

WELCOME BACK!

THE

NAIT **NUGGET**

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Volume 54, Issue 1

YOUR STUDENT NEWSPAPER FOR MORE THAN 50 YEARS, EDMONTON, ALBERTA, CANADA

NEST FEST'S COMING!

Brett Kissel headlines 3-day party, story page 12



Nugget photo

Students line up to pay registration fees Wednesday, Aug. 17 in the new CAT building.

Nugget Positions

The Nugget is interested in seeing resumes for Issues, Sports and Photography editors. Please send your resume and a cover letter to

Editor-In-Chief Danielle Fuechtmann, studenteditor@nait.ca

NEWS & FEATURES

Making the transition



NICOLAS BROWN
Issues Editor
@brucehev

The *NAIT Nugget* hasn't lost me quite yet! I have returned for another short stint as Issues Editor with our editorial staff to grow the *Nugget* team this year. Yet it's quite strange coming back after assuming I had written my last editorial in April.

This year will be especially confusing for many students returning to NAIT, with so many changes on campus over the summer. It will still take some getting used to, which brings me to this

week's topic – adapting to change.

As students, we've already had to deal with a lot of change; completing high school, finding our first job, starting post-secondary, maybe even moving away from home for the first time. We all face a different degree of change as well – some students move away from their home province and even

home country. These changes can be hard to deal with, especially as many of them involve us leaving behind something extremely valuable – our support networks. Attending post-secondary, for some of us, is likely to be the only time in our lives that we face such a massive upheaval in our personal lives. We leave behind our family, friends, often many things we take for granted, in this tran-

Whether you are a returning student feeling a little lost or a new student taking the first step in a NAIT career, get involved on campus.

sition to adulthood. We go from relatively carefree days of youth, where we only have to worry about homework, summer plans and who has a crush on whom, to being ultimately responsible for every minute of the day and facing responsibilities that frankly, we haven't always been properly prepared for.

This is all – if we're lucky! Many of our classmates haven't had the idyllic childhoods we all wish for as Canadians. For them, the transition to post-secondary can be even harder and, although they can access services at NAIT to ease this transition just like every other student, it doesn't make the transition any easier. It's almost impossible to address every challenge through service provision and every student faces his or her own

unique challenges.

So this September, new students may have the advantage over returning students when it comes to these major changes at NAIT; after all, they're learning everything as new, while returning students have to break habits engrained from their hours upon hours (upon hours) spent on campus from the last academic term. Yet they are almost guaranteed to be facing some even greater challenges.

This is where the NAIT community comes in. Whether you are a returning student feeling a little lost or a new student taking the first step in a NAIT career, get involved on campus. Meet your fellow students and help them out – even if it's just to have a conversation buddy. Become the new NAIT support network and you'll make some friends for life while you're studying at NAIT. After all, that's part of the whole post-secondary experience!

Participate ... at NAIT!

By **VICKI FORMANSKI**

You have your outfit picked out, your tuition is paid and your backpack is packed. It's time to start your college adventure. Whether you are fresh out of high school or this is just your first NAIT experience, there may be a few things you have yet to learn about our community.

Did you know that NAIT is the largest apprenticeship trainer in Canada? With many different programs and courses to

offer, everyone can feel right at home in our busy halls and classrooms.

One of the coolest things about NAIT is its student life. We are lucky to have very many awesome events to take part in. Whether it's an Ooks' hockey game or an afternoon of karaoke at The Nest Tap House and Grill, there is always something going on. All of the bulletin boards around campus are filled with posters of events around the school and NAIT's social media

accounts also post events regularly.

Many people aren't aware of some of the fantastic perks that come along with being a NAIT student. On campus we have a retail meat store that is open from 10:30 a.m. to 2 p.m. on Tuesdays and Thursdays, where you can buy meat cheaper than you can get at the grocery store. Along with the Nest, which has daily lunch and drink specials (wings are half off on Tuesdays ... you're welcome) or if you're feeling fancy, we also have Ernest's, which is a student served restaurant that takes reservations throughout the school year. Not to mention that showing your NAIT student ID gets you 10 per cent off at the Sobeys' liquor store across from the LRT station (Please drink responsibly). Don't forget to deck yourself out in some NAIT swag that can be purchased at the bookstore while you are stocking up on all your textbooks.

You are not a real college student if you don't have at least one class that you struggle with. Everyone is in their program to succeed and find a career that they love. Luckily, we have an easily accessible tutoring program that allows

you to get help for your courses, either online or in person. Once you've made it through those tough courses you also have access to career counselling and planning. You can breathe a sigh of relief now. Maybe it's presentations that you need help with and, if that's the case, you can book a collaboration room so you can get in the practice that you need. Look up the Academic Resources tab under Student Life in your NAIT portal for more information.

If you feel like getting some exercise, you can check out the gym and some other cool options such as squash, swimming and drop-in skating. If you are more of a team player, drop-in hockey could be for you. NAIT even offers free intramurals, so you can get a team together to play your favourite sport against other teams.

There are so many great things that make being a NAIT student awesome. There is always something exciting happening for students to take part in and options to make life in college much smoother. For more information on anything in this article or, if you want to learn more, check out the student services option on your NAIT portal. Hope this information helps, as it holds the key to health and happiness this school year. Cheers!



Poster boards, situated around campus, are a good source of information.

Staff photo

Commons cuts hours

By **NICOLAS BROWN**
Issues Editor
(@bruchev)

Students reacted with shock when the announcement was made that the NAITSA Computer Commons in the HP Centre would face an hours reduction starting this summer. Effective June 1, the computer commons was no longer a 24/7 facility and the reason might come as a surprise.

"We did a usability study over the past three years ... to take a look at usage overnight, to determine whether it makes sense to continue providing the overnight service; whether the usage was high enough," explained alison lewis, director of Learning and Teaching Commons. "So we did that usability study, we analysed the results and we made a decision that we would shut down the commons [for overnight use]."

Handful of students

NAIT facility statistics showed that only a handful of students were utilizing the 24/7 space overnight. With such low utilization, the value for maintaining the service in that space is arguable.

So what does this mean for student access to a 24-hour space on campus? Are we doomed to limited study hours and few opportunities for late night group work? Apparently not.

"We're in the midst of opening up a new space for students and that's the study lounge," said lewis.

The study lounge found its home in the old Project Factory location on the second floor of the U-Wing, after the Project Factory move into the third-floor library last year. After a substantial remodel, this new study lounge features both quiet and group study space, something that was missing from the computer commons as a study location.

"The study lounge is a space that came about from repeated requests in the student surveys. One of the things that continually came back, that NAITSA brought to the

"We're in the midst of opening up a new space for students and that's the study lounge."

– **alison lewis, director of Learning and Teaching Commons**

Learning and Teaching Commons, was the idea that students needed a space that was theirs," said lewis.

"There are lots of spaces but they would get shut down if there was a function. For example, the North Lobby, if students were writing an exam that space got shut down and students couldn't go in there to study.

"If someone was holding a function, that space would get shut down and students couldn't go in there to study or visit or eat, things like that.

"So that came forward to the Learning and Teaching Commons and what we decided is that we would re-evaluate our internal spaces, what space we had, to see if we could meet that need for students."

This is excellent news for many students, as spaces in addition to the North Lobby, like the eighth floor of the Business Tower and outside of Fresh Express in the U-Wing were often considered study space but would also frequently be closed.

The new study lounge also provides 24 computer workstations in addition to it being a fully-wired space for students who bring their own personal devices.

Will this new study lounge be a full replacement for the computer commons though? All indications are yes, as plans are in place to make it the new 24/7 space for students.

"That study space is going to be open overnight," lewis said. "It is the new 24/7 space for students."

During the switch, there was some confusion between NAIT and NAITSA.

"[NAIT] did consult with NAITSA

but with the turnover of executives, I don't believe everything was passed forward," said lewis.

The NAITSA executive transition happens at the end of May each year and, although incoming executives do get a few months with the outgoing students and receive guidance from NAITSA staff, no transition is entirely smooth.

"It took us by a bit of a surprise," said this year's NAITSA president, Allannah Wrobel.

There was also some criticism from NAITSA regarding how NAIT communicated this change to students.

'Last minute'

"Ideally, there would have been more communication, as in 'here's a heads up, this is going to be happening' versus 'oh by the way, as of tomorrow this is changing'," said Wrobel, "Communication was very last minute and that's why I believe it caught everyone by surprise."

Time will tell if students find the new study lounge beneficial as a computer commons substitute for overnight hours. This change is just one of many at NAIT this year, including the opening of the new CAT building with its own computer commons area. Students will be watching for communication from NAIT on other upcoming changes and, with students on campus, those changes will be noticed much faster.

However, in the long-run this change is not as negative as it first appeared to students this summer. A new study space, and a continuation of 24/7 access in a new location, is usually more than most students can expect. A new space, as well, that NAIT students can be proud of.

"It's a beautiful space, it's all been re-done," said lewis. "It's a great space for students."

Editor's note: Ms. lewis requested that her name be spelled without capital letters.



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The opinions expressed by contributors to the Nugget are not necessarily shared by NAIT officials, NAITSA or elected school representatives.



The NAITSA Computer Commons, on the second floor of the HP Centre, has cut back its hours.

Nugget photo

Letters

We want your views

Is something bugging you about NAIT or the world? Do you have some praise for the school or life in general?

Keep your thoughts short and to the point. No more than 100 words. Submit your letters with your real name and contact info to: studenteditor@nait.ca.

We need to list your real name.

Getting something off your chest is downright therapeutic. Write us.

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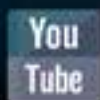
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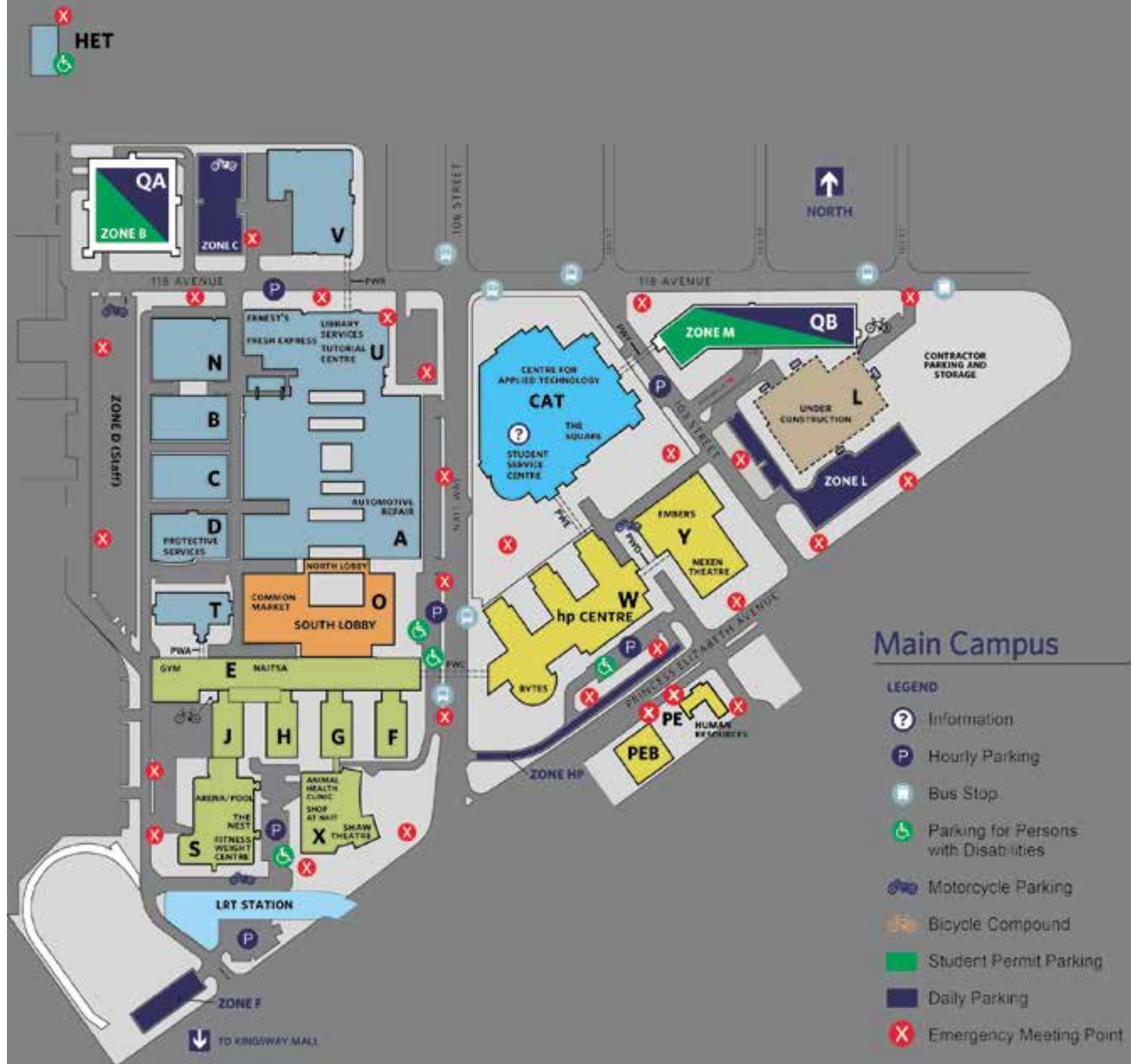


naitstudents



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NAIT Main Campus Map



ASK THE EDITORS

Why settle for just one opinion?

The first week of classes is always one of the most exciting parts of the school year – it's a new start! For our first issue of the year, our editors are sharing their advice for setting yourself up for success throughout the term.

...

Danielle Fuechtmann
Editor-in-Chief

The first few weeks of school are fresh and exciting, which makes them the perfect chance to establish new habits. One thing that I found key to success in school (and in my work generally) is to figure out what your work style is and find a way to use it to your advantage.

If you tend to put things off until the deadline, consider building a set of personal deadlines – especially for large projects! Break down the tasks necessary to complete your tasks and fit them into a timeline accordingly. Keeping yourself accountable to small chunks makes completing tasks significantly easier. Also, give yourself time for review before submission, whether it's running your assign-

ment through spell-check or fixing any bugs in your code, this makes a huge difference!

Finally, I challenge you to consistently do your best work. While you may feel like you're in school as a means to an end – that coveted job after graduation – keep in mind that the work you do here is a reflection of you. Whether it's making yourself a desirable team member for group projects or getting a recommendation from an instructor, producing high calibre work will make a difference.

...

Brendan Chalifour
Entertainment Editor

Before each school term begins, I like to prepare ahead so that I am ready to get to work come the first week of classes.

First, make sure you know where to go! There's nothing worse than showing up on the first day, and having no idea where any of your classrooms are. Visit NAIT a week before classes start with your schedule in hand and scope the place out!

I also like to create a folder for each

of my classes (digital or physical). Then, when the onset of syllabi, outlines and assignment sheets come my way, I have somewhere to file them and reference them with ease.

...

Nicolas Brown
Issues Editor

A simple phrase to live by – build your schedule. Face it, you will procrastinate and you will fall behind. It's bound to happen unless you are the god(dess) of the Type A's – because even Type A's fall behind. The key is to mitigate this as much as possible by planning ahead.

First take a look at your personal schedule as it's impacted by your class schedule. Do you have breaks between your classes? If you take transit, are you planning to arrive early to campus and leave by a certain time? Strategize how you will spend your time on campus and between classes and you'll have greater control over your time.

One thing that's critical to remember though, is that no student is an island. Get

involved on campus, it is the easiest thing you can do and opens the door to the greatest network at NAIT. Need help with an assignment, want to strategize for a project, or want the inside scoop on another software option for that design project? Your best resource is your fellow students (outside of your instructor, of course!). Getting involved can help you prepare for anything your program can throw at you and can give you valuable skills for after you graduate as well.

...

Connor O'Donovan
Sports Editor

Step out of your comfort zone. How does the adage go? Give it the old college try? College is a time for new experiences, socially and academically. Think about something that makes you a little nervous. Maybe it's introducing yourself to your instructor or a classmate. Maybe it's sitting in the front row on the first day and piping up with an answer to an early question. Blazing new trails will help you find and build successful habits and set yourself apart from the masses.

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OPINION

— Editorial —

Ooks have more fun



DANIELLE S. FUECHTMANN
Editor-In-Chief
@ellie_sara

Welcome back, Ooks!

Wondering what an Ook actually is? Short for Ook-pik (or properly, Uppik), the Inuktitut word for snowy owl, they're a traditional Inuit toy made from wolf or sealskin. NAIT's original ookpik was a gift to NAITSA from the Department of Northern Affairs and National Resources in 1964. The original Ook went missing and while a reward for his successful return – a five-course chef's table for six at Ernest's was offered – he was never found. However, NAIT's Inuit elder, Peggy Richardson, crafted two ookpiks in the traditional style as a gift for the institution's 50th anniversary.

Not just classes

There's more to being an Ook than just attending your classes during your time at NAIT. As you get settled into your schedule, I encourage you to take advantage of some of the extracurricular opportunities available to you on campus. While it's important to do well in your classes, some of the most valuable moments during your program will come from things you do outside of lectures or labs.

You might recognize a pattern from the editorial staff at the *Nugget* – we're all huge supporters of getting involved on campus. Whether that's joining us at the *Nugget* office on Tuesdays, stepping up for a role in student governance, or joining one of NAIT's many student clubs, there's a perfect opportunity for you. That might sound cheesy, rah-rah, school spirit, right?

Get involved

When I did my English degree at the U of A, I never really got involved on campus and after graduating, I really regretted that. When I decided to come back to school, I promised myself that this time I would make the most of the opportunity! I attended NAITSA's Pirate Party. I showed up early for the *Nugget* meetings every week. I went to my first hockey game and cheered on the Ooks. I turned classmates into friends and made a habit of gabbing about class over a cup of coffee. As a result, I know that when I walk across the stage in May, I'll have much more than a pretty piece of paper, I'll have a community beyond my tight-knit group of friends.

Sure, you're here to learn. But I think it's important to think beyond your deadlines. Invest some of your time doing things that help you create a community. After all, you won't always be a NAIT student but you'll always be an Ook.



The Ook and friends

Nugget photo

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SPORTS

NAIT teams excelling



By **CONNOR O'DONOVAN**
Sports Editor
@oadsy

Shortly before I wrote this, the 2016 Olympic Summer Games came shuddering to a halt. I say shuddering – a particularly dramatic verb in my mind – because I think it's the best way to describe how the magnitude of sporting curiosity created by the Olympics so quickly expires.

For just over two weeks, more than 10,000 athletes from 205 countries converged to test their physical limitations and people from around the world stood enraptured. The Canadian broadcasting analyst Numeris reported that over four million people watched the opening ceremonies. Athletes that most Canadians had never before known became household names – Penny Oleksiak, Erica Wiebe, Derek Drouin. The Andre De Grasse-USain Bolt bromance fed water-cooler conversations in offices and warehouses across the country. For 16 days, average people were suddenly knowledgeable about sports like handball, water polo and freestyle wrestling.

Then, with the shocking brevity of a starter's pistol, the interest disappeared. A day after the Olympic torch danced its last fiery Brazilian samba, local water cooler gossip turned back to the US election and the weekend's dazzling and emotional Tragically Hip broadcast. Like the bemused, early July fuss over Pokemon Go, Olympic discourse was abruptly passé to all but those directly involved in the activities.

I don't mean to criticize the short attention span of our collective consciousness, though. On the contrary, I intend to motivate you to embrace it. Because, you see, this editorial isn't really about the Olympic Games. It is, in actuality, the sports editor's annual, obligatory appeal to get you, NAIT's typically sports-indifferent masses, out to see our talented athletics teams in competition.

I get it, you're busy people. You have classes to attend,



Men's star Jackson Jacob drives for the net last year during a game at NAIT. The team will be seeking to repeat as national champions this season.

File photo

homework to do, alcohol to drink but I'm not asking for full time faithfulness here. You don't need to hang a pennant on your wall or emblazon an enraged baby owl across your chest. Much like the Olympics, supporting the Oaks is low commitment. It's easy! The rink, courts and pitch are all just a short (OK, "reasonable" if you're in the L-Building) walk away. Entry for students is free and the beer is cheap. You know that at some point this year you'll be on campus after hours, lingering about the HP Centre looking for something to take your mind off less important things like test and exam prep. So why not see a game or two? You don't have to see them all.

They really are exciting, too – last year NAIT's teams did spectacularly well. The men's basketball team took home the CCAA (national) title. The men's hockey team

went undefeated for the entire season, accomplishing a feat that hasn't been seen since 1985. The women's soccer team took silver at nationals, the women's basketball team won bronze at nationals, the women's hockey team won ACAC (provincial) silver and the men's soccer team won provincial bronze. That's quite the list! If you need more motivation, I'm sure I could find and list off a number of studies proving how involving yourself in the college community spirit leads to more happiness, better grades, a better love life, etc.

I won't complicate the experience though. You shameless, bandwagon-riding Olympic-style sports fans don't need any complication. You need a game that's easy to attend, easy to support and easy to miss when more important priorities come calling.

The Oaks can offer that.

Work out with Pokemon Go

By **DANIELLE FUECHTMANN**
Editor-In-Chief

Pokemon Go has taken the world by storm since its launch on July 17. In approximately two weeks, the app had over 100 million downloads worldwide! One of the great benefits of the game is how it has managed to get people out of their homes on an adventure to capture Pokemon.

Amy Eversley, NAIT health and wellness co-ordinator, realized that the game

has fantastic potential to increase your fitness while you're filling your Pokedex and levelling up. She says that the benefit of the game is that you really have no choice but to get out and move!

Eversley notes that "walking is already an integral part of the game." It requires movement to hatch eggs



and find Pokemon but players have found that biking or traveling in a car is too fast to catch Pokemon. By walking, you'll get a heads up on your Pokemon Go game as well as benefit your health.

She suggests starting out by walking and covering about 10 km each week and as you find this getting

more comfortable, increase the pace and activity levels. Eversley encourages increasing the difficulty by jogging or running at a pace which permits you to maintain a conversation. Want more of a challenge? Eversley has developed a full-body workout that complements the walking with interval training exercises that will help you train yourself at the same time as you train your Pokemon!

Eversley's entire workout is available on *Techlife Today*.

SOCCER

Season set to kick off

By **CONNOR O'DONOVAN**
Sports Editor

According to men's soccer head coach Charles O'Toole, the difference between last year's ACAC bronze medal finish and a trip to the CCAA nationals boils down to a few moments.

"Basically, a 15-minute lapse in our semifinal game cost us that trip," he recalled.

The game he is referring to, a 4-1 loss to the Lethbridge Kodiaks, knocked the Oaks out of national championship contention. The stellar success seen by the Oaks men's soccer club over the past decade has left that semifinal loss resounding especially shrill in O'Toole's head. The team's bronze medal finish at provincials ended a five-year streak of national championship appearances.

O'Toole is confident his team can renew NAIT's recent tradition of men's soccer success. Standing between the Oaks and a return to the national stage, though, is what the head coach calls a "total rebuild."

Just five players – Sean O'Toole, Sebastian Cabrera, Julien Gonzales, Kais Hanna and Justin Esteves – are returning from last year's squad. The rest of the team is still under construction, as tryouts are just wrapping up this week. One noteworthy addition is Giovanni Brovine, a

Brazilian ESL student. The team will come together under a slightly different coaching staff. Former assistant coach Jordan Stewart has moved to the CIS, along with the Grant MacEwan Griffin athletics organization. Former Grande Prairie coach Chris Spaidal has been hired as his replacement.

O'Toole highlighted the potential and challenges that surround what he predicts to be a young men's soccer team.

"A lot of these kids are coming right out of high school. College is a little bit of a different game. It's going to be a bit of a learning curve for them."

The Oaks do have one less team to worry about in this year's bid for nationals. Host school Keyano College will automatically qualify for what is certain to be a chilly mid-November championship. For the Oaks, the road to nationals begins on Sept. 10 as they kick off their regular season at home against the Augustana Vikings.

The women, meanwhile, are looking to win just one more game than they did last year. After stampeding undefeated through the ACAC to capture the provincial title against the Concordia Thunder, the Oaks, who have failed to reach the national final only once since 2010, lost a heartbreaking second consecutive gold medal game to Quebec College FX Garneau Elans.

The female Oaks will also be debuting a largely new and young team in their opening match against Augustana on the 10th. Several key players are returning, including 2015 ACAC leading scorer Kayla Michaels but with the new crop of young talent comes an increased emphasis on physical condi-

tioning, said head coach Carole Holt.

Both the men's and women's games on Sept. 10 will take place on NAIT's field.

The women's match starts at noon, followed by the men at 2 p.m.

The next day, Sunday, the two teams take on Concordia in away matches.



File photo

Star player Kayla Michaels will be returning this year.

NEST TAPHOUSE GRILL

WEEKLY SPECIALS

<h3>\$7 FOOD SPECIALS</h3> <p>MONDAY Nest of Wings</p> <p>TUESDAY Taco Trio</p> <p>WEDNESDAY Classic Poutine</p> <p>THURSDAY Pepperoni Pizza Bites</p> <p>FRIDAY Daily Soup Cup & Garden Salad</p>	<h3>\$4.50 DRINK SPECIALS</h3> <p><small>*All liquor served is 1 oz</small></p> <p>MONDAY Fireball Shot</p> <p>TUESDAY Crushed Ice Margarita</p> <p>WEDNESDAY Lamb's Rum Hiballs</p> <p>THURSDAY Flavoured Absolut Vodka</p> <p>FRIDAY Bottle Pilsner</p>
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*Nest Taphouse Grill is here to serve the NAIT community!



FREE FALL FITNESS

All classes listed below are free-of-charge to NAIT students and staff. Participants will need to pre-register and bring their staff or student ID upon attendance. **To pre-register, visit nait.ca/recreation, call 780.471.7713 or visit O-117.**

SEE & TRY CLASSES (shown in the table below in white)

Join us for three free weeks of fun group fitness classes. This is a great opportunity to try classes that will be introduced during the Fitness Unlimited months.

12 DAYS OF FITNESS (shown in the table below in blue)

Join us for twelve full days of free classes including giveaways at the end. The more classes you attend, the more chances you have to win the grand prize! Saturday and Sunday will be at-home activities.

DATE & LOCATION	MON	TUE	WED	THU	FRI
September 19 - 23 12:15-1:00pm (S112)	Yin Yoga	Total Body Express	Arms & Abs	Cardio Step	Kickboxing
September 26 - 30 12:15-1:00pm (S112)	Bootcamp	Butts & Guts	Yin & Yang Yoga	Circuit Class	Zumba
October 31 - Nov 4 12:15-1:00pm (Gym)	Yoga	High Intensity Interval Training (HIIT)	Circuit Class	Total Body Fit	Tai Chi
December 5-9 12:15-1:00pm (Gym)	Yoga	Body Weight Bootcamp	Arms & Abs	Core and Stability	Kickboxing
December 12-16 12:15-1:00pm (Gym)	Games Day	High Intensity Interval Training (HIIT)	Yoga	Circuit Class	Bootcamp & Giveaway

QUICKFITS IN THE QUAD

Join us every Tuesday and Thursday for a quick 20 minute workout in the new NAIT Quad located outside of the CAT building. Class is weather permitting.

CORE EXPRESS TUESDAYS AT 1:15-1:35PM

This class targets the waistline, abs, obliques, lower back and glutes. Combining traditional ab exercises with balance and stability exercises will get you closer to the six pack of your dreams!

BOOTCAMP EXPRESS THURSDAYS AT 1:15-1:35PM

Using your own body weight, you will get a total body workout in just 20 minutes. Be prepared to sweat!

Although we make every effort to run all programs, classes may be cancelled due to unforeseen circumstances.



FACILITY INFORMATION

FITNESS WEIGHT CENTRE

- Weights (free and machine)
- Cardio
- Stretching area
- Spin studio
- Table tennis
- Treadwall
- Bouldering wall ★

COURTS

- Raquetball
- Squash

GYMNASIUM

- Open court times available Monday-Thursday

OUTDOORS

- Natural turf soccer field
- Outdoor volleyball court
- 400m outdoor run/walk track

CHANGE ROOMS

- Men's and Women's
- Day use lockers (fee with own lock)
- Dry sauna

POOL

- 25m with 50m capacity
- Salt water
- 5m aquatic climbing wall
- Diving board ★
- Water toys (log rolls, basketball hoops, water mats, 25m water walkway)

STUDIO SPACE

- Fitness studio
- Strength and conditioning lab
- Personal fitness training studio

ARENA

- 200'x85' NHL size multi-purpose arena
- 188m indoor running track

ELIGIBLE NAIT STAFF AND STUDENTS WILL HAVE ACCESS TO THE FOLLOWING FACILITIES, PROGRAMS AND SERVICES:

- Informal recreation (e.g. drop-in gymnasium time)
- Intramural programming
- Reduced registration rates for instructional programming
- Access to all free fitness and well-being sessions
- Free admission to regular season, playoff and exhibition home varsity athletic games

HOURS OF OPERATION

Take advantage of our facilities when it works best for you. Whether you're working out, taking a dip in the pool, shooting some hoops or skating in the arena, our facilities are here for you!

Gymnasium

Mon, 11:00am-1:00pm (open), 3:00-4:30pm (Volleyball and Basketball)
 Tues & Thurs, 11:00am-1:00pm (Badminton & Basketball), 3:00-4:30pm (open)
 Wed, 11:00am-1:00pm (Basketball), 3:00-4:30pm (Basketball)

Drop-In Skating

Mon, Wed & Fri, 11:00am-1:00pm
 Tue & Thurs, 11:00am-12:00pm

Drop-In Hockey

Mon & Wed, 1:00-4:30pm
 Tue & Thurs, 12:00-4:30pm
 Fri 1:00-4:00pm

Recreation Swimming, Lane Swimming & Climbing Wall

Mon-Fri, 6:00-8:00am, 11:00am-1:30pm, 3:30-7:00pm
 Sat, 8:00am-4:00pm, Sun, 10:00am-4:00pm

Fitness and Weight Centre

Mon-Thurs, 5:45am-9:45pm, Fri, 5:45am-8:00pm
 Sat, 8:00am-4:00pm, Sun, 10:00am-4:00pm

Note: All facilities will be closed on statutory holidays

ENTERTAINMENT

NEST FEST

Alberta's own Brett Kissel will headline NAITSA's welcome back celebration, Nest Fest. He opens the three-day event on Tuesday Sept. 13. It will be held on 103 Street between the Spartan Centre and L-Building.

NEST FEST

Supplied photo

3 days of music, beer

Nest Fest is coming!

The NAIT Students' Association will be hosting a three-day Nest Fest Beer Gardens welcome event on September 13-15 from 11 a.m. to 7 p.m. on 103 Street between the Spartan Centre and L-Building.

This event will be a great opportunity for returning and new students to come together beer and some socializing.

Kicking off the all-Canadian entertainment on Sept. 13 at 5 p.m. is Albertan country music artist Brett Kissel.

On Wednesday, Sept. 14 at 5 p.m. The Wet Secrets, an indie/rock band from Edmonton, will perform. Wrapping up the event on Thursday is DJ Human Kebab.

Kissel has been on an upward trajectory ever since he released his first album, *Keepin' It Country*, when he was 12.

A fifth-generation Albertan, the 26-year-old grew up on a cattle ranch and, in the beginning, that background made him a natural draw for Alberta's farming and rodeo communities.

"I'm from the farming community of Flat Lake, Alberta," he told an interviewer, "and the reason I have to say that is because the surrounding communities have all kind of adopted me. It's six farmyards and a community hall."

That boy from Flat Lake has grown into a seasoned performer and this year, he has been nominated for five Canadian Country Music Association awards – Fans' Choice, Male Artist of the Year, Single of the Year, ("Airwaves"), Interactive Artist or Group of the Year and Producer of the Year.

The 2016 CCMA Awards Show is set to take place at Budweiser Gardens in London, ON on Sept. 11, two days before his appearance at NAIT.

NAITSA's Campus Culture Director, Jennifer Grundke, said she is delighted that Kissel will be performing at Nest Fest because she has observed first hand how he can work a crowd.

"After we worked with Kissel last year while volunteering at the Barnburner

Music Fest in Darwell, AB, our team was impressed with his ability to get the crowd absolutely roaring, up out of their chairs and singing along," she said this week.

"This fond memory sat in the back of our minds since. We kept an eye on what Kissel was up to and with his recent success at the CCMA award nominations we couldn't help but want to book him for a campus show."

Kissel also recently performed at a Fort McMurray Fire Aid benefit concert in Edmonton and flew to Fort McMurray to see the destruction for himself. He headlined the Country Music Association Global Artist Showcase in Nashville in June and will open for country artist Brad Paisley prior to hosting and performing at the Western Canadian Music Awards Show in October.

Last year was a breakout year for Kissel with eight Top 10 singles and the single "Airwaves" reaching No. 1 in Canada. He recently was presented with a gold record for his hit single "Started With A Song."

The second night of Nest Fest will feature Wet Secrets, with their red and white marching band uniforms with a blend of horns, synthesizers, bass, percussion, drums and voice.

Formed in 2005, the band produced two albums in two years and then took a break while the members took on other projects.

The band released a new album, *Free Candy*, in early 2014. It was nominated for Best Rock Recording by the Western Canadian Music Awards in 2014 and, in 2015, the band won the Edmonton Music Award for Album of the Year for *Free Candy* and Music Video of the Year for *Nightlife*.

In January 2016, The Wet Secrets released an EP, *I Can Live Forever*.

Wrapping up the three-day event is Jason "Human Kebab" Parsons. Parsons resides in Toronto and forms half of alternative rock music's USS.

As Human Kebab, he has performed multiple times as DJ alongside Canadian hip hop artist Maestro Fresh-Wes.

Let me know what you think



BRENDAN CHALIFOUR
Entertainment Editor

Ahh, it's that time of year again. The bitter-sweet feeling of heading back to school. Backpack, check! Notebooks, check! Alarm clocks that are set too early, check, check and check!

For some of us, it's a return to familiarity, the joy of seeing old classmates and instructors. A time to come together and hear what everyone have been up to over the summer. But for others, this September brings new beginnings. Whether students are coming straight from high school or after a year or two off, NAIT is a whole new world with new buildings to explore and people to meet. Others may be returning to school after years of being in the work force, perhaps, to pursue a long sought after career in a different industry. A new beginning. A fresh start. A blank slate.

In July, my grandpa and I took a ride on a streetcar. These cars used to roam the



zkahlina.ca

downtown core before they were decommissioned in the early '50s. But the Edmonton Radial Railway Society has taken on the role of restoring, maintaining and operating these heritage vehicles, now known as the High Level Bridge Street-

cars. It operates from the Strathcona Garage (where the Old Strathcona Farmer's Market is) over the High Level bridge to near Jasper Avenue and 109 Street. These streetcars have found a new beginning and a new purpose. And who knows, maybe

this will be your new beginning.

As a new editor at *The Nugget*, I'm excited for my new beginning. I am open to opinions and criticism. Let me know what you want me to write more of and what you want less of.

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By **BRENDAN CHALIFOUR**

I'm sorry, did you say that it's time to go back to school? What! Now I'm searching for May, June, July and August because they are missing in action. Those four months just whipped by and here you are again reading this newspaper that makes you think of chicken nuggets. By the way, I am on a mission to find out where the name *The Nugget* came from ... I'll report back with my findings.

I hope you've enjoyed summer as much as I did. We saw some great tracks get released and I'm excited to share them and their



www.scpr.org

Cold War Kids

albums in this section over the next while. But for now, I've put together a back to school playlist for your listening pleasure. It's packed with some new and old tracks to put you in full swinging mode. These are the songs that have been on repeat for me this summer and I hope you enjoy them, too!

- HandClap – Fitz and The Tantrums
- ABC – The Jackson 5
- Playground – Sia
- I Don't Want to Go to School



www.vanyaland.com

Fitz and The Tantrums

- The Naked Brothers Band
- Running Behind – HOLYCHILD
- R.I.P. 2 My Youth
- The Neighbourhood
- First – Cold War Kids
- Summer of '69 – Bryan Adams
- Borderline – Tove Styrke
- No Money – Galantis

NEST FEST
BEER GARDENS

BRETT KISSEL
TUESDAY

THE WET SECRETS
WEDNESDAY

DJ HUMAN KEBAB
THURSDAY

SEPTEMBER 13-15
103 ST BESIDE SPARTAN & CAT BUILDINGS
11AM-7PM | LIVE ENTERTAINMENT @ 5PM | FREE
BRETT KISSEL-SEPT 13 | WET SECRETS-SEPT 14 | DJ HUMAN KEBAB-SEPT 15 | & GUESTS!
EXCLUSIVE TO NAIT STUDENTS | BEER GARDENS ARE 18+

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SEPTEMBER EVENT LIST

1-2 | NAIT ORIENTATION
 8 | PANCAKE SUNDAE BAR
 8 | RED LIGHT GREEN LIGHT @ NEST
 9 | PANCAKE SUNDAE BAR
 9 | VOLUNTEER FAIR
 13-15 | NEST FEST
 17 | ICCP WATER FIGHT
 19 | HOW TO: CANOE
 19 | SOUCH FOOD EVENT
 20 | PATRICIA FOOD EVENT
 22 | CARDS AGAINST HUMANITY @ NEST

26 | SENATE NOMINATIONS CLOSE
 26 | SENATE CANDIDATE MANDATORY MEETING
 28 | WELLNESS WEDNESDAY
 29 | COMEDY NIGHT @ NEST: STEPHANIE TOLEV
 OCT 6-12 | SENATE VOTING PERIOD (ONLINE)

NAITSA CLOSURES
 5 | LABOUR DAY

FOR MORE INFORMATION ABOUT ANY OF THESE
 EVENTS, CHECK OUT NAITSA.CA



APPS FOR STUDENTS

Build your own ecosystem

By **DANIELLE S. FUECHTMAN**
 Editor-In-Chief

Build yourself an ecosystem of apps that can help you succeed! While these are some of the apps that are the foundation of my current system, I encourage you to experiment and try new ones – you never know when you'll find a new favourite.

Do you have a Gmail account? Making the most of your Google account is an excellent start to setting up your digital productivity system.

Gmail

Folders/Filters: Set up some custom labels, it's a great way to organize e-mails after you've dealt with them.

Boomerang: Are you a night owl? Optimize your e-mail productivity by using this tool to schedule them to send at an ideal hour.

Google Calendar

Set up multiple calendars. Using more than one calendar is an easy way to sort your responsibilities by type and you'll get the bonus of easy colour coding!

Google Drive

Drive and the associated apps (Docs, Spreadsheets and Slides) are amazing for students. They're a great way to co-ordinate group projects. You can all work from the same document which makes editing and keeping each other accountable easier. Plus, it's an easy way to keep your files in one easy place if you're jumping from labs to classrooms to your own devices!

Wunderlist

This to-do list app is intuitive and easy to use. Whether you're a fan of using a single,

dump-all list or you like to set up multiple lists to sort your tasks, setting up and maintaining this app is really quick. With apps for almost any device as well as a browser app, you can add and cross off items from anywhere, whether it's from your phone or a computer in the library.



www.wunderlist.com

It also connects with several popular calendars and task managers, making your to-do list easily integrated with your workflow.

Pocket

Pocket is an excellent tool for bookmarking articles, videos and other media to read later. While you can easily save to the app by emailing articles or using the "send to" option on your phone, they also offer a convenient bookmarklet for your browser. The app saves your content and makes them available offline, making them easily available for those boring waits for the train when you don't have a data signal.



www.wunderlist.com

Spotify

Whether it's a study session or a heart-pounding workout, the right tunes make all the difference! Since downloading Spotify, I no longer store music on my phone. I pay for the premium service – totally worth the \$10/

month, in my opinion--which offers ad-free offline listening, unlimited skips and rewinds, and a few other benefits, the free version is also excellent. In addition to easy

options to build your own playlists, they have hundreds of curated playlists, including personalized recommendations based on what you listen to the most.

uBlock

Origin

Is social media's siren song calling you away from your assignments or research? Finding a system for blocking distractions can be a big help in focusing on your work! This option offers better filters and blocking options than many of its competitors while also being easy on memory and CPU. Win win!

A final tip – back up your files! Whether it's on an encrypted USB key or online, find a backup system that works for you and use it. While it may feel like another chore, you'll appreciate having those copies if anything goes wrong with your primary storage system.



gabriolagraphics.com

Show your U-Pass and ride for a loonie

The Universal Transit Pass (U-Pass) provides unlimited travel on regular Leduc Transit for **just \$1 per ride**. If you're a student from a participating institution, you can save money on gas and parking while you use your commute to catch up on homework.



Visit ***nait.ca/97249*** to learn more about U-Pass.



LEDUC TRANSIT

www.LeducTransit.ca

WHAT DOES NAITSA DO FOR YOU?

WE ARE YOUR STUDENT-LED ORGANIZATION, & OUR MISSION IS TO PROVIDE STUDENTS WITH EXCEPTIONAL SERVICE & REPRESENTATION.

WE HAVE 4 FULL TIME STUDENT EXECUTIVES
The **VP Student Services** is here to help foster student life at nait. The **President** is the official spokesperson of NAITSA. The **VP External** represents student interests throughout the campus, city and province. And the **VP Academic** can help you with questions or issues regarding your studies at nait.

WE HAVE THE STUDENT SENATE
The senate is made up of 18 student representatives from all program areas, who provide input and vote on important NAITSA issues.

WE PROVIDE & MAINTAIN ALL THE MICROWAVES ON CAMPUS

WE DEVELOP & DISTRIBUTE THE STUDENT HANDBOOK

WE OWN & OPERATE THE NEST TAPHOUSE GRILL
Located by the pool | 780.471.8560 | nesttaphousegrill.com

WE PUBLISH THE NUGGET STUDENT NEWSPAPER
Room E-128 | 780.471.8866 | thenuggetonline.com

WE OPERATE THE STUDENT HEALTH & DENTAL PLAN
studentplans@nait.ca | mystudentplan.ca/nait
NAITSA Service Hub Room E-131

WE HAVE A FOOD CENTRE THAT OFFERS FOOD HAMPERS
foodcentre@nait.ca | naitsa.ca | NAITSA Service Hub Room E-131

WE OFFER THE EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM
estl@nait.ca | naitsa.ca | NAITSA Service Hub Room E-131

WE ADMINISTER THE U-PASS
upass@nait.ca | naitsa.ca/upass | NAITSA Service Hub Room E-131

WE PROVIDE DISCOUNTED TICKETS
To sporting events, movies, and other fun events! Available in the NAITSA office (E-131) on the Main Campus or at the bookstores on Souch & Patricia Campus.

WE SUPPORT & FUND OVER 70 CLUBS
orgsync.naitsa.ca | NAITSA Club Centre E-125

WE COORDINATE FUN STUDENT EVENTS ON CAMPUS
Check the boards and our social media for updates!



NAITSA TRADING POST

REGISTER
(AT TRADINGPOST.NAITSA.CA)

WHAT ARE YOU LOOKING FOR?

BOOKS?

POST A BOOK

FIND A BOOK

ROOMMATES?

NEED A ROOMMATE

FIND ROOMMATE



Adjusting to life at NAIT



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Starting your education at NAIT is a major life change. It may be your first educational experience away from familiar faces, the first time you have attended school in years or it may be your first experience living away from home for an extended period of time. Although it is exciting to be pursuing higher education, some of the most common feelings in the first weeks at NAIT are stress, loneliness and feeling out of place and disoriented. Here are some tips for coping with those first few weeks of life at NAIT:

Personally:

- You may find that NAIT provides more of a feeling of freedom than your high school environment. The increased personal freedom can feel both exhilarating and frightening. Accept that emotional fluctuations are normal and to be expected and that they will pass in time.

- Take time during these first weeks to take care of yourself. Try and include some fun, relaxing activities and some time with family or old friends. If you are new to Edmonton, keep in touch with friends and

family from your home town.

- Use positive self-talk and give yourself credit for the risks you are taking and the situations you are handling well.

- Instead of berating yourself for things you should have said or done, use these situations as learning experiences to put in place for the next time something similar arises.

- Drop in for a visit with Flynn, NAIT's pet therapy dog, in the Student Counselling Office (Room W-111 PB).

Socially:

The first few weeks on campus can be a lonely period. You may be concerned about forming friendships or feel like you don't fit in. It may seem that everyone else is confident and socially successful. The reality is that many students are having the same concerns and that finding your social niche will take a few weeks.

- There are many ways to meet people. Consider getting involved and being where other students are. Here are some common ways that NAIT students meet each other:

- At beginning of semester activities
- Before and after classes
- At adjoining lockers
- In bookstore or food stall line-ups
- In eating areas
- In common study areas
- In intramural sports programs or at the gym
- At the "Nest"
- At program special events such as pub crawls or dances
- Doing extracurricular activities such as clubs or classes (watch The Nugget student newspaper and the bulletin board for

announcements)

- Volunteering - Volunteer at some NAIT events or fundraisers, check at the NAITSA office for volunteer opportunities, or put your writing skills to work for *The Nugget*.

- Meaningful, new relationships develop over time. Remember to be yourself and to send friendly, outgoing signals to others. Smiling, making eye contact, nodding when someone is speaking and sending body language signals such as uncrossing your arms and leaning slightly forward are ways to signal to others that you are interested in them.

- Some people have a tendency to get into intimate relationships too quickly when feeling lonely. Take time to assess why you are in the relationship and whether it is healthy and supportive for you.

Academically:

- You may find NAIT classes more difficult than high school classes and you may find the workload much heavier. In order to survive, it is important to take responsibility

early in the semester. Developing an effective study schedule, following the course outlines, keeping up with readings and assignments, borrowing lecture notes if a class is missed and asking for help if you do not understand material are all important to success.

- Student Success seminars are presented at the beginning of each semester. Plan to attend and to practise using the suggestions early in the semester. See a counsellor if you need specific work in one or more study skill areas.

- Our website, www.nait.ca/counselling, will link you to *Strategies for Success*, a study skills booklet designed specifically for NAIT students.

- Book an appointment with a counsellor for any academic or personal problems that might interfere with your academic success.

Any registered NAIT student can arrange to see a counsellor by booking an appointment in person in Room W-111 PB, HP Centre or by phoning 780-378-6133. There is no fee and all visits are confidential.

NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: www.nait.ca/counselling

Student Leadership Award of Distinction Program

Learn, experience, achieve, develop ...

Learn your way to being an inspiring, committed, self-confident, positive and self-reliant leader.

Experience personal and professional growth and stand out from your peers.

Achieve a comprehensive set of career and life skills.

Develop the leader within.

Be a part of LEAD; this is an extra-curricular personal development and leadership-in-action

program open to all students enrolled at NAIT. You must apply



to become a member of this program.

Don't wait, check this out online at www.nait.ca/lead and, if you are interested, apply to be a part of LEAD.

Submit a completed application to the Student Engagement Office in O-117 to Michele Parker. For more information, please e-mail distinction@nait.ca.

The application deadline is Sept. 30.

Don't miss out on this opportunity!

WHAT DOES THE SERVICE HUB DO FOR YOU?

WHAT DO WE OFFER?

The NAITSA Service Hub is here to make your time as a NAIT student easier. Come to us with all your questions about the Health & Dental Plan, U-Pass, Food Centre or Emergency Short Term Loans.



EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM

Eligible **credit** students facing unforeseen financial emergencies **may** qualify for a small 30 day loan from the NAIT Students' Association. For more information, come in to the NAITSA Service Hub or email estl@nait.ca

FOOD CENTRE

Hunger should not be a barrier to your education. Come to the Service Hub in E131, or fill out your hamper intake form online at nait.ca/food-centre. Contact foodcentre@nait.ca for more information.

HEALTH & DENTAL

NAITSA has worked to design a reasonably priced health and dental plan to give students peace of mind. For more information about your coverage please visit mystudentplan.ca/nait or contact studentplans@nait.ca

U-PASS

Your U-Pass gives you unlimited access to City of Edmonton, St. Albert, and Strathcona County Transit while you're at NAIT! For more information please visit nait.ca/upass or email upass@nait.ca



naitstudents



naitsa



yourNAITSA



naitsa.ca



naitstudents



naitstudents



rm e-131



Students wait Aug. 17 on the first floor of the CAT building to pay their registration fees.

Nugget photo

HOW TO START A CLUB

YOU NEED 3 PEOPLE TO START A CLUB

1. President 2. VP Finance 3. VP Events

STEP 1 | SIGN IN ON ORGSYNC

1. Go to orgsync.nait.ca
2. Click **Log In** (enter your NAIT user name & password)
3. Please ensure you edit your profile once you log in. Click on your name at the top right corner, & click **My Profile** & then **Edit Profile** under the **About Me** section.

STEP 2 | CREATE AN ORGANIZATION/CLUB ACCOUNT

*Only one club executive creates the club under Organizations, Register New Organization.

STEP 3 | BUILD YOUR TEAM TO SUIT YOUR CLUB NEEDS WITH ADDITIONAL MEMBERS

DO YOU HAVE MORE QUESTIONS?

DROP BY THE CAMPUS CLUBS CENTRE AT E-125 AND SPEAK WITH AN INITIATOR CLERK



NAITSA CAMPUS CLUBS
CENTRE



naitstudents



naitsa



yourNAITSA



naitsa.ca



naitsaclubs



rm e-125

OPPORTUNITIES **In All Branches** **Of Forestry**



Visit workwild.ca

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- Scholarships
- Job postings

WORKWILD.

