



THE NUGGET
Friday, September 13, 2019 thenuggetonline.com
Volume 57, Issue 2 @thenaitnugget



2019 ALUMNI ISSUE



ISSUE

CONTENTS

4 EDMONTON'S ANCHORMAN

Edmonton's Daryl McIntyre talks about his fears and his future.

6 OOK SETS WORLD RECORD

Former Ook, Kelsey Mitchell, achieves the world record in Track Cycling.

8 FIFTY YEARS SPINNING

Edmonton's Holger Petersen, one of the founders of Folk Fest, began his career in RATV.

14 OOK HEADS TO RBC TRAINING GROUND

Jennifer Gaeckle has the opportunity to be selected as an RBC Future Olympian.



14 FINDING FULFILLMENT

Networking Opportunities for NAIT Students & Alum

By **NICOLE MURPHY**

NAIT is the first school in Edmonton to launch a networking program to connect students with alumni, and alumni with others more advanced in their career.

"Our alumni are out doing so many great things in the world. So it is really great to be able to connect with each other and see what others are doing and learn more," said Nicole Rose, Alumni Relations Officer.

The program, called NAIT Hub, works with individual profiles that specifically detail what each person is looking for in a networking connection. There are options to be matched with someone who has more or less experience.

After a match is made you can meet in person or digitally for a one time chat. Then you can repeat the process with someone new.

"Some mentoring programs can be intimidating because there is such a big commitment on both ends, so this is

really to grow your network," said Rose.

The NAIT Hub launched the alumni profiles first and already has over 270 people signed up. Students will have access to create their own profiles starting September 18, 2019.

NAIT received a \$20,000 grant from RBC Future Launch to be part of a nationwide pilot group trying out the software created by Ten Thousand Coffees, a company out of Toronto.

A study released by The Alder Group found that 85% of jobs are filled by networking, so RBC Future Launch and Ten Thousand Coffees wanted to help curate that process with schools across Canada.

Besides setting up meet ups with other people, the Hub will also, "provide tips, tricks, ice breakers and best practices—helping you make the most of your connections," according to the RBC Future Launch page.

In order for NAIT to receive the grant money again next year, 400 people have to be signed up by December.



To create your student profile starting September 18, 2019 go to <https://student.nait.ca/student-services/jobs-career/nait-hub>.

The NAIT Nugget

Mission: "Our purpose is to give students the opportunity to take intelligent risks in order to educate & entertain their peers."

Room E-128B
11762-106 Street
Edmonton, Alberta T5G 2R1
Media Operations 780-952-3570
www.thenuggetonline.com

Senior Editor

Eryn Pinksen
studenteditor@nait.ca

Assistant Editor

HIRING

Sports Editor

Zachary Flynn
sports@nait.ca

Online Sports Editor

HIRING

Entertainment Editor

Tora Matys
entertain@nait.ca

Assist. Entertainment Editor

HIRING

Video Editor

Spencer Shortt

Photo Editor

HIRING

Social Media Editors

Jaylene Hollohan
Jace Maki

Media Operations Mgr.

Nicole Murphy
nmurphy@nait.ca

Sales & Ads

George Hong
nuggetads@nait.ca

Production Manager

Shawna Bannerman
sbannerman@nait.ca

TO APPLY FOR AVAILABLE
POSITIONS VISIT
NAITSA.CA/CATEGORY/JOBS/

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

NAIT Student's Lollipops Gain Celebrity Status Again

By ERYN PINKSEN

This NAIT student's lollipops are at celebrity status yet again. Sumptuous Lollies will be featured in the Emmy Awards WOW! Creations gifting suite in Los Angeles.

Mercedes McKinlay started her business with her mother and they have soared in popularity after they were added to the Grammy gift bags last year.

McKinlay is in the Culinary Arts program at NAIT and is graduating at the end of this year, but she has already put her education to work.

"I've grown up around my grandparents and my mom who also love cooking and I decided that was the career I wanted to go into," said McKinlay.

From watermelon basil sea salt to lavender chocolate to key lime pie, Sumptuous Lollies has over 30 flavours and are always developing more. The people at NAIT supported her business when she was getting started by selling her lollies at Shop at NAIT and the Corner Store in CAT.

"With NAIT, before I even got into the Grammy's my chefs were there helping me and when we reached out to NAIT they really had my back," said McKinlay.

Her favourite aspect about NAIT is meeting people in other programs who she has been able

to learn from. Whether it's people asking her about the Culinary Arts program when she's wearing her chef uniform or the friends she met who are taking business and gave her advice.

"There's so many options at NAIT of people you can go to for help and I've really appreciated NAIT for that," said McKinlay. "They're really giving people a start and helping to get their name and their business out there."

Sumptuous Lollies is in the spotlight in the Edmonton area. They are officially an Edmonton Made company and they are nominated for a small business award for entrepreneurial spirit in Fort Saskatchewan where they are based.

McKinlay's advice to NAIT students is to stay positive and to keep their head held high.

"There's going to be tough moments, but push through them because those tough moments are only learning opportunities," said McKinlay.



Photo provided by Mercedes McKinlay



Edmonton's Anchorman

NAIT Alumnus and the face of Edmonton's news for three decades has a delightful edge, reads sci-fi and wants you to chase those butterflies.

By Lindsey McNeill

My first glimpse of Daryl McIntyre was in the cafeteria of the historic CTV building. I was hired as a receptionist for 100.3 the Bear—my first job after graduation—and I spent my lunch hour with my nose deep in a book, pretending not to watch the soaps that were broadcast on a small television mounted on the wall.

The lunch hour check-in from CTV News popped on the screen and Daryl walked into the room. It was a meta-inception moment and I was struck by how tall he was in person. He noticed himself on screen, looked at me and said, “that guy is a total asshole.” He left the room like he had dropped the mic. He instantly became my favourite.

Unlike the stereotypical tv personalities that Daryl himself describes as, “paper thin, shallow pieces of jerk,” McIntyre exudes a welcoming and attentive presence, effortless cool and, as you now know, a wicked sense of humour.

McIntyre has recently announced his departure—not a retirement—from CTV after thirty-three years on the station. He's led an impressive career covering Edmonton's top stories: the golden era of the Oilers, the aftermath of our F4 tornado and landed the prestigious Canadian Screen Award for “Best Local News Anchor.”

But instead of a career boasting ode to a great alumnus, I wanted to know how thirty seven years of covering humanity would form a man's opinion of our world and our future.

I think people would be surprised at how funny you are.

Not everything is what you see on TV... not everybody is what they do.

You're no Ron Burgundy, thankfully.

Well I don't know, I've always wanted to be that. In some ways I have lived that, minus the mustache and the good hair.

You're probably better with the teleprompter.

Maybe, yes. I can ad-lib around swear words and question marks. It's a gift.

Three decades. You've seen the evolution of the city, of the world... is it all going to shit?

Things have certainly changed for broadcast in what we do. So much of what you see is al la carte online, you read what you want and you read the spin that you want or watch the things that seem to cater to your own beliefs in the first place. That's a dangerous thing. It suddenly removes other thoughts,



Daryl McIntyre in 1989 Eyewitness News.

Photos provided by Daryl McIntyre

other choices and other points of view which is what critical thought should be all about. And that's rapidly disappearing. So yes, that does worry me.

What kinds of things do we need to look for in our news to make sure we get the bigger picture?

Variety and credibility. You need to look at a variety of sources, that's always been the case.

Recognize where the story is coming from. Who would have created it? Is there an angle? Is it a trusted newsbrand that's still desperately trying to cling to the principles of journalism, which the major ones all do—regardless of what the crazies are yelling about mainstream media.

You still need to look at where it's coming from and use critical thought. And a lot of people don't now, you just accept it or it becomes very subliminal. It's an insidious little world and I know it sounds so doomsday, but it's important that people recognize what is being thrown at them and you have to pick and choose what you believe.

It requires us to be awake.

Yeah, but not woke. That's a totally different kettle of fish. You gotta be awake, you gotta be aware. You have to be engaged, ideally. That's hard because, especially politically, it's an ugly little world.

What keeps you hopeful?

To this day I love writing and putting together a newscast and presenting it and trying to make sure we do the best job we can, so that's always been a joy. But you know, it's been a long time. I don't really get the butterflies anymore because I've done it enough times, so some of that excitement level is gone. As soon as that disappears a little bit, it's not a bad time to think about sliding on.

Some of the biggest thought-leaders talk about the importance of failure, for instance Simon Sinek. Brene Brown talks about vulnerability... what has been your greatest lesson in failure?

I guess I'm not a great thought leader because I actually always had a fear of failure. It wasn't: 'What can I learn from failing?' It was, 'I'm scared to death of not doing it well, so I'm going to do everything I can—short of being an asshole—to get there'.

When I got my job in Prince George I was scared out of my mind. For me it was the first time I was away from home and I was coming in as the main news anchor and I was twenty-one years old and I was scared out of my bloody mind. I shook the set for a couple of weeks. I was so nervous the entire set would shake. The news director at the time said, "You gotta figure it out or I'm gonna have to let you go. I can't have you keep doing this." That's when the fear of failure said, "Get over it. Move on. Do your job or you're going to have to do something else." And I don't want to do something else.

I like reading sci-fi. You can call it crap, but it's not reality, I get enough reality with my job. There's a line in the Dune novels that says "fear is the mind killer, fear is the little death that eats away at you." I've always wrapped my head around that and said, 'don't let fear scare you'. Use it as a motivator if you have to.

News tends to be all doom and gloom...

But the exciting things and the sweet things people get bored with. And really, they're not going to impact. They'll make you feel good for a little bit, but that's what Facebook is for. You have to know what's going on around your world, otherwise it will sweep you away.

If you don't know that horrible things are happening, how do you know to protect yourself, or take action to try and help, or to take a stand or do something? Otherwise the world goes by and you don't even notice it until the flood takes you away and you're dead. How's that for a dark little world?

Do you have a sense of what the future will look like?

No and that's exciting. Because for the first time I am going to reinvent myself.

My line is, I didn't want to decompose on the air and hold on to something so long that I couldn't be seen doing anything else or being anything else. It's a short life. I've devoted thirty-seven years to this one area and I'm sure whatever I end up doing is going to have connections to my experience, otherwise why bother doing it in the first place.

Former Soccer Player Breaks World Record

By ZACHARY FLYNN

On September 5, Kelsey Mitchell set the new world record for 200m Sprint in Track Cycling at the Pan American Championships in Cochabamba, Bolivia.

This world record comes one month after she won herself a gold medal at the Pan American Games in Lima, Peru. She took home gold in the 200m sprint – the same event she would later cycle in world-record time. Mitchell also secured silver in the Women's Team Sprint in Lima.

Mitchell's time on the women's soccer team in the 2015/16 season at NAIT was cut short due to a broken collarbone, but that didn't stop her from wanting to train. If anything, the injury pushed her to work harder.

"I was absolutely devastated hearing the doctor say I would miss the rest of my season. But I think it was kind of a turning point in my athletic career. I realized I had taken for granted being healthy and being able to train," said Mitchell.

Three weeks later, she was able to start running and jumped at the opportunity to get back into training.

"I try to remember this experience and take it with me throughout life," said Mitchell. "Every day I am healthy and able to train, even if the training is so hard it makes me want to vomit, I am grateful."

Mitchell's transition to track cycling came in 2017 when she was named an RBC Future Olympian and was set to train with Cycling Canada. The shift from

playing soccer with 10 other teammates on the field to being by herself on a bike was a major change for her.

"Mentally, I had always played team sports and was used to working together for a common goal, but with track cycling, it is very individual. You are out on the track alone, you versus your opponents. It definitely took some getting used to," said Mitchell.

Not only was it a mental shift, her legs needed to get used to a completely different style of sport.

"Physically, soccer is more of an endurance sport, and switching to a strictly power-based sport wasn't easy. I had to learn to use all of my energy, strength and power in less than 30 seconds. I was used to trying to maintain my energy over a 90-minute period," she said. "At first, I knew very little about track cycling. I had heard of it and that's about it. When Cycling Canada first did testing on me in Ontario, it was the same time as Track Nationals...so I got to see some racing.

Initial thought: easy sport - pedal hard and turn left. I learnt very quickly how wrong I was, and that this sport was not easy," said Mitchell.

Competitive cycling comes with its own pros and cons, but Mitchell loves the lifestyle she has.

"I still can't believe I get to wake up every day and go train or compete. I get to travel the world and represent Canada," said Mitchell. "It's pretty amazing."



Photo supplied by Kelsey Mitchell

NAIT Students' Association Alumni

Your students' association works hard to make NAIT an environment that is fun, supportive and connective. What you may not know is lots of the hard working individuals behind the organization are NAIT alumni.



Chris Chelmick / Marketing 1996
Executive Director

What did you like best about your time as a student at NAIT?

"In the classroom, it was the hands-on learning and quality of instruction. Outside of class, it was my year as Editor-in-Chief of The Nugget that I enjoyed the most as it expanded my perspective exponentially and made me think critically about so many things I might otherwise have not."



Rechelle Eklund / Business - Finance Diploma 2015
Events Manager

What should new students know about NAIT/ NAITSA?

"Get involved, try something you wouldn't normally do and push yourself. College is more than just exams and homework. You have the chance to make the best memories with new friends."



Jenny Lau / DMIT 2012
Communications Director

Why did you want to work with NAITSA after graduation?

"I really enjoyed my years at NAIT and the students' association helped me a great deal during my time here. When the posting came up, I felt like it would be great to work for a non-profit that I can give back to."



Licia Dantas / DMIT 2014
Web Developer

Why did you want to work with NAITSA after graduation?

"Working for NAITSA was not in the plans after graduation. To be honest, I didn't even know about NAITSA until I read the job posting. What brought me to NAITSA after graduation was the opportunity to be within NAIT facilities and close to where change happens: the classrooms. I love the post secondary environment."

Katie Spencer / BBA (Marketing) 2017
Events Promotions Specialist

What do you think makes NAIT special or unique?

"The knowledge and experience that students get is unparalleled by university studies. The instructors at NAIT genuinely care about their students' learning, and it makes a huge difference!"



Supplied photos



Petersen interviews Led Zeppelin's frontman Robert Plant in 1969.

Fifty Years Spinning

By **DANIELLE S. FUECHTMANN**

Holger Petersen's high school guidance counselor recommended that he apply for NAIT's Dental Technology program.

Luckily, Petersen left the meeting with a copy of the course catalogue to flip through. As soon as he saw the listing for the Radio and Television Arts program, he knew that was what he wanted to do. Even in 1968, the program's second year, getting in was competitive, but he managed to snag one of the coveted spots.

Petersen soon sought out more opportunities to get involved at NAIT and in the industry. A drummer in local band Hot Cottage, he found himself behind the mic as the new music director for NAIT radio, and with a page in every issue of the Nugget to write about music.

These early opportunities opened a lot of doors, he said. Unlike today, setting up interviews didn't require much if you knew the promoter, so once Petersen got started he soon found himself interviewing just about everyone that came through Edmonton, starting with Spencer Davis, and then soon including Led Zeppelin, Dusty Springfield and Pink Floyd, among others.

One afternoon, still in the fall of 1968, Petersen picked up the phone and made a call. He'd been listening to CKUA, particularly Tony Dillon Davis' freeform show, and had decided to call Davis out of the blue; after a few minutes of conversation about what Petersen was doing at NAIT with radio and the Nugget, Davis invited him to come down to the station.

Thanks to Davis' generosity, Petersen found himself hanging out at CKUA on the weekends and before he knew it, his interviews for the NAIT Nugget were being aired on Davis's show and eventually program director Ed Kilpatrick, knowing that Petersen was into the blues, asked him if he'd be interested in hosting a blues show.

In 1969, Natch'l Blues went on the air at CKUA for the first time. He's proudly still doing the show.

Petersen's been capturing the stories and legacies of generations of artists ever since; getting it down before it's lost.

"These guys aren't going to be around forever. It's really important to get their stories down, you know...Time just kind of moves on but the relevance of what people have done is still there and I think it's important to get it down. And not only just the musicians, but the other people in the industry who were



Petersen in 2015.

Photos provided by Holger Petersen.

part of that, like the Alan Lomaxes, and the Dick Watermans, and the Bruce Gowers and people who are behind the scenes but if it wasn't for them...we wouldn't have all this great music to listen to."

Continuing to play drums with local blues band Hot Cottage into the beginning of the 70s, Petersen found himself increasingly drawn to the production side of music. Eventually he left the band and focused on spending more time in recording studios. Petersen started establishing contacts and recording records, diving deeper into the blues and discovering that many of the artists were still around—albeit in their sixties and seventies—but not getting the recording attention they deserved. He began to bring them up to record a record and play some gigs in the province.

These early records needed someone to release them and, for a while, Petersen worked with a couple of record companies to license the recordings. But by 1975, he realized that he was doing all the work, producing records, doing the covers, writing the liner notes and then giving it to someone else to release.

So he partnered up with a former bandmate and friend, chartered accountant Alvin Jahns, starting Stony Plain Records. They released their first record that spring with local singer-songwriter Paul Hann.

Stony Plain Records continued to prove that excellent music production happens outside of the iconic music capitals. Signing only a couple of new artists each year, they have released around 410 titles representing some of the best in roots, rock, country, folk and blues.

Things really took off when Ian Tyson signed with Stony Plain Records to release Cowboyography, which would go on to reach gold and platinum, giving the humble prairie label its first hits.

Petersen says the key things he looks for when signing a

new artist is feeling you're on the same page about the music, a strong sense of identity for the artist and that they believe in what they're doing and that they've spent a lot of time listening to music, really honing their craft. It's criteria that has developed a successful label.

With 50 years in the music and journalism industry, he's had a front row seat to a lot of changes, particularly as digital platforms have been racing to redevelop both industries. It's become incredibly difficult to cover the costs of creating music he says, particularly for independent artists. Attending gigs and stopping at the merch table is a huge way to support your favourite artists, he says. "That's a really rewarding experience because, generally, you have a chance to meet the artists."

Although the industry continues to evolve, one thing has remained constant is he's still supporting the music he loves and that inspires him.



Petersen wrote the music column in The Nugget in 1969.

"I'm still a record collector, always have been, always will be. And I love that part of it because it's an ongoing education, you know," said Petersen.

In addition to his work in radio and with Stony Plain Records, Petersen was also a founder of the Edmonton Folk Music Festival, a director of SOCAN (Society of Composers, Authors and Music Publishers of Canada) and a founding member of the Alberta Recording Industries Association. He's been awarded honorary degrees from Athabasca University and the University of Alberta. In 2003, he was inducted into the Order of Canada.

"I also found that people like to talk about what they love, you know, and usually most people don't want to talk about themselves as much as they want to talk about their mentors or their influences or you know, what they're listening to and, or, you know, something to do with the history of the music or whatever."



Photo by Nicole Murphy

Local Chef Back to Work After Heart Surgery

By **NICOLE MURPHY**

An Edmonton chef who cooked for the Queen and was the lead chef for Team Canada in the 2012 London Olympics is back to work in his studio kitchen, KITCHEN by Brad, after life threatening health problems.

NAIT '88 Marketing alumnus Brad Smoliak knew he wanted to be a chef when he was six years old. He went to NAIT for business to help him in an area he felt he was weaker in.

Smoliak learned how to cook from spending time with his

two babas growing up. He was sick as a child, born with heart problems. This lead to a lot of quality time at home learning the fundamentals of cooking.

At the beginning of this year Smoliak was in late stage heart failure. He needed to be hospitalized for an undetermined amount of time and his employee Tracy Zizek, a NAIT '02 Culinary Arts alumnus, stepped up and ran the studio kitchen.

At this time they had been working closely for four years at the unique culinary studio he created that caters private events, cooking classes, kitchen parties and develops retail commercial food products.

With only five staff members, the closely knit business continued to run smoothly.

"You see people in the hospital and one of the things they are most stressed about is their work," said Zizek. "I would say the only thing I ever thought about stress-wise with work is: 'Did I double book something before I left?' 'Did I forget to tell Tracy something?' But as far as the running and the operations, it was no worries whatsoever. We have a great team."

Zizek also grew up knowing she wanted to be a chef and spent her childhood helping her grandma cook. It is no wonder that the experience at KITCHEN By Brad is all about hospitality, connection and making people feel at home.

"We want you to have a classic hospitality experience," said Zizek. "We want you to know when you come in, if you've organized it with us, we're going to know your name. We want you to be as comfortable as possible. You're going to enjoy some great food and possibly some great entertainment from time to time from Brad and myself."

While Smoliak was away he had minimal requests.

"My comment was no tofu, no pink curtains and have fun with it," said Smoliak.

Zizek was as prepared as she could be and stepped up to the challenge.

"You trust your gut and hope it turns out, and if it doesn't you'll hear from someone eventually," said Zizek.

Smoliak is back in the kitchen now with a Ventricular Assist Device that he must wear in order to have blood continuously pumped throughout his body. Although this device gives him more energy, the long days in the kitchen are behind him. What is most important to him is a balanced life.

Both Smoliak and Zizek are looking forward to creating exceptional culinary dishes and connective experiences for the Edmonton community.

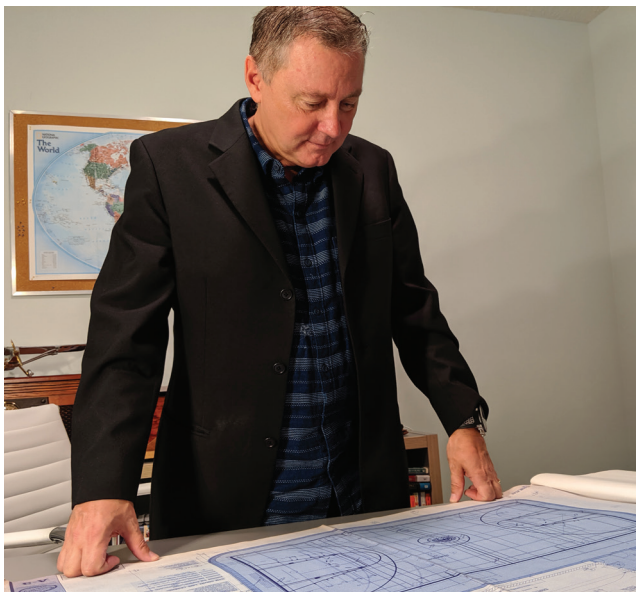


Photo by Zachary Flynn

35 Years After NAIT

By ZACHARY FLYNN

After more than three decades since his graduation from the Architectural Technology program, Jozef Urban has worked his way up to a directorial position—without any formal business education.

“Every day I like to get up. I never get tired or bored in 35 years of going to work,” said Urban. “There’s never a boring day.”

Urban’s path has taken him through a number of architectural offices in Edmonton as well as numerous positions at ATB Financial, where he is currently the Director of Facilities and Project Management. While he might be in a directorial position, Urban has no formal business education.

What separates Urban from the rest of the pack is his passion

for professional development.

“Although it’s not relevant to my work today, I’m pursuing a certification as a PMP (Project Management Professional). So that’s a designation through PMI (Project Management Institute) that I’m working towards. Not because I need it for the work I do, just because I’m challenging myself to learn new things.”

Urban is also a registered spec writer with Construction Specifications Canada and has memberships to organizations like ASET (The Association of Science & Engineering Technology), IFMA (International Facilities Management Association) and BOMA (Building Owners Management Association).

“Continue to challenge yourself,” said Urban. “Although education starts at NAIT, it doesn’t necessarily end at NAIT.”

Even though Urban is currently in a directorial position at ATB, he spent over a decade in architectural drafting before working at the bank. He didn’t join ATB until 1994 as a consultant—nearly 10 years after graduating from NAIT. Since then, he has held a number of different positions, working his way from consultant to design manager to two senior management roles, and is now in his current role as Director of Facilities and Project Management. His journey at ATB hits the 25 year milestone in April of 2020.

“The journey is not a straight line from A to B, it kind of zig-zags from A to E, back to B, back to C back to F... But when you look back, it kind of all makes sense and it couldn’t have happened any other way,” said Urban.



Photo provided by Kayla Mintz

Mintz Condition

By TORA MATYS

Recent Personal Fitness Trainer grad Kayla Mintz has launched her own fitness

program, Mintz Condition. After finding out for herself the benefits of physical activity, she knew she needed to share the concept of exercise as a medicine with the people around her.

“I started working out to help me with my depression and anxiety and discovered how much it helped get me through some tough times in my life. And I wanted to help aboriginals, and all people, and promote exercise as a medicine,” Mintz said.

Mintz Condition is both an in person and online series of workshops teaching indigenous youth and adults the importance of physical activity and the statistics behind it. Most of her clients are located in northern Alberta, so Mintz knew it was important that her program

be accessible from anywhere.

Mintz settled on NAIT’s personal training program after extensive research and decided that the two-year hands-on course would offer her the most learning and best opportunities. With easy access to the instructors, she was able to grow and learn and launch a concept out of the gates.

“The instructors were really amazing, and pushed every one of us through,” said Mintz. “They were really supportive of everyone’s lives, and they get to know their students within the first week.”

Mintz is looking forward to continuing to grow outside of NAIT and take Mintz Condition, with her newfound knowledge, to the next level and help people like her heal through exercise.

A Hobby Turned Career

By **ERYN PINKSEN**

This NAIT alumna has a unique connection to The Nugget. Shawna Bannerman, who graduated from the Graphic Communications program in 2018, is the newspaper's Production Designer. She also runs her own jewellery company: Spent + Stone.

"I've always been a very creative person. I've had the regular nine to five job and I know it doesn't fulfill me," said Bannerman.

She started making jewellery when she was eight or nine and for years used her creativity as a hobby.

"I have no idea how I learned how to make jewellery," said Bannerman. "YouTube tutorials weren't a thing then and I just taught myself."

Her advice to new students is to get involved in something, anything. The connections and friendships she made at NAIT encouraged her to start her own business and she is now at several Edmonton-area farmers markets and runs an online store.

"When I went to NAIT, I got involved and worked at the

Nugget and I met so many people," said Bannerman.

In her program, she learned the value of charging for creative work and it has encouraged her in her craft as a designer.

"I did learn to value your work, to value yourself and to recognize you are worth charging a fair amount," said Bannerman. "Don't undercut yourself, and that applies to all fields, but especially if you work for yourself doing something creative."

Bannerman explains the Graphics Communications program is a quick and intense one-year program. With nothing but praise for her instructors, Bannerman said they were genuine about their interest in their students.

"When you put a lot of effort into something and really apply yourself, it feels extremely rewarding," said Bannerman. "I think that's why I liked the program so much."

Now Bannerman is back at NAIT working for the Nugget while running her business full time.

"I get to be creative in every aspect of my life, which I love."



Supplied photo.



Instagram

Business That Kicks Ass

By **TORA MATYS**

Theresa Stanley is the woman that never stops. After graduating from NAIT with a Bachelor of Business Administration in 2012 she has been involved in over five different entrepreneurial endeavors including Girls on Fire, and one of the largest Taekwon-Do clubs in Edmonton, Phoenix Taekwon-Do.

"[The Business Program] gave me a really solid foundation, because I've always had a pretty good entrepreneurial spirit and it's in my blood line. My dad is an entrepreneur and did his degree in business. I feel like [the program] gave me a hand up with a lot of the technical aspects that I already had as base with all the case studies that I did. I wasn't trying to become a business leader blind or through trial and error," said Stanley.

NAIT offered her smaller class sizes, allowing her to build personal relationships with not only the students, but the instructors as well. With a program that is constantly changing and updating she was able to be at the front of the social media wave.

"I graduated around the time that social media marketing started and it was right as Facebook started to open up the ability to target. And so the training that I did on my last year with social media was extremely powerful, because that's a huge part of our [Phoenix Taekwon-do] marketing strategy," she said.

Phoenix Taekwon-Do has been operating for over 30 years in the Edmonton area, teaching children as young as four what self defense and discipline martial arts have to offer.

Girls on Fire branched off from Phoenix and focuses on empowering young girls through a series of different workshops including guest speakers, self defence training and hands on activities to show girls different ways to deal with stress and other emotions they may feel in their everyday life.



Photo by Lauren Fink

An Unexpected Career Path

By LAUREN FINK

Tonia Gloweski graduated from the RTA program at NAIT in 2006 and has been a graphic designer at news stations in Edmonton for over ten years.

When she started in the program, she knew she wanted to be behind the scenes.

“There is something to be said with the production side of things, the hands on doing it, taking a show to air,” said Gloweski.

Though RTA is known for its personalities, it also produces many of the industry’s behind the scenes workers, like Gloweski.

“NAIT gives a little taste of everything,” Gloweski said. “We didn’t dive deep into graphics, but it was a part of the editing process and that’s what intrigued me.”

She now works closely with reporters and producers to enhance storytelling at Global.

“[Graphics are] another tool to use to get our point across and help the viewers digest the story a bit more,” said Gloweski.

She does this by creating full frame boards (which show a few statistics), suspect boards and animations.

Her favourite project was “Fort McMurray: The Road Back”, an award winning 30-minute Global News special.

“This project had a lot of meaning to me because I remember very vividly the day the wildfire hit Fort McMurray. The team came together to bring live coverage to our viewers well into the evening. The weeks and months to follow we covered stories of the community, the people of Fort McMurray and followed their journey to rebuild,” Gloweski said.

“When it was decided that we would put together a 30-minute documentary one year after the devastation, I was happy to be a part of it,” said Gloweski. “It was important to me to tell that story visually through design of these animations and virtual set graphics for our viewers.”

She does have some advice for incoming students.

“Keep an open mind because when I came into NAIT I wasn’t like, ‘I want to be a graphics designer.’ That wasn’t something that was already on my radar, but I felt everything out and the doors opened, and I found what I was really strong at,” said Gloweski.

From Backyard to Business

By ERYN PINKSEN



Photo provided by Jerome Jackson

Getting as much experience as you can is Jerome Jackson’s advice to incoming NAIT students.

Jackson graduated from NAIT in 2001 from the Automotive Technician program and now owns his own shop. The name of his shop is a nod to his NAIT experience: Alumni Auto Repair.

“Whatever has four wheels, we’ll take it on,” said Jackson.

He got his start working on local cars in his backyard near St. Paul and getting exposure from his community. He trained with a local auto repair shop then went to NAIT for his certification.

“Get as much experience, because there’s always different ways of doing things,” said Jackson.

Jackson worked at many different shops for over 10 years, even while he was in school, getting the most experience and

exposure as he could. He gained a loyal clientele who followed him as he learned more and more.

He decided to “go out on his own” and went to NAIT for Management and Marketing to get experience in business.

While at NAIT he was a student ambassador and Jackson said it was his favourite experience because he got to meet people.

He enjoyed meeting new people at NAIT and he said that the connections he made and having NAIT on his resume opened doors for him when he went to open his own shop.

“Don’t be afraid to challenge yourself, take it in and be all that you can be,” said Jackson.

He encourages NAIT students to get all the experience they can and to not be afraid to ask questions and learn more no matter where you are in your career.

Alum Competes At RBC Training Ground

By **ZACHARY FLYNN**

Recent Personal Fitness Trainer grad, Jennifer Gaeckle was nominated by Rugby Canada to take part in the RBC Training Ground Finals on September 19, following her performance at the regional qualifier.

"I've always been interested in rugby and I've always wanted to try it. I know I have the muscle and the speed for it. I don't know why I've never tried it but I'm glad they see something in me," said Gaeckle.

Out of 100 athletes that take part in the national event, 30 of them will be selected as RBC Future Olympians and will receive funding and training opportunities with one of the national sport organizations involved.

Although Gaeckle was nominated by Rugby Canada, other organizations like Cycling Canada, Rowing Canada and Speed Skating Canada are also involved. If Gaeckle performs well at the

finals, she could have any of these organizations reach out to her.

"I was lucky enough to be picked to go out and try speed skating. I also went out and tried [track cycling], so getting an opportunity to try even more sports is awesome," said Gaeckle.

While at NAIT, Gaeckle played for the Oaks on the women's hockey team. Gaeckle's strength and conditioning coach, Amy Moolyk, is who first recommended she attend the RBC Training Ground Regional Qualifying Event.

"She saw potential," said Gaeckle. "We did do some practice trials before the first qualifier event. She helped me try those out to see where I was and where I could get to at the qualifier event."

Excited for the upcoming finals, Gaeckle isn't locked in on one specific target as far as National Sport Organizers go.

"Rugby would be awesome to get into," said Gaeckle. "I've always wanted to try it out and I think I'd do pretty well in it. I just want to do my best and see where it goes."



Photo by Rallene Hooper



Photo by Shawna Bannerman

Finding Fulfillment

By **SHAWNA BANNERMAN**

Troy Sullivan began volunteering at NAIT Alumni events in 2015.

"I had this really incredible feeling that I've never had before. It was the most ful-

filling feeling I'd ever had. It was more fulfilling than getting the biggest pay checks or sales I'd ever made. It was just giving. Helping others. It felt so damn good that I wanted more of it," said Sullivan.

Sullivan graduated from the Computer Systems Technology program in 2003. After graduating, he was hired by Honeywell-Matrikon as a Sales Technician and began traveling the globe as an international salesman for industrial automation solutions.

"I didn't have to worry about money, I just bought whatever I wanted. I had everything. I had every toy you could imagine," Sullivan said.

He soon realized that the fulfillment he was looking for couldn't be bought.

"It was never enough, it was never fulfilling. I always needed more or something else, something new," said Sullivan. "I didn't realize at that time that the happi-

ness and fulfillment comes from personal relationships."

Sullivan returned to Canada in 2015 after spending almost eight years overseas. Displaced, and without a home or a career, he received an e-mail from NAIT Alumni to volunteer at a Life After NAIT event.

"I met a bunch of people and I helped a lot of students," said Sullivan. "Helped them in their careers, gave them advice, helped prop them up and fuelled that confidence in themselves."

Since his first Life After NAIT event, Sullivan has been a regular facilitator, mentor and panel speaker at alumni events. He plans to continue volunteering his time as often as possible.

"I realized over the years I'd been a selfish son-of-a-bitch," said Sullivan. "I was missing out on all the opportunities [when] I could have had that feeling before."



NEW STUDENT FEATURE

From Glass Blowing to Glass Beakers

By **SHAWNA BANNERMAN**

A new student at NAIT is making a shift from the creative field of blowing glass to the science industry, taking the Chemical Technology program.

“A comment that keeps being made when I tell people that I’m in Chem Tech is: ‘that’s very different than glass blowing.’ But I’ve actually found there’s more overlap than you would think. It’s cool to be learning about the chemistry behind all the things I see in glass blowing,” said Emily Devereux.

Devereux began post-secondary studies in the Bachelor of Fine Arts program at ACAD in Calgary. After the first year, she returned to Edmonton to complete the Digital Illustration and Sequential Arts program at Edmonton Digital Arts College, with the intention of becoming a concept artist for video games and films, then she was introduced to glass blowing.

“I ended up getting an apprenticeship in glass blowing, which

I also fell in love with,” said Devereux.

She was hired at a local glass blowing studio and began her own business on the side creating sculptures and selling them online and in local stores.

“After 5 years of glass blowing, it was great, it was a lot of fun and I really enjoyed it, but I was sort of ready to move on and learn something new,” said Devereux.

Devereux chose the Chemical Technology program at NAIT because of its small class sizes, fast pace, and proximity to home.

“Chemical Technology fit a lot of things that I was looking for,” said Devereux. “It’s very hands on, you get to work with a small group of people and you can work in lots of different industries so it’s very likely that I can find a job in Edmonton still.”

She hopes to get a career in environmental testing or research once graduating from the program.

“[Those] are the two things I’m most interested in now, but we’ll see how it goes as I go through the program and see what I find interesting in practice,” said Devereux. “It’s fun to be here and stretch my brain in different ways.”



Devereux’s glass sculptures and artwork.

Photos supplied by Emily Devereux

 **NOMINATIONS OPEN
AUGUST 27 - SEPTEMBER 30**

NAITSA
**SENATE
ELECTION**
2019/2020

**DISCUSS AND MAKE DECISIONS ON BIG PICTURE ISSUES
THAT CONCERN NAIT STUDENTS**

- 18 student representatives
- 10 meetings throughout the school year
- Dinner provided at each meeting
- Honorarium up to \$650
- Leadership experience
- Your position will be recognized on your co-curricular transcripts

**INTERESTED IN BECOMING A SENATE MEMBER?
NOMINATIONS CLOSE AT 4PM, SEPTEMBER 30**

FOR MORE INFORMATION, VISIT [NAITSA.CA/ELECTIONS](https://naitsa.ca/elections)