't seem to bother her."

Indeed, for all its beauty and finesse, basketball is a sport of will. Sometimes the one who plays better isn't the one who is the most skilled; it's the one who is determined to put the most into the game, practice harder, play harder, think harder. That's why Cumberbatch is the first one on the court and the last one to leave.

Despite Cumberbatch's record-holding status, last year's young Ooks team finished at the bottom of the division, winning just four of 24 games. That's something Nelson hopes to change this year. "We're returning a lot more veteran players, finally," he says. "With that experience and with some of the great recruits we've picked up and a couple of other girls who have come back to the program after a year off, we're hoping we'll be able to improve on our record from last year and have an improvement overall in the entire program."

The three-hour practice ends and a few ladies remain on the court, discussing their plans for the weekend. Unlike most women her age, Cumberbatch won't be at the lake or hanging out with friends. The NAIT team will head to Calgary to play in a tournament. Cumberbatch will be there nursing her knee injury, and you can guarantee she'll be shouting from the bench. "If the team isn't perfect, they'll know." ■

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Above, Vietnam Veterans Memorial. Right, Jennifer Harris at the Lincoln Memorial, the Lincoln Memorial at night and the Washington Monument.



JENNIFER HARRIS SUPPLIED THE PHOTO OF HERSELF; ADDITIONAL PHOTOS BY NAIT MACHINIST CHAIR STEWART COOK (MACHINE SHOP '87, MACHINIST '90)

JUNE 18, 2009

LIVE FROM WASHINGTON, D.C.!

Getting to spend the summer in Washington, D.C. on an internship has been great. It has given me an opportunity to visit a lot of the local monuments and museums.

You always see Washington monuments in movies, but to actually see them in person is quite humbling. The hairs on my arm stood up as I touched the Vietnam Veterans Memorial, with its tens of thousands of names inscribed in black granite.

I stood in the place by the Lincoln Memorial and Reflecting Pool where Dr. Martin Luther King Jr. made his *I Have a Dream* speech.

My favourite museum so far has been the National Museum of the American Indian. The architecture of the building is stunning! It has an organic flow and is designed to look like natural rock formations. I also loved learning about the different native cultures.

After a day of visiting monuments, a friend and I went for pad thai at a local restaurant near Dupont Circle, a largely residential area surrounding a traffic circle, which was developed at the turn of the last century and is now an historic district. D.C. has such a great selection of ethnic restaurants!

That's all for now!

JENNIFER HARRIS (See also p. 18)
PETROLEUM ENGINEERING TECHNOLOGY '01

STUDENT, FOURTH-YEAR BACHELOR OF TECHNOLOGY
IN TECHNOLOGY MANAGEMENT



BR



Mat Park was a skinny 11-year-old when he plastered his basement walls with pictures of bodybuilders, pasted photos of his own face over theirs and asked his parents for a set of weights.

"I didn't have the genes to be a bodybuilder," he says. "I didn't have the genes to look big." He was wrong. Working on his uncle's farm, he'd discovered a knack for lifting heavy things and, after watching his uncle Michael Stolz use the drug-free recovery system he'd developed for his own weight training, Park became obsessed.

For Christmas, when he was 12, he got those weights, started on his uncle's program, and never looked back. The athleticism and independence of weight training were what he loved most. With bodybuilding, "you can work as hard as you want, go as far as you want."

And going far was always Park's modus operandi. In Grade 9, he saw his classmates partying, smoking and drinking, and resolved to be different: he would become the strongest man in the world, and would gain financial independence by 27. By the end of high school, he wanted to train elite athletes, especially those playing his favourite sport, football.

"I wanted to pass along my passion . . . to other athletes," he says.

At 24, Park now owns his third business, not including his childhood lawn-mowing venture. He previously founded International Natural Bodybuilding and Fitness Federation Canada, and Build Natural, both organizations to help athletes achieve results without recourse to illegal - or legal - drugs, and now, along with Stolz, is setting up base on the U.S. West Coast, likely in San Francisco, to train professional athletes with their phrecisionTR, Inc. program.

"I lived my childhood dream," he says. "It never changed."

AWN AMBITION

TEASED AS A KID FOR WORKING OUT, MAT PARK IS SETTING UP SHOP IN CALIFORNIA TO TRAIN PROFESSIONAL ATHLETES.

Park, with San Francisco's Golden Gate Bridge in the background, is living his California dream.

STORY BY
NAOMI K. LEWIS

PHOTOS BY
GARY PARKER

Growing up in a hamlet of 135 people and attending a high school of 150 students, Park got a hard time for working out and eating regimented meals; people stole his food and hid his water bottles, and until his final year of high school, he didn't have many close friends. He remembers being told, even when he was 15, that his goals were laughably lofty. Those naysayers only made Park determined to prove them wrong, and that what he's done.

Anyone doubting the results of a drug-free training program can look to Park himself: at 185 pounds, he currently lifts up to 550 pounds five times, dead lift (from ground to standing position), and 600 pounds five times, squatting. He plans to create new Guinness World Records for pound-for-pound the world's strongest man in dead lifts and squats by February 2010, by lifting 600 pounds, five times dead lift and 10 times squatting.

The cornerstone of Park's own training, and of the phrecisionTR program, is a balance between corrective training and recovery. Park credits NAIT's Personal Fitness Trainer



Park, on the right, with mentor, business partner and uncle, Michael Stolz.

program, which he completed in 2006, for teaching him the importance of that balance. He was particularly inspired by one his instructors, Lorraine Glass, who became his personal trainer and now works with his company, researching and developing training elements.

Training must be “corrective,” Park explains, because every athlete favours certain exercises and movements over others. That’s why he and Glass begin each athlete’s training with an assessment before they design an individualized program. Then, Stolz steps in with the recovery system he’s developed over the last 14 years, which includes a sugar- and caffeine-free drink.

Former CFL player Craig Carr met Park after playing for Edmonton, Montreal (when they won the Grey Cup) and Calgary, among many other athletic accomplishments. Carr had worked with many pro trainers, but realized he had the kinds of imbalances Park describes, due partly to an injury.

“He basically . . . stripped me down from what I used to do, and built me back up,” says Carr. And, Carr adds, he was thrilled to feel his body

strengthening and performing better than ever before. He introduced Park and Stolz to Ralph Parks of the Pro Football Institute, who became their NFL representative.

Setting up shop in North America’s fitness mecca required Park to build new strengths as a business person and marketer. Over a four-week period, he phoned 485 agents who represent professional athletes in baseball, hockey and mixed martial arts, with the goal of securing contracts to train their clients and using their connections in the sports marketing world to promote the phrecisionTR program.

Friends often ask Park if he’s intimidated by his own ambitions; he tells them he’s not. They ask what he’ll do once he’s achieved all his goals, and he says he’ll just keep pushing. He wants to be the strongest man and the best trainer he can be, and to stay that way.

Park no longer needs to paste his head on any posters, not when he’s so close to sending his own photo to Guinness World Records. “You have to set lofty goals,” he says. “If you push hard enough you’re going to get it.” And to see him, it really does seem as simple as that. ■

MAT PARK BUSTS COMMON WEIGHT TRAINING MYTHS

MYTH:

Crunches decrease stomach fat.

FACT:

Crunches do strengthen the abs, Park says, but, sadly, they don’t decrease fat. Spot reducing never works. “The body is designed as one machine. Fat is burned all over the body, not in one spot.” To achieve a leaner physique, Park advises weight training and cardio, including running, team sports and other outdoor activities.

MYTH:

Machines offer the best overall body workout.

FACT:

Gyms are full of well-intentioned people on recumbent bikes and resistance training machines, but Park says those machines are usually best for rehab, and for elderly people. For the average injury-free adult, free weights, along with cardio activities, offer the best path to fitness.

“Machines only offer a fixed movement pattern,” Park says. The body needs a variety of movement patterns to engage every muscle.

MYTH:

If I’m not sore the next day, I didn’t work hard enough.

FACT:

Park says soreness actually results from working out too hard – “from overstressing the body. “There can be muscle tearing,” he explains – in fact, tearing is necessary before muscle mass can grow – “but there doesn’t have to be so much that you can feel it.” It is, however, normal to feel sore the first few times. The more advanced the athlete, the less the pain.

MYTH:

I will achieve better results with higher repetitions.

FACT:

Many people eager to lose weight or build muscle follow their intuition and work out as hard as they can. But, for the average gym-goer who wants to be toned and healthy, variation is key. If you can lift those weights 24 times in a row without stopping, that doesn’t mean you should do it. Resting after eight to 12 repetitions is ideal.

Park explains, “Over-repetitive movement patterns can develop a muscular imbalance.” The quality of any workout is more important than the quantity.

— Naomi K. Lewis



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2009 report on sustainability

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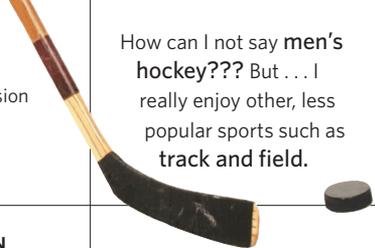


3 QUESTIONS

HERE'S HOW FIVE "TECHLIFE" READERS RESPONDED TO OUR QUESTIONS CONTEST. EACH WON A NAIT-BRANDED GOLF SHIRT.

WEB EXTRA

Fritz Gschossmann, owner of Fritz Ski Haus in Edmonton, talks about his favourite ski destinations. techlifemag.ca/ski.htm

 <p>Q1: WHAT'S YOUR FAVOURITE OLYMPIC SPORT?</p>	<p>Q2: WHAT'S YOUR FAVOURITE SKI DESTINATION? <small>(See also p. 26 10 TOP PEAKS TO SKI)</small></p>	 <p>Q3: DO YOU HAVE A NAIT GOLD-MEDAL MOMENT – PERSONAL, ACADEMIC OR ATHLETIC?</p>
<p>SUSAN CROWE Administrative Support NAIT Souch Campus</p>	<p>Figure skating, with ice dancing as a favourite event.</p>	<p>Jasper. I love the scenery and the runs and appreciate living in Alberta because of the national parks.</p> 
<p>DONNA FOERSTER Human Resource Consultant, NAIT</p>	<p>Gymnastics</p>	<p>My personal life is full of gold-medal moments. I consider myself a very fortunate person.</p> 
<p>JONATHON HECHTER Radio and Television student</p>	<p>How can I not say men's hockey??? But . . . I really enjoy other, less popular sports such as track and field.</p> 	<p>My one experience on skis was behind a snowmobile driven by my brother. A short-lived experience, I lost my balance and fell sideways into the snow, which packed behind my eyeglasses. My brother thought it was hilarious.</p>
<p>BILL MCMULLEN Consultant, NAIT's Department of Teaching and Academic Development</p>	<p>I don't ski, but do enjoy a gondola ride. The ride to the top of Whistlers Mountain in Jasper is beautiful.</p> 	<p>I've met some great friends, am studying in an area I'm eager to start a career in, and am getting such fantastic grades I'm eligible for several scholarships.</p>
<p>ADAM TOBIAS Computer Systems Technology '08</p>	<p>Powder King Mountain Resort in the Pine Pass in northern British Columbia. Few lineups, inexpensive lift passes, and metres of fresh powder.</p> 	<p>Seeing the smile on the face of Radio and Television instructor Jeannette Cable, who received an Instructional Excellence Award this year.</p>
<p>Sigh, I don't know how . . . hopefully I can take lessons this winter!</p>	<p>I'm more vocal and confident compared to when I was in high school. I was the shy, quiet student.</p>	

STOCK PHOTOGRAPHY; JASPER THE BEAR PHOTO BY ANDREA YURY



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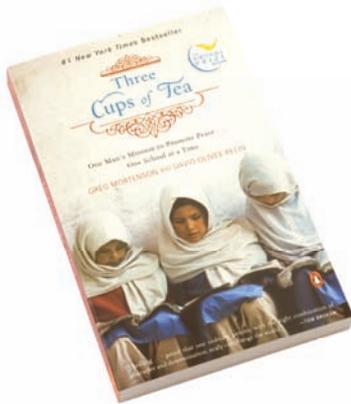
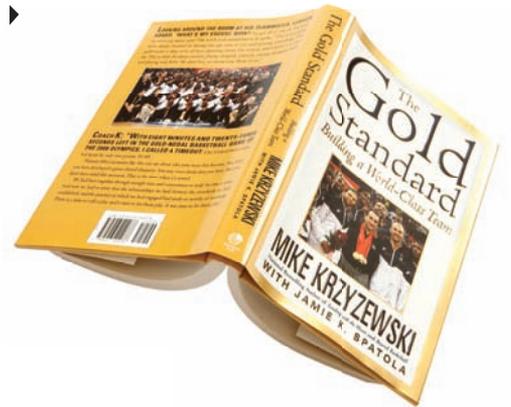
▶ THE GOLD STANDARD: BUILDING A WORLD-CLASS TEAM

by Mike Krzyzewski

In a book that's part basketball, part management technique, coach Krzyzewski explains how he brought some of the biggest names – and egos – in the NBA together on Team USA to win Olympic gold in 2008. It shows the kind of commitment needed to be a professional athlete. Normally when you put together 15 athletes who are superstars and leaders on their own teams, you have conflicts. These guys came together despite their differences and followed a set of rules to reach their common goal.

Recommended by Dale-Marie Cumberbatch (See also p. 40)

Ooks basketball player and Bachelor of Technology in Technology Management student



◀ THREE CUPS OF TEA

by Greg Mortenson

This inspiring read illustrates the importance of following your calling in life. After failing to reach the summit of K2, Mortenson struggled to find his way back and stumbled into a remote village high in the Pakistani mountains. Moved by the fact the local children didn't have a school, he returned to the U.S. and started a non-profit that has built 78 schools in Pakistan and Afghanistan, educating 34,000 children in impoverished cities.

Recommended by Jennifer Harris (See also p. 18 + p. 45)

Bachelor of Technology in Technology Management student

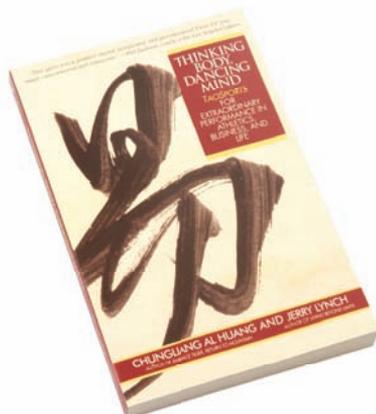
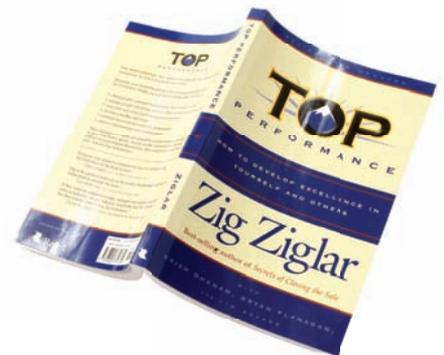
▶ TOP PERFORMANCE: HOW TO DEVELOP EXCELLENCE IN YOURSELF AND OTHERS

by Zig Ziglar

This book offers insight into how to manage people for maximum effectiveness – starting with yourself. Based on the principle, “You can have everything you want if you will just help enough other people get what they want,” the book teaches managers to develop other managers and leaders. It's a read that elevates any top performer.

Recommended by Mat Park (See also p. 46)

Personal Fitness Trainer '06



◀ THINKING BODY, DANCING MIND: TAOSPORTS FOR EXTRAORDINARY PERFORMANCE IN ATHLETICS, BUSINESS, AND LIFE

by Chungliang Al Huang and Jerry Lynch

Thinking Body, Dancing Mind gives an Eastern perspective on the competitive aspects of life, teaching attitudes that can help readers accomplish their goals – and accomplish them with joy and balance. It provides insight into setting goals in sports and life, and on dealing with setbacks on the journey. This book is sort of like my mini-bible. I continuously find myself referring to it to help me out when I encounter obstacles.

Recommended by Laura Stosky (See also p. 39)

Ooks women's hockey player and third-year Carpentry apprentice

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CAMERA, LIGHT, ACTION

WHETHER YOU'RE HEADING TO THE OLYMPICS OR LOOKING TO SHOOT A KIDS' HOCKEY GAME, PROFESSIONAL SPORTS PHOTOGRAPHER DALE MACMILLAN OFFERS A FEW TIPS TO HELP YOU TAKE BETTER PICTURES. — *Diane Bégin*

Above, Edmonton Eskimos play the Calgary Stampeders at Commonwealth Stadium. Sept. 11, 2009
F-number: f/4.5
ISO speed: 400
Shutter speed: 1/41 sec.
Focal length: 17 mm

BEFORE YOU GO

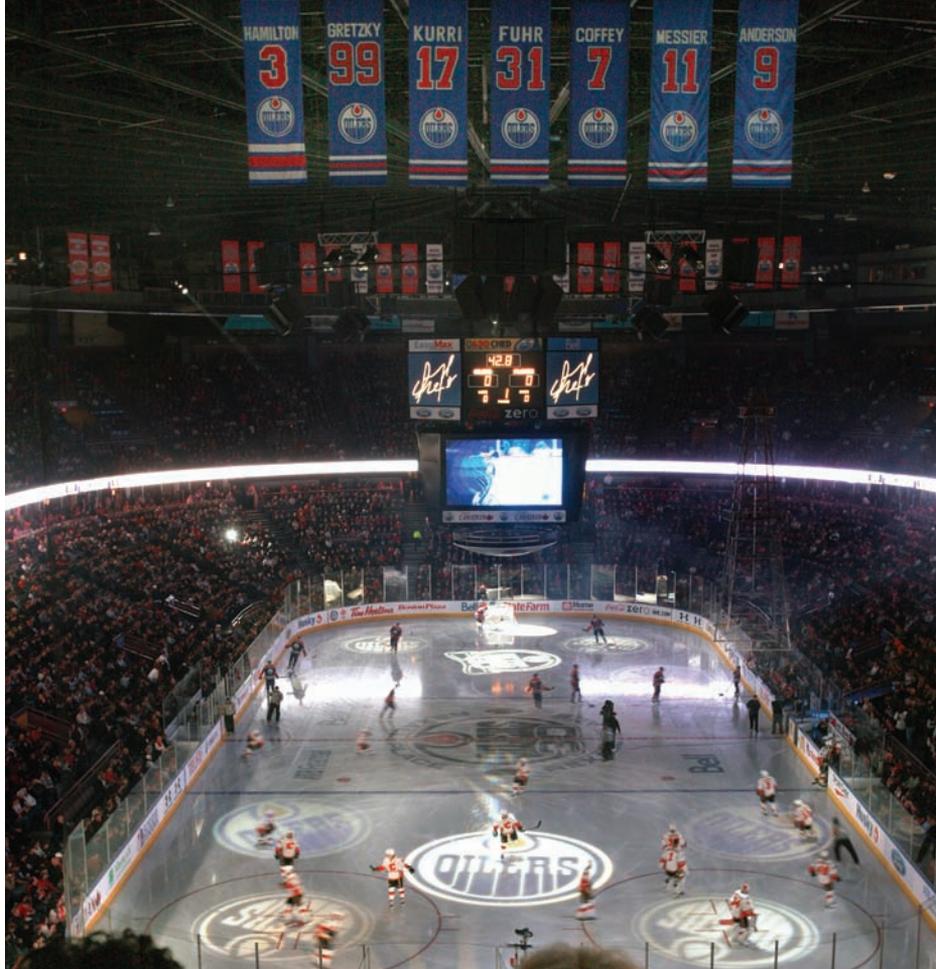
Chances are you'll be far away from the action, so an SLR (single lens reflex) camera is your best option. Point-and-shoot cameras won't get the shots that you want because the zoom is limited.

- Bring a couple of lenses with you because you don't know how close the action will be. However, be aware that there are restrictions at events such as the Olympics, and larger lenses could be taken away by security or you could be asked not to use them.
- Bring lots of batteries and remember that the cold can affect the duration of lithium batteries.

INSIDE OR OUTSIDE?

Light plays a big role in getting your shot, so check what ISO level you'll need, given the environment you're in.

- Flash photography is not permitted at events such as the Olympics and generally won't work anyway since you'll be too far from the action for the beam to have an effect.
- Inside, you'll want an ISO of 800 to 1600. For outside shots, an ISO of 100 to 400 works.



SPORTS PHOTOS BY DALE MACMILLAN



PHOTO BY CRIS ANDERSON

Dale Macmillan (Photographic Technology '94) is the official photographer for the Canadian Soccer Association and the Edmonton Eskimo Football Club. He has photographed countless concerts and NHL games. His work has been featured in magazines, including *Sports Illustrated*. His next major sporting event will be the 2010 FIFA World Cup in South Africa, which will be the fourth World Cup he has photographed.

dalemacmillan.com

CAPTURE THE ACTION

You'll also have to consider the shutter speed (how fast the shutter opens and closes) and the aperture (the size of the hole in the lens that lets the light in).

- Generally, point-and-shoot cameras automatically take pictures at medium-range shutter speeds and have a medium-range aperture, although some have sports settings, which can also work.
- An SLR has more options, allowing you to adjust your settings to capture a sharp snapshot of the action.
- To capture a moving puck without the blur from the motion, for example, your shutter should be at 1/500 second.
- As you increase your shutter speed, you need to enlarge your aperture to allow in more light. A large aperture, which compensates for not being able to use a flash, is represented by a small f-number or f-stop (such as f/2.8), while a small aperture, which allows less light, has a larger f-number (such as f/32).

Above left, Miikka Kiprusoff makes a save against the Anaheim Ducks at the Pengrowth Saddledome in Calgary. Sept. 23, 2009

F-number: f/6.3

ISO speed: 250

Shutter speed: 1/256 sec.

Focal length: 400 mm

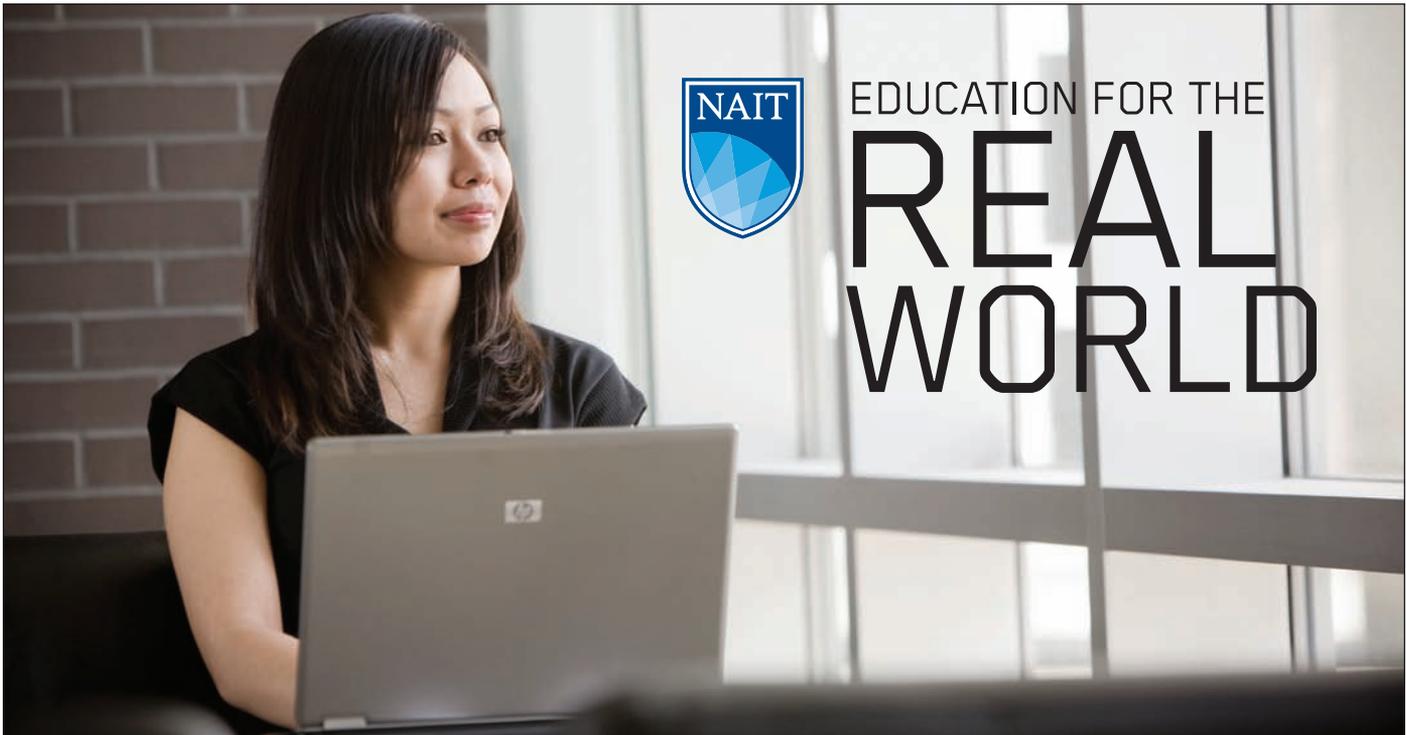
Above, Edmonton Oilers on the ice with the Calgary Flames at Rexall Place. Feb. 21, 2009

F-number: f/5.6

ISO speed: 800

Shutter speed: 1/21 sec.

Focal length: 35 mm



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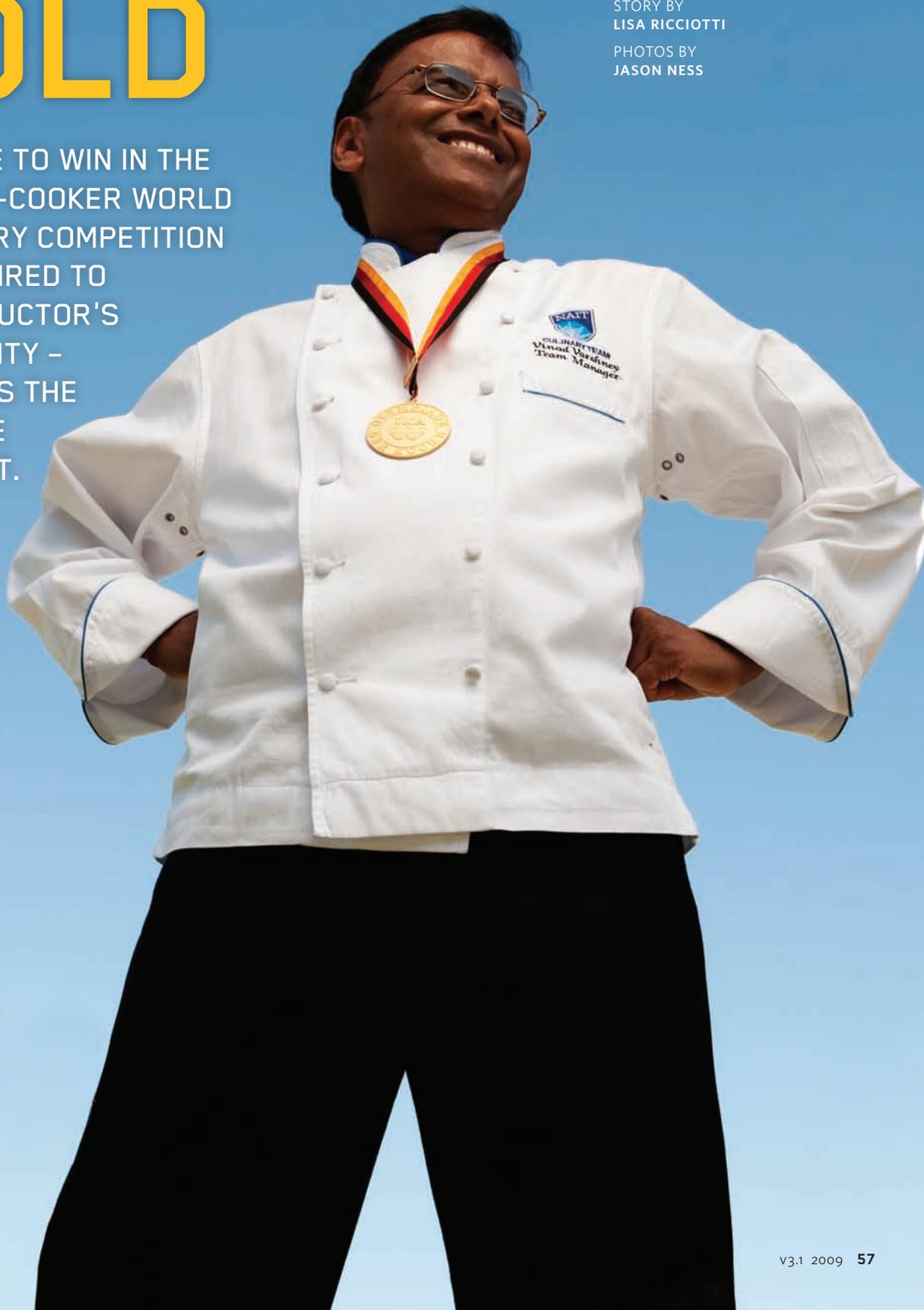


APPETITE FOR GOLD

STORY BY
LISA RICCIOTTI

PHOTOS BY
JASON NESS

THE DESIRE TO WIN IN THE PRESSURE-COOKER WORLD OF CULINARY COMPETITION IS HARD-WIRED TO THIS INSTRUCTOR'S PERSONALITY - AND HE HAS THE HARDWARE TO PROVE IT.





Above, Vinod Varshney works with competitor Jack Lee during the last major practice prior to the 2008 Culinary Olympics. Lee went on to win gold in the competition. Right, Lee's buffet platter for eight.

It was a classic do-or-die moment, with the fate of Olympic gold hanging in the balance. At 3 a.m. on the eve of Germany's 2008 Culinary Olympics, the most prestigious of international competitions, eagle-eyed Team NAIT manager and coach Vinod Varshney noticed competitor Jack Lee's tuna had turned brown.

Lee was bone-tired from nearly 48-hours of non-stop prep and so busy finalizing his other dishes, he hadn't noticed the colour change. After a tense huddle with the other coaches, Varshney proposed a solution: redo it, substituting salmon, since no tuna remained. Then surprisingly, Varshney put the ball back in Lee's court.

every inch of his crammed office walls, shelves groan under the weight of hefty trophies and his desk drawer overflows with medals - all earned during his 22 years at NAIT, first as an instructor, now as chair of the Culinary Arts program.

Soft-spoken, with a flashing smile and a laid-back manner, Varshney displays none of the killer instincts common in competitive sports. Don't be fooled: beneath that gentle demeanour lurks a desire to win as keen as a well-honed Henckels knife. Varshney says pushing himself to be the best is hard-wired into his personality: "Bottom line, I want to win. It's my competitive nature, part of my search for excellence."

"PERFECTION - THAT'S WHAT WINS MEDALS." - VINOD VARSHNEY

"Vinod told me the colour could make the difference between winning bronze or gold," says Lee. "But he left the decision up to me." Remembering Varshney's much-repeated training mantra - "do whatever it takes to win" - Lee pushed his exhaustion aside. He chose to start over - and struck gold. Looking back, Lee realizes he couldn't have settled for less-than-perfect tuna. "Vinod drills pride into us," he says. "I had to give my best."

A manager and coach who constantly emphasizes excellence, Varshney demands the same of himself. "I'm a perfectionist," he admits. "I don't shy from time and effort. If something's not right, I won't accept it; I try again. Perfection - that's what wins medals."

And he has the hardware to prove it. Framed awards and photos celebrating those wins cover nearly

Varshney's first taste of the pressure-cooker world of culinary competitions came while working as a pastry chef at the Hotel Macdonald. He entered an Edmonton event - and walked away with two golds and a silver. Varshney went on to raise the bar with provincial, regional and national culinary awards. He took Team Alberta to the world championship title at Luxembourg's 2002 World Cup, one of his proudest moments, and has brought home gold with Team Canada from Luxembourg, Chicago, Basel and Glasgow, and grand gold from the 2000 Culinary Olympics. Coach of NAIT's culinary team since 1994, Varshney has put NAIT on the map with big wins at international competitions, including two golds, a silver and two bronzes at the 2008 Culinary Olympics.



He devotes enormous time and effort to the intensive preparation required for high-stakes culinary events and finds the thrill of competition hasn't dulled. "You can devote a lot of time to presentation, focusing on finesse and artistic display, as well as proper preparation," he says.

Though hard to believe now about this chef, so obviously consumed by a passion for cooking, the young Varshney wanted to be a scientist. Then a six-month wait changed his future. Before starting his master's in biochemistry, Varshney looked up a friend in food and hospitality. One look inside that world and Varshney was hooked. He signed up at the Institute of Hotel Management in his birthplace, India, and never looked back.

It was a radical move for the only boy in a family of four sisters, who hadn't really cooked as a kid. "In my culture, women are the cooks in a home," he explains. Varshney's family never criticized his new path since he was immediately snapped up by one of India's top hotels after graduation, New Delhi's five-star Oberoi InterContinental.

Varshney could have built a comfortable career in India, but he wanted more. Driven by a desire to explore European cooking and the world, he scored an apprenticeship with Mövenpick Restaurant in Stuttgart, Germany. Later, his hunger for additional training led him to look abroad again. With job offers from 10 countries, he chose Canada. After success at such notable venues as Toronto's Four Seasons Sheraton, Jasper Park Lodge, the Hotel Macdonald and the Edmonton Petroleum Club, he channelled his culinary creativity into teaching.

"I WOULDN'T HAVE MADE A HAPPY SCIENTIST, FOLLOWING THE SAME FORMULA OVER AND OVER."

- VINOD VARSHNEY

Ian Campbell, Team NAIT coach and instructor, remembers Lee's brown-tuna crisis vividly. Campbell calls Varshney a modest man who doesn't seek the limelight, but says his incredible organization, experience and encouragement are the foundation of the students' success: "When Jack picked up his gold medal at the award ceremony, Vinod turned to him and said, 'Now you understand'. Everyone respects Vinod. He empowers us to do our best."

Although at the top of his game, Varshney isn't content to sit back and survey his awards. "My mind's always thinking, trying new things," he says. With teams NAIT and Alberta established as serious culinary contenders, Varshney is seeking new challenges. Looking to ratchet NAIT's culinary reputation up another notch, he introduced two new ventures this year, international student-exchanges to Italy and the Philippines and a chef-in-residence program.

"I wouldn't have made a happy scientist, following the same formula over and over," Varshney laughs. "Food is a wide-open field of endless learning. My goal is to keep building on our success, and keep competing." Because, as Varshney well knows, when it comes to chasing perfection, the journey is its own reward. ■

Left, Varshney (front) helps competitor Jack Pelletier put the finishing touches on his chocolate showpiece in the dying minutes of the competition in Germany. Pelletier went on to win bronze in the patisserie category. Above, Culinary Team NAIT.

SALMON EN PAPILOTE



INGREDIENTS

2 - 180g (6 oz) SALMON FILLETS
125 ml (½ cup) MELTED BUTTER
60 ml (¼ cup) LEEK, JULIENNE
60 ml (¼ cup) FENNEL, JULIENNE
60 ml (¼ cup) CARROT, JULIENNE
60 ml (¼ cup) CELERY, JULIENNE
60 ml (¼ cup) RED BELL PEPPER, JULIENNE
10 ml (1 tsp) GINGER ROOT, CHOPPED FINE
5 ml (½ tsp) GARLIC, CHOPPED FINE
2 THIN LEMON SLICES
50 ml (2 tbsp) WHITE WINE
SALT AND PEPPER TO TASTE

SERVES 2

- RECIPE COURTESY OF VINOD VARSHNEY

VINOD VARSHNEY ADMITS his wife does most of the cooking at home: “The kitchen’s her domain. She’s a very good cook, I just help. When people come for supper I get the credit, but it’s her.” For a simple but knock-their-socks-off meal to serve your guests, Varshney suggests “en papillote” dishes. French for “in parchment,” this technique uses steam produced inside a paper wrapping to preserve moisture while melding flavours. — Lisa Ricciotti

WHY IT’S GREAT FOR ENTERTAINING

Easy to do, no fancy equipment, and fun to eat, with each guest getting a personal “package” to open. The novelty factor of this uncommon cooking technique also makes it a great conversation-starter. Extra bonus: faster clean-up, with fewer pots and pans.

WHY VARSHNEY LOVES EN PAPILOTE

It’s a very healthy style of cooking, requiring little oil or fat, and keeps food moist. Flavours sealed inside release a wonderful aroma when the package is opened.

TIPS FROM THE CHEF

It’s especially important to seal edges properly to prevent steam from escaping. Varshney recommends “crimping,” folding edges over several times, pressing firmly. Don’t be afraid to experiment with seasoning; choices are up to the cook. Be careful when opening: released steam can burn.

WHERE TO FIND “PAPILLOTE” PAPER

It sounds exotic, but parchment paper is readily available at grocery stores, usually near the tin foil (which can also be used). Varshney prefers parchment for a more visually pleasing presentation, since it browns nicely while baking.

METHOD



STEP 1

Cut a heart-shaped piece of parchment paper by folding a parchment sheet in half and cutting half a heart from the folded side. If parchment is not available, foil can be used. The piece must be big enough to hold the fish and vegetables and still have room to crimp the edges.



STEP 2

Lightly brush the parchment paper with butter and place on the work surface, buttered side down.



STEP 3

In a frying pan over medium heat, add butter and carrot, celery, leek, fennel, red pepper, ginger and garlic. Lower the heat, cover the pan with the lid. Soften the vegetables without allowing them to colour.



STEP 4

Make a bed of mixed vegetables on one side of the parchment paper.



STEP 5

Place the piece of salmon on the vegetable bed. Brush with melted butter and season with salt and pepper. Lay the lemon slice on top of the fish. Gently sprinkle the white wine on the fish.



STEP 6

Fold over the other half of the heart. Start crimping the edges from the top of the fold. Make sure that each crimp holds the previous one in place. When you reach the bottom of the heart, fold the point under to hold it in place. The papillote is now ready for cooking.



STEP 7

Place the folded package in a sauté pan or on a baking sheet and bake at 230 C (450 F) for 5-10 minutes, depending on the size of the fish. Bake until the parchment paper is puffed and lightly browned.



STEP 8

Serve immediately. The parchment should be cut open in front of the guest.

indulge

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Tips to help you stop smoking
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Learn to Twitter with *techlife* associate and online editor Diane Bégin. Earlier this year, the Canadian Public Relations Society awarded Bégin and NAIT media relations co-ordinator Rayne Kuntz gold in the national social media category for microblogging with a celebrity chef.

techlifemag.ca/twitter.htm

Network security experts John Zabiuk and Scott Empson explain how to secure your wireless connection.

techlifemag.ca/wireless.htm

→ CONTESTS

Enter to win the books featured in this issue of *techlife* (p. 52).

techlifemag.ca/contests.htm

As a little girl, dental assisting instructor Sherri Brown wanted to be a Las Vegas showgirl when she grew up. Read the rest of her winning response to the question, What did you want to grow up to be? Plus, more *techlife* contest winners.

techlifemag.ca/winners.htm

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OLYMPIC MEMORIES



PHOTO SUPPLIED BY THE CANADIAN PRESS

The opening ceremonies of the 1988 Winter Olympics in Calgary.

Twenty-two years prior to Vancouver 2010, Canada played host to the world at the 1988 Olympic Winter Games in Calgary. Staff and alum involved in the Games share their memories.

WEB EXTRA

Go back in time to hear hits from the year Canada last hosted the Olympics.

techlifemag.ca/1988.htm

BUILDING THE OLYMPIC VILLAGE

Patty Wild (Architectural Technology '81) was junior in her career when she got the opportunity to work on the design of the Calgary Olympic Village. She had moved to Calgary after graduating from NAIT and secured a job with the design department at the University of Calgary.

Her work on the Olympic Village started in 1985. Four people from the design office were selected to work with the Canadian Olympic Development Association to input the existing facilities into the then-new computer aided design (CAD) software. She and her colleagues travelled to Huntsville, Ala. for eight weeks to train on the software because there was nowhere in Canada to take the training.

"Our responsibility was to get the whole campus structure put into CAD so that we could use it for planning and everything we had to do," says Wild. "At the same time, I was working on the housing projects that would

eventually become part of the village and house the athletes."

Wild worked through the construction and even stayed in the Olympic Village during the Games.

She credits the job for fast-tracking her learning and giving her experience that she wouldn't have had otherwise.

SHARE THE FLAME

When the Olympic torch relay came through Fort Vermilion, **Joan Marie Galat** (Biological Sciences '84) travelled there to cover it, despite the -47 C weather.

After moving to Lac La Biche and unable to get a job in her field, she took a position with the local aboriginal radio station, CFWE 89.9 FM.

It was day 85 of the 88-day torch relay. Although Fort Vermilion was not on the original torch relay route, the community lobbied to be included to commemorate their 200th anniversary that year. The cold,

however, meant everyone had to keep their vehicles running and it significantly cut down on the number of spectators.

A cube van, carrying reporters, drove in front of the runner. "There's not really a whole lot to jot down in your notes - the runner is running," remembers Galat. "It was cold and I was new at reporting and my pen froze. A much more experienced reporter advised me to always keep a pencil."

While not someone who follows sports, Galat admits covering the torch relay made her feel closer to the Olympic experience.

AT THE OPENING CEREMONIES

Christie Bonanni, executive assistant to NAIT's vice-president administration and CFO, remembers her experience as a 16-year-old dancer during the opening ceremonies at McMahon Stadium as one that went very smoothly, in spite of the cold weather.

Bonanni, along with about 150 other dancers, performed in a half

black, half white bodysuit with fuchsia trim and a silver fin-like headpiece.

Preparations for the 22-minute performance included tryouts and eliminations held over four weekends, followed by practices running for three hours every Saturday morning for eight months, which included costume fittings and a dress rehearsal in full costume and makeup.

Even though she was involved in such a momentous event, much of the opening ceremonies remained secret.

"They wouldn't tell us anything about the rest of the ceremonies," says Bonanni. "All we knew was our portion of it. Even the song that we actually danced to - we did not hear the actual song that we performed to until about three weeks before our performance."

The dancers did not see any of the opening ceremonies as they were held in tents until 15 minutes before going out. Once done, they picked up their stuff and went home.

— Diane Bégin



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