

NAIT NUGGET

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Volume 57, Issue 8

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Cover art by Shawna Bannerman

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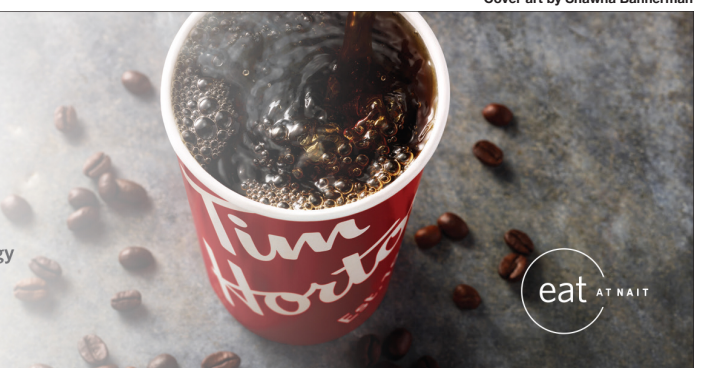
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ISSUE CONTENTS

7 MONEY TIPS FROM THE EXPERTS

Two Canadian entrepreneurs share their best tips to get you in your best financial shape.

8 HOLT STEPS DOWN

The head coach of the NAIT Oaks women's soccer team is stepping down after eight seasons leading the team.

10 MIDSEASON SPORTS UPDATE

Find out where your Oaks are at so far in their seasons.

16 10 CANADIAN INVENTIONS

Canada is home to some of the most impressive technological advancements.

17 SMALL BIZ WITH BIG FLAVOURS

Find out why this Edmonton café is famous.

WHAT ELSE?

The out-of-your-comfort-zone shuffle – pg. 26
Destress with these holiday themed colouring pages – pg. 23
Tarotscopes with Scream Queen B – pg. 29
Festive games & comics – pg. 30 - 31

Find Ook's mittens and give them back!

Hidden somewhere in this issue, are:

OOK:



HIS MITTENS:



See if you can spot them!

Farewell to NAIT's cheerleader-in-chief

Dr. Glenn Feltham joined NAIT as CEO in 2011 and has worked relentlessly to drive NAIT towards its vision as a leading polytechnic. He even spent his first few months as CEO as a student-for-a-day, experiencing over 30 programs. It was under Feltham's leadership that NAIT has seen a huge growth in facilities, including the Centre for Applied Technology and the Productivity and Innovation Centre. He also secured the Blatchford site for future NAIT expansions, as well as the purchase of the Spruce Grove Campus.

After almost nine years of leading NAIT, Dr. Glenn Feltham will retire this month. We wanted to know what he learned during his nine years as NAIT's cheerleader-in-chief.

1. That NAIT truly is essential! What we do matters.
2. That the founders of NAIT got it right – they saw the need in Alberta for high quality, hands-on, technology-based education. We have built on this foundation, and never strayed!
3. That an Ook (short for Ookpik) is a northern snowy owl. But, more important, that we are all Ooks!
4. The incredible strength and value of polytechnic hands-on education.
5. That NAIT has amazing people, and outstanding leaders, who are passionate about our institution.
6. That NAIT is simply one of the best polytechnics, anywhere.
7. That we are all proud of our students and of our alumni. They are our province's future.
8. That there is joy, and pride, in walking through the hallways of NAIT.
9. That it has been the greatest honour of my life to have been NAIT's President and CEO, and its Cheerleader-in-Chief. I will forever cheer for NAIT and be a very proud Ook.
10. That NAIT's best days truly are in front of us.

During his time at NAIT, Glenn inspired many. Here are a few words from those who worked closely with him.

Dr. Ray Block

NAIT's Vice-President Administration, CFO and interim CEO

Glenn and I have worked together for almost nine years. It was a wonderful time with lots of fun and laughs along the way but also some tough days at the office. During those tough days, Glenn always managed to keep things in perspective. No matter how many issues were going on – and he was interested and aware of all of them – I learned from



NAIT

Glenn the need to prioritize the projects we would pursue and focus on finding solutions.

Dr. Sue Fitzsimmons

NAIT's Vice-President Academic and Provost

Glenn showed me how to embrace "polytechnic." I think for me, in very simple terms, he gave NAIT its pride back. He helped us embrace what it meant to be a polytechnic. He helped us rediscover our roots and be really proud of that, and our place in the education system in the postsecondary world. I think even as he leaves, we'll continue to work to help the world understand the value of Polytechnic education.

Karen Velasco

President at NAIT's Student Association

One thing I have learned from watching Glenn is he remains positive even in challenging times. He displays true characteristics of a cheerleader-in-chief. His consistent positivity in his example of leadership is inspiring.

A special message from Sandy Timmer

Glenn's Executive Assistant

Dr. Glenn Feltham – or Glenn, as everyone knows him by – is NAIT's biggest cheerleader and always will be! He has led this institution for nearly nine years and, as a NAIT alumnus, I am truly amazed at how NAIT has grown and transformed

since the days when I was wandering the halls. Glenn had much to do with this and it will be his legacy.

Glenn has inspired more people than I think he realizes. He inspired them to be the best leaders they can be, to embrace community and celebration and to meet challenges head on.

Glenn is one of the nicest people you will ever meet! He has a great sense of humour, loves to laugh and LOVES to sing! He has a bottomless Jukebox in his head and it doesn't take much to have him burst into song! Being the President and CEO is a stressful and busy job and being able to laugh with your colleagues and hum a few bars of a song, makes life in his job a little more fun. Lessons we should all take away. Life can be serious, but we should remember to take time to enjoy it too. Glenn exemplified that.

I have been lucky to have worked for good bosses before, but Glenn has been the best! I will truly miss working for Glenn.

Glenn – thank you, thank you, thank you! You have been an amazing leader, an inspiration to more than you will ever know, and it has been my extreme pleasure to be your assistant these past four years. You deserve to have the best retirement – although I know you will use that term loosely as you will not be sitting still!

Happy, Happy Retirement, Glenn!

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

The NAIT Nugget

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

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NAIT prioritises sustainability



Pexels

By ERYN PINKSEN

NAIT's future is green with a new Sustainability Committee that brings NAIT and NAITSA together to look for eco-friendly practices to bring to the school.

The committee is starting with making a few changes to Eat at NAIT that students can expect to see in the new year. These changes could be discounts for people bringing in their own cups and mugs or a fee for single-use cups and plates.

Megan Brodeur, the Service Hub Manager at NAITSA, is a passionate environmentalist and said that she is happy to be a part of this committee.

"It sounded like there may have been attempts to do some sort of sustainability stuff before," said Brodeur. "But now it feels like the leadership is really taking it seriously and we will see changes."

Brodeur decided to spear-head the creation of a NAITSA Sustainability Committee to work on ways the student organization can prioritize sustainability alongside NAIT.

"We're setting up a NAITSA sustainability committee to keep the information going between both committees," said Brodeur. "Also to do internal NAITSA initiatives, then my goal would be to do external events with students."

Brodeur explained that many important initiatives are as simple and as small as switching from single-use coffee pods to a coffee-maker in the office. She is working on reducing the paper towel use at NAIT as well.

"We're trying to make small changes," said Brodeur. "Even think about if everyone just brought a mug to campus, think about how much they could save from going to the landfill if they had a water bottle and a coffee mug in their locker or at their office."

At NAIT, every year there are 525,000 cups thrown out. NAIT is collecting more information about waste at the institution and will roll out an information campaign in the new year.

Last week NAIT also announced a ten year partnership with Inter Pipeline Ltd. to research new ways to recycle plastic. The agreement comes with \$10 million in funding.

This is NAIT's largest applied research agreement in the school's history and students will be involved in the research initiatives.

In a statement released by NAIT, it explains that research in "process engineering, process automation and environmental sustainability" will be pursued in this partnership.

"Our partnership with industry is fundamental to who we are as a polytechnic. This agreement showcases how NAIT plays a vital role in helping industry to find solutions to the problems they are facing. We are proud of our partnership with Inter Pipeline," said Dr. Glenn Feltham.

Despite the restraints NAIT is facing from the Alberta budget, these new initiatives shows that the institution is making a statement about their commitment to environmental practices and research.

The provincial budget cuts include a

drop in maintenance funding and an \$11 million cut to NAIT's overall operating budget for the current fiscal year.

NAIT already has a few sustainability practices in place. Such as low-energy lights, low-flow water fixtures, environmentally-friendly cleaning products and battery disposal bins.

Currently, the committee is in its organizational phase and small changes are slowly being made. Brodeur expects that in the new fiscal year when the next budget is decided, students will see more eco-friendly initiatives.

Brodeur hopes to host student-focused events in the future surrounding sustainability and provide volunteer opportunities. She hopes to see an Earth Day initiative and workshops that help coach people on eco-friendly living with tips on minimalist, low-waste lifestyles and advice on how to compost.

"There's a fundraising opportunity through Alberta Recycle to drop off old electronics," said Brodeur. "If you drop off an old computer, you get a few dollars as a donation and that money could go to the Food Centre."

These plans are not set in stone, but Brodeur says the group involved in the sustainability committee is determined to take action and find out what is most feasible for the institution and for students.

NAIT and NAITSA are working in partnership to see what the next steps will be to move towards a greener campus.

Career fair to prepare students

By MAHMUDA SHEIKH

In the new year NAIT is hosting a career fair and organizers are encouraging students to come prepared. There will be opportunities to apply for jobs, practice communication skills and network with business professionals.

To support and add more activities to the career fair, NAIT's career and employment liaison, Nicole Blomme, has organized new events like Launch Your Career.

This event will include a full week of sessions and workshops leading up to the career fair. Workshops will include information about resume tips, successful networking and communication skills.

Blomme suggests students attend some workshops, check the attendee list at www.nait.ca/careerfair and research the companies attending through their own websites.

The fair itself will be hosting over 70 employers with current opportunities, future opportunities and networking interests. The Photographic Technology department will also be offering free professional headshots.

"This it is not just a chance to find a job, it is a chance to build networks and develop connections with the industry, so even if you are just in your first semester you should still be coming," said Blomme.



NAIT

Gifted calling for submissions

By MAHMUDA SHEIKH

The Edmonton Made Gifted Catalogue has multiple ideas for completing Christmas shopping at local businesses this season.

Local businesses can register to be listed in the Edmonton Made Business Directory, a project by Edmonton Economic Development. This Gifted catalogue is not only a great resource for shoppers, but a promotional opportunity for local businesses that is shared across the city.

Once registered, businesses can pick up Edmonton Made badges to feature online and in storefronts. The selection committee will also handpick 10 diverse business profiles or stories to be featured in the Gifted Catalogue.

Once this Christmas season has come to a close product submissions will be open in the spring for the fourth annual gift catalogue: Gifted 2020/2021. It will remain open for one month.

"Nearly 12,000 printed copies [featuring over 200 Edmonton Made products from nine categories were] distributed to Edmontonians, visitors, local and international media, conference organizers and economic trade offices around the world along with 38,000 unique views online," stated the Edmonton Made website.

Only three products will be accepted for submission out of which a maximum of two products per business may be selected to be featured. The individual products must be originally designed in Edmonton and available for online purchase for less than \$500. They must be easy to reproduce and not previously featured in the catalogue.



Edmonton Made

Winter tires necessary



Noah Ference

By ISABELLE MARTEL

With the snow finally sticking around, drivers need to adjust how they drive in order to stay safe. Russ Belik, chair of the automotive service technician apprenticeship program, provided tips and tricks to stay safe while driving in the winter.

So what's the deal? Do we really need winter tires? Or are all-seasons a-okay for our winter roads?

Belik says there is actually a significant difference in all-season tires and winter tires. Not only are they made from different rubber compounds, they also have different treads.

"Winter tires actually have blocks [within the tread] that are able to open up. This is called siping, and it allows the tires to have better grip on ice and snow," said Belik.

He explains winter tires are going to be safer during the cold months, because braking and traction are extremely important.

So, you have your winter tires on already. Good to go? Not quite. Belik recommendeds you replace your tires every six years, but due to road conditions in Canada it is important to monitor the amount of tread left on your tires and to replace them as soon as it's worn away.

Another thing to monitor regularly is the pres-

sure of your tires. During the cold temperatures, it is likely that the pressure in your tires will decrease more quickly than the summer months. Every kind of tire should have the correct pressure written right on it.

Before you head out on the road this winter, Belik points out how essential it is to maintain the mechanics of the vehicle.

"Check the brakes, suspension, steering, battery, lights and wipers to make sure they are all functioning properly. It takes much more energy from the battery to start your engine in the winter, so make sure it's in ideal shape," said Belik.

"Also, if your heater isn't working well in the cooler weather, it's definitely not going to work in the winter," Belik said. "You should definitely get that fixed before our freezing temperatures!"

Speaking of our freezing temperatures, if you have an engine heater (most vehicles do) it's a good idea to plug your vehicle in.

"Once it's -20 you should be plugging your car in. The cord is usually hidden somewhere in the engine bay, and so it's a good idea to find yours before it gets too cold. You should also ensure that the outlet you're plugging into is working. If your battery dies and you need to get towed or replace the battery, this is not under warranty," said Belik.

"Synthetic oil offers better starting performance in the cold too."

Make sure all your fluids are at the proper level. Contrary to popular belief, antifreeze can actually freeze, so it's important to check the strength and whether or not it will withstand our extreme cold.

Belik added that drivers should always leave early to have extra time, ensure to keep more than a quarter tank of gas at all times and to remember that the snow will effect braking time.

"Just because your car has ABS (automatic braking system) doesn't mean you can stop the same as on pavement. There is still gravity and friction to consider," he said.

Leave a good distance between vehicles and don't brake too aggressively. Drivers cannot rely on ABS to stop the vehicle.

Belik recommends keeping a winter emergency kit in your trunk. This should include a blanket, clothes, first aid kit, snowbrush, jumper/booster cables, a small shovel, gloves, a candle, high calorie food and lastly something that can be used as a traction aid. Kitty litter can help sliding tires regain traction when stuck.

"Don't forget to know your emergency contacts, you should know who you're going to call if something bad were to happen."



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MARMOT BASIN ESCAPE CARD	\$80.00
SUNSHINE VILLAGE STUDENT LIFT PASS	\$88.00
EDMONTON ESKIMOS TICKETS	TBD
PLUSH OOKLETS	\$5.00

For the most current prices, please visit us online at naitsa.ca/discount-tickets

Please note the following tickets are available seasonally: Edmonton Eskimos, Marmot Basin, and Sunshine Village. Tickets are not available online.

NAITSA Discount Tickets are available at the following locations in 2019/2020:
NAIT Main Campus NAITSA Office
Souch and Patricia Campuses Bookstore

**TICKET PRICES INCLUDE GST.
PRICES ARE SUBJECT TO CHANGE.**



MONEY TIPS FROM EXPERTS

By NICOLE MURPHY



ERIN SKYE KELLY

Erin Skye Kelly helps people transform different areas of their life they may be struggling with including health, relationships and, of course, money.

“Money is not a math equation problem it is a psychological problem,” said Kelly.

Kelly has gone through being overwhelmed with consumer debt and the feeling of helplessness around money. She understands and has overcome this challenge. Now after over a decade of teaching her course called Get the Hell Out of Debt, she has helped others pay off millions of dollars in consumer debt.

Kelly's Best Tips for Becoming Financially Healthy:

Make sure to be doing a budget and calculating your net worth every month.

Do your budgets by hand at first. The first six at least will feel very hard so keep going. It takes many years to get good at budgeting and having it feel comfortable. As far as net worth, even if you are in debt start there and slowly increase your worth by at least one dollar a month. Erin Skye Kelly has a net worth excel sheet you can download at financial-transformation.com

Get in the practice of paying yourself first.

Before paying your bills, debt off and so on, put a percentage of your money away into savings. You spend what you have, so changing your mindset and paying yourself first will help shift your habits and paradigm around money.

Hangout with like minded people

Create a group of friends that value good money habits and want to learn and grow in this area. If you are hanging out with over spenders, chances are you will also over spend. Start chatting with your friends and hold each other accountable with a budgeting club.

Biggest Money Mistakes

Getting into the cycle of paying off your credit and then using it up again.

Biggest Money Misconception

You get ahead using points. These point systems are designed to make money off of you.

Book Suggestions

The Millionaire Next Door by Thomas J. Stanley Ph.D. and William D. Danko Ph.D

The Millionaire Mind by Thomas J. Stanley

To purchase the Get the Hell Out of Debt Course: www.erinskyekelly.com/get-the-hell-out-of-debt or to learn more about the other courses Erin Skye Kelly has check out: erinskyekelly.com



SEAN RICHARD COOPER

Sean Richard Cooper bought his first house at 27 years old and paid it off in three years. He is now a personal finance journalist, speaker and best selling author of his book *Burn Your Mortgage*.

Cooper's Best Tips for Owning a Property:

Make a S.M.A.R.T goal.

Actually make a goal of owning a property based on the S.M.A.R.T goal acronym.

S - specific

M - measurable

A - attainable

R - realistic

T - time bound

Shop around for the best mortgage.

At the end of the day, banks are there to sell you products. Make sure you shop around for the best product for you. Do not just go with the bank you have an account with because you have been with them before.

Make sure you have money set aside for closing cost.

There are closing costs and expenses that come up when you buy a home, around 1.5 to 4 per cent of the purchase price of the property. Make sure you have allocated funds for this or it can be a stressful experience.

Biggest Money Mistakes

Relying on banks for your financial literacy. They are there to sell products and it may not be malicious, but they are there to make money. It is important to self educate where money is concerned.

Biggest Money Misconception

That it is impossible to own your own property.

Book Suggestions

The Wealthy Barber Returns by David Chilton

Findependence Day by Jonathan Chevreau

To find out more about Sean Richard Cooper visit burnyourmortgage.ca or check out his book *Burn Your Mortgage* on Amazon.

Holt steps down after Ooks win ACAC championships



Photo from NAIT Athletics

By ZACHARY FLYNN

The head coach of the NAIT Ooks women's soccer team is stepping down after eight seasons leading the team.

In each of her eight seasons, Holt has led the team to Canadian Collegiate Athletics Association (CCAA) national appearances. She has six Alberta Colleges Athletic Conference (ACAC) provincial championships to her name as well as two more ACAC silver medals alongside two CCAA silver medals and one CCAA bronze.

She has also been awarded ACAC Coach of the Year on four separate occasions and has received one CCAA Coach of the Year. Her final regular-season record after eight seasons is 75-5-2.

"I'm really proud of what we did. If you would have told me eight years ago we would have had the success we've had I wouldn't have believed that for a second," said Holt.

"What we did far exceeded my expectations but then at the same time it also became the standard of the program."

Reflecting on her time, there is one banner that hasn't gone up on the wall of the NAIT gym.

"The only thing I didn't achieve that I would have liked to achieve was to win a national championship. The individual awards are great and they're important but they're not the reason we do what we do," said Holt.

"I've always been a part of team sport. I've done very little in individual sports in my lifetime. I really like achieving something with other people."

Holt has also seen many of her players find success, producing one ACAC Rookie of the Year, nine CCAA All-Canadians, six ACAC Player of the Year award winners, three of which went on to win CCAA Player of the Year Awards.

"2018 was meant to be our last season but we just had so much fun with the players that we checked in at the end of the season and said: 'What about one more?'" said Holt.

"Nationals were going to be hosted in Edmonton we had the opportunity to have our last games played at home in Edmonton."

Holt works for NAIT full-time as the recreation manager in student well-being & community. Holt took on the part-time coaching position on top of her full-time job, but treated her coaching role the same as the other full-time coaches.

"Because my real job is the manager of recreation at NAIT, it was like having two full-time jobs during the regular season from the middle of August to the middle of November every day," she said.

"And even in the offseason, the work doesn't stop. Even when the season is done you're recruiting nonstop, you're watching games, giving campus tours to potential recruits and leading offseason training."

While she isn't coaching collegiate soccer anymore, she is still working with young athletes. She is currently an assistant coach on her daughter's U14 club team and is working with

Alberta Soccer Associations' Regional EXCEL centre.

"Both groups of players are some of the best players in the province," said Holt.

"I'm excited because those are the players I hope will transition into post-secondary, wherever that is. I hope that I can help prepare some of those players for post-secondary or whatever soccer may come their way. Some of them might go on to play with the national program too."

With the extra time on her hands, Holt is looking to enjoy having time to breathe.

"I think for the next little while I'm not going to commit to anything and just enjoy some more free time," said Holt.

And her family just got a new puppy, too.

"I guess maybe I spoke too soon about not filling time with anything because spending time getting the puppy trained is almost a full-time job."



The team celebrates their ACAC win.

Rallene Hooper



Raiene Hooper

Rookie head coach has stellar first season

By ZACHARY FLYNN

The NAIT Ooks men's volleyball closed out the first half of their season with a perfect home record and only dropping one match on the road at The King's University, putting an end to their ten-game win streak.

This team success also comes as Greg Gulash is named interim head coach. Gulash has been with the team for seven seasons as an assistant coach but this year marks his first year in the head coach role.

Gulash said that regardless of who sat in the head coach role, the team had high expectations.

"They take being a student-athlete very seriously and

they come to work every day with that attitude and that grind," said Gulash.

The team had an incredibly strong start to the season, winning in straight sets in their first four games.

The team is ranked 7th in the country as of Nov. 26. The team peaked at the number six spot the week prior after being previously unranked.

"It's just really rewarding seeing these guys being rewarded for their hard work," said Gulash.

The team saw their bye week come on the last week of league-play in 2019, meaning they played every weekend since the beginning of the season. Right from the presea-

son, the team knew they needed to buckle up and prepare for the grind.

"Our guys are great at doing what's asked of them so they saw the schedule, knew it would be a grind and they wanted to make sure they looked after their bodies," said Gulash.

"Now [with the break], we can spend some time working on some of the small parts of the game and get better over December so we can come into January feeling a little bit better and a little bit stronger."

The team returns on Jan. 10, 2020, hosting The King's University at the NAIT gymnasium at 8:00 p.m.

Ooks midseason update

By ZACHARY FLYNN

WOMEN'S BASKETBALL

Finishing the first half of their season with a 6-6 record, the team is looking to find more consistency in 2020.

"There are moments of brilliance and moments where we're brilliantly awful," said head coach Todd Warnick.

The team began their season with two blowout wins against GRPC, winning by 62 and 52 points. One month later they would go on to lose 59-38 to Keyano College in a game where they would only put up two points in the third quarter.

"We're struggling to find our footing, I think," said Warnick.

"Trying to find that in-between where we're consistent is a bit of a slog between injury issues and general inconsistency."

Their final two games of 2019 saw a sweep of the Concordia Thunder. Warnick hopes to take that momentum into the new year.

MEN'S BASKETBALL

The NAIT men's basketball team has two of the top scorers in the ACAC, with Sean-Michael Clancey and Hugo Cluysen leading the league in points going into the winter break. Despite this, the Ooks went into December with a 6-6 record and a 4-game losing streak.

One of the team captains, Keilan Dobish, said that the results thus far could have been better.

"We expected to be a little better than where we are right now and expected to be higher in the standings but I think it's a good reality check that we've got to come out and work every day in the weight room and at practice and carry that into the weekend," said Dobish.

"We can't just come out and expect that because we're talented that we're going to be able to beat the team that we're facing."

The Ooks play their last games of 2019 in Grande Prairie on December 6 and 7. Their next game in the NAIT gymnasium will be on Jan. 17 where they host the University of Alberta Augustana Vikings.

MEN'S HOCKEY

The Ooks closed out 2019 with back-to-back wins against the ACAC champions, the MacEwan Griffins.

The team finished 2019 with a nearly-perfect 13-1 record, dropping their only loss to the Red Deer College Kings in late October.

The Ooks consistently perform well in the regular season, but head coach Tim Fragle is already looking ahead to playoffs.

"We like the start however the most important message to our team is to be playing our best hockey in March when the games matter the most," said Fragle.

The team boasts the lowest goals-against average in the league and Fragle points to the team's defence and goaltending as a strong foundation for success.

"We have spent more time on it and insisted that we play our team structure with good habits on a consistent basis," he said.

The Ooks return to the NAIT Arena on Jan. 10 to play SAIT.

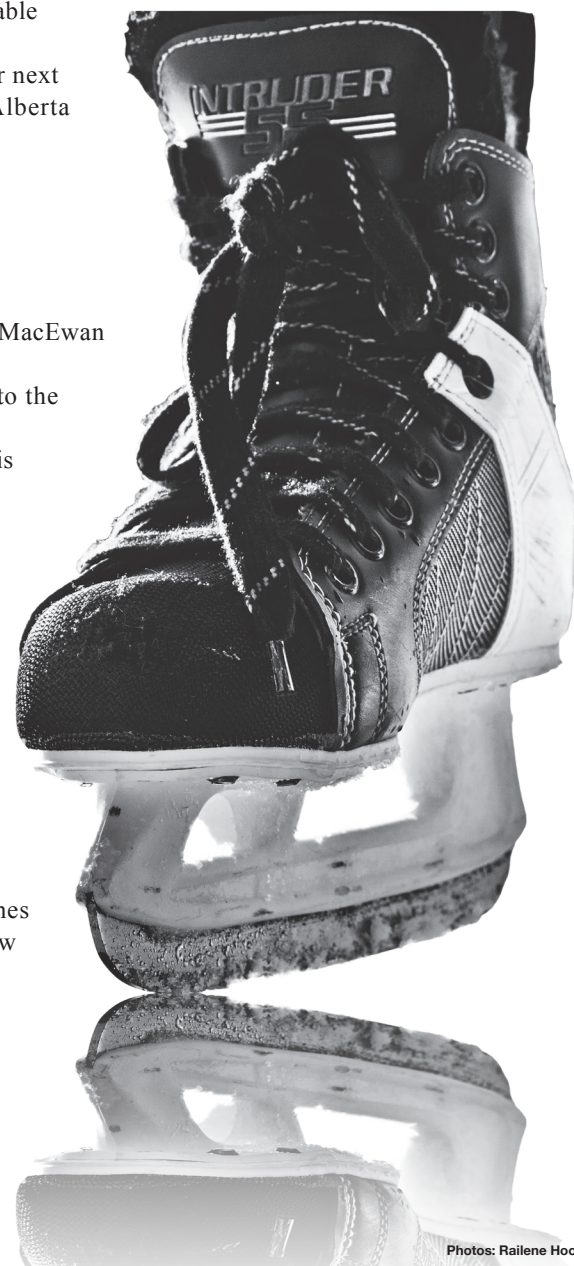
WOMEN'S HOCKEY

The Ooks began the 2019-2020 season with a rough start, playing their first two games of the season against the MacEwan Griffins, losing all both contests. They go into the new year with a 7-5 record.

The Ooks have seen mixed success against most of the teams in the league. They have a 2-2 record with MacEwan, a 2-2 record with Olds College and 3-1 record against Red Deer College.

Third-year player Megan Leblanc has been the team's leading scorer, with 10 of the team's 37 goals and a total of 16 points.

The Ooks begin 2020 on the road against SAIT but return home to host the Trojans on Saturday, Jan. 11.





Raiene Hooper

Away-court advantage?

By ZACHARY FLYNN

Most teams find the energy of their home venue to be a boost to team morale and bring extra energy to their play. For the NAIT Oaks women's volleyball team, they've found it impossible to win in the NAIT gymnasium this year.

The team is finishing 2019 with an overall record of 4-8, but a record of 4-2 on the road. Head coach Benj Heinrichs had a laugh about the odd statistics and says it's just the way the season's played out.

"I think early on, our first home match that we lost to Concordia, we weren't ourselves. We were really nervous but after that, it's just how it rolls," said Heinrichs.

"We've learned some things [at home], adjusted and gone on the road and won. And we've had a couple really tough matches at home too. We'll get a win in the second

half in our home gym for sure."

Of the 24 sets the team has played in the NAIT gymnasium, more than a third of them were decided by less than three points.

"We've just got to learn to get a little tougher in those situations but I think it's going to lead to some good things in the second half [of the season]," said Heinrichs.

The Oaks are also heavily relying on some first-year players who have worked their way into the starting lineup.

Haley Sowell began the season on the bench, but by November, earned a spot in the starting lineup as libero.

"She just passes at such a high level," Heinrichs said of the first-year player.

"Digs go without saying but really what you want a libero to do first is serve-receive and she's just far and

away our best passer."

Mia Hildebrandt has also seen her name on the starting lineup from day one and has played a key role in the Oaks' offence. As a middle, she is a key blocker and a go-to player for kills. Recently, she's been moved to an outside hitting position and coach Heinrichs sees that as an opportunity for success in the new year.

"We just knew we needed more offence out there, we just weren't getting enough kills. She's big, physical and jumps well so she's going to be able to get us a few more kills," said Heinrichs.

Ultimately, he's looking for better results in 2020 as the team looks to qualify for provincials.

"We're obviously not super happy with our record after the first half but I think we've done a lot of good things and we've put ourselves in positions to win a couple," he said.

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Dedication takes no holidays

By **MADISON GUMMOW**

The holiday break is known as a relaxation period to skip workouts and escape the restrictions of dieting. For NAIT's student-athletes, however, health and fitness can't be so easily forgotten.

Ooks women's volleyball captain, Victoria Ringuette, says she will be staying active every day during the break.

"I will be doing strength training. We have a really good strength and conditioning coach and he's recommending four days a week of weight training. I'll definitely be following that as well as fitting in runs," Ringuette says.

For her diet, Ringuette says she will be making sure to eat intuitively but still allowing herself to enjoy her holidays.

"I try not to overeat, that's the hardest part, but I eat

clean and will keep strict with my workouts so it won't be an issue," she said.

Devon McAndrews, a forward on the Ooks men's hockey team, says he will be easing up on his diet slightly but will still keep his health as a priority.

"With my brothers and all my family in town I'm sure there will be a bit of drinking and eating, not so great, but I'll try to keep it to a minimum," says McAndrews.

McAndrews says he will be keeping active and compensating for the lack of ice time in other ways.

"I make it a point always to workout and keep in shape, so it's something that I'll keep up on for sure. I might relax with it a bit, maybe instead of four days a week I'll go three. Off the ice, I'll stay fit with some runs and weight training," said McAndrews.

Also on the men's hockey team, Tanner Youngmans

says he plans to take a break from school and hockey and enjoy spending time with his family.

"Overall, I try to stay away from junk food as much as I can but I'll probably let loose on Christmas break and enjoy turkey dinner and things like that but not going too far with it," says Youngmans.

Youngmans plans to take some time off from his usual workout schedule.

"I'll probably skate on the outdoor rink with some friends and I'll get a few workouts in so I'm not hurting too bad for the first practice back," he said.

Winter break will be a break from school but for the Ooks it isn't a break from their fitness. While each athlete has their own way of staying fit during the holidays, it's safe to say, staying healthy and coming back from the break ready to go will be a priority for all of them.



Devon McAndrews



Tanner Youngmans



Victoria Ringuette

Photos by Raiene Hooper

The write stuff: resumes

By **EMILY DEVEREUX**

As the fall semester comes to a close and students come a step closer to graduation, many are anticipating the inevitable job search that will come afterward. Even before graduation, students might be looking for a summer internship or a job to help support themselves through school.

Along with a job search comes the question: is your resume good enough to land you the interviews you need to move forward? Fortunately, NAIT has resources that can help you present yourself and your skills in the best way possible.

Kristina Lysova is the supervisor of advising and career development at the Student Services Centre. Lysova and her team of advisors work to prepare students for successful job searches.

Lysova recommends getting specific in a resume by giving examples. Instead of listing “hard-working” as a skill, one could write that they worked part-time 20 hours a week while completing their program to demonstrate their diligence.

If there’s a new career you’re trying to break into, there are ways to frame skills from previous jobs or volunteering activities to make them relevant.

Lysova gave the example of someone

having experience working in a coffee shop and trying to move to a financial advisor position.

“You could say things like: ‘I had to handle large amounts of cash’ or ‘I closed out my cash register with minimal discrepancy.’ Or if you were promoted to shift manager, that could be telling a lot about your work ethic and attention to detail.”

She also suggests that job-seekers outline their most valuable qualifications underneath a “Highlight of Qualifications” header at the top of their resume. If a job posting specifies that a particular education or skill is required, it’s best to check those boxes right away to entice an employer to read further.

As far as the layout of the resume itself, Lysova recommends no more than two pages, and to make sure it’s easy to read. Depending on the industry, you may be able to get more creative with colours and designs—as long as you don’t go overboard—but certain employers may prefer a more traditional approach.

“The bottom line is it needs to be readable. According to statistics, the typical employer on the first initial screening is going to spend no more than 10 seconds looking at our resume,” said Lysova.

“If they can’t skim through it easily, then it’s hindering our chance for a second consideration.”

It’s also a good idea to match the header design of your resume and cover letter. That way, if the employer prints them, they can easily pair them back up if separated.

To get feedback on a resume, cover letter or LinkedIn profile, students can access Rapid Reviews on Tuesdays from 9:30 to 11:30 a.m. and Fridays from 1:00 to 3:00 p.m. Students can also make an appointment with an advisor by calling 780-471-6248 or in-person at the Student Service Centre (CAT 180).



NAIT



Nicole Murphy

Congratulations to Jihee Yoo for winning our Flair Airlines contest!



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Techlife

Mawji Centre: building a biz

By **KARLIE MICKANUIK**

Society has entered an entrepreneurial age. Small online businesses, farmers' markets and local businesses have gained popularity in the business world as many people choose to shop locally rather than rely on bigger corporations. As more people adapt their life to support local markets, there are more small businesses appearing all over Edmonton. Anyone can start their own business. All you need is an idea and a good work ethic.

NAIT has many opportunities available to students who are interested in organizing their own business and becoming an entrepreneur.

The Mawji Centre is open to all NAIT students and focuses on helping students who dream to one day run their own business. The Centre provides programming and one on one coaching with students in any program

at NAIT. You don't need to be taking business to use the Mawji Centre's resources.

Cecile Wendlant who works for the Mawji Centre explains how to get your business off the ground.

"First things first, identify a problem and then how you're going to solve the problem," said Wendlant.

If there is a problem in the world that you want to be fixed, think of a product that will solve the issue. Chances are multiple people are dealing with the same problem as you and will be interested in the product.

Wendlant also said to make sure you do your market research to ensure your product is unique and that no one else is doing the same thing as you. Market research will also help you to be sure your product is a good solution to the problem and will help you to improve your idea.

There are many legal factors to consider when you

are starting your own business but a quick meeting with a representative at the Mawji Centre can help ease your fears about the seemingly endless documents and make your business official.

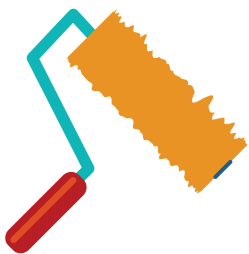
If financing your business is causing your plans to halt, take a look into grants and scholarships. These can help kick start funding for your business. NAIT's Mawji Centre has solutions for NAIT students going into an entrepreneurial career regarding advice, support and even in funding options.

This is a great place to visit for any student interested in entering the entrepreneur world. The center provides one on one mentorship and coaching. It also offers free sessions and speakers. In every step of the process of creating your business the Mawji Centre can offer their assistance.

10 CANADIAN INVENTIONS

Oh Canada, home to inventions from some of the most impressive technological advancements such as the Canadarm to classics like “eh.” Here are 10 amazing inventions from 10 amazing Canadians.

By PATRICK PUFF



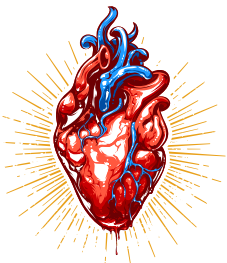
Paint Roller

The modern paint roller was invented back in 1940 by Toronto native Norman Breakey. Unfortunately, he passed away before he was able to patent his product and profit from it.



Peanut Butter

Once thought to have been invented by an American, peanut butter was actually invented in 1884 by a pharmacist Marcellus Gilmore Edson. He was inspired by the consistency of butter, lard and ointments.



Pacemaker

This live-saving device was designed by Canadian engineer John Hopps with the help of two Toronto-based surgeons, Wilfred Bigelow and John Callaghan.



Sports

Even though Canada only has one team in the NBA (National Basketball Association) we were the original inventors of the sport. Canadians are also responsible for sports such as ringette, five-pin bowling, hockey and of course lacrosse; our official national summer sport since 1994.



Snowblower

For obvious reason, the snowblower was invented back in 1927 by Montreal based Arthur Sicard. Originally made from a four-wheel-drive truck chassis, motor and a scoop. The first snowblower was able to throw snow over 90 feet.



Newsprint

This article would not exist without the efforts of Charles Fenerty, a Canadian who invented the wood pulp process of papermaking. He was also a poet.



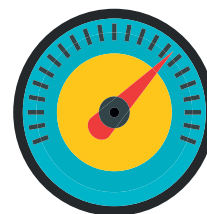
Green Ink

Currency ink invented by Thomas Sterry Hunt in 1862. This is ironic considering Canadians no longer use this method of currency, but Americans do. This gave the American currency the nickname “greenbacks”.



Zippers

The zipper was invented by Gideon Sundback in 1913. The zipper was originally called a ‘separable fastener’ or clasp locker.



Odometer

You can thank Samuel McKeen for the invention of the odometer: a standard vehicle feature that tells you how many kilometers you’ve driven your vehicle. The first odometers were attached to the wheel of a carriage and measure the distance as the wheel turned.



Electric Wheelchair

George Klein of Hamilton, Ontario, invented the first electric wheelchair for World War II veterans. He is considered a hero among heroes.

Small biz with big flavours



By **SCOTTY ZEE**

The name Swiss 2 Go may sound like that of a swiss cheese-centric fast-food chain. But Swiss 2 Go is an all-natural, made-from-scratch establishment, featuring good food and incredibly friendly staff.

Swiss 2 Go originally opened its doors on the west side of Edmonton, just across the street from West Edmonton Mall. The small business has since moved to a new spot on the eastern end of 118 Ave. and plans on staying there for the time being.

Over the course of a few years, it has gained a loyal following of returning customers. Owner Drita, who wished to be referred to by her first name, says she enjoys getting to know each and every one of them, which is an aspect of her business that she feels many restaurant chains lack today.

"My customers are more than just a number to me," she said. "They're like family, without them I wouldn't be where I am today."

The family-owned and operated cafe and eatery prides itself on handcrafted soup and sandwiches inspired by their home, Switzerland, as well as various cafe-style drinks and pastries.

Most impressive of all, and arguably the most popular, is Drita's 'TCup Cheesecakes'. Miniature decorated cakes designed to look like teacups. Drita says the cakes have become so iconic for her restaurant that she has been working to get the design trademarked.

Drita is always coming up with new ideas for her food. One of her business philosophies is to always be thinking about the next thing. Something she picked up from her parents, who had a combined 60 years of experience operating businesses in Switzerland.

"My parents always told me, don't just focus on the now. Make sure to focus on what comes next," she said.

Given everything is made fresh in-store, it's not hard for her to incorporate new ideas into her recipes, often experimenting with different flavours of cake or a new type of sandwich.

"Every time I'm out, I'm always thinking, 'What can I change? What can I be doing differently?'" she added.

All of her hard work and dedication to her customers have combined into quite an enjoyable food experience. The great food and a cozy atmosphere are certainly worth checking out.



Swiss 2 Go is infamous for their TCup Cheesecakes.

Photos by Scotty Zee



Unsplash

BOLD BEAUTY:

UGLY FASHION

By **PAIGE GORDON**

Christmas is an expensive time of year, especially for students with limited finances. There are numerous holiday parties and gatherings, and if you are a fashion extremist, you never want to repeat an outfit...ever. Dressing in festive attire without breaking the bank can be a challenge. One inexpensive way to stay within your budget while keeping with the trends is donning the ugly Christmas sweater. In this edition of Bold Beauty, I recommend the best place to get an ugly Christmas sweater, or if you're crafty, I'll give you tips to make one for yourself.

Although the Christmas sweater has been around for decades, hideous versions of it started to pop up in the 1980s. Over the past decade, the trend has snowballed and is bigger than ever. Ugly Christmas sweaters are being donned on fashion show runways and department stores like Nordstrom have been cashing in on the trend.

With its affordable prices, H&M is a great place to start if you're on a budget. Every year they dedicate a section of their store to novelty sweaters for both men and women. They have a selection of items that fit the ugly sweater theme, but also offer more subtle styles for those who want to acknowledge the trend while remaining fashionable.

If you want to avoid the mall at all costs during the holidays, vintage and thrift stores are the perfect place to find one-of-a-kind gems. The Salvation Army and Good



Will get new(ish) stock all the time.

If you are creative and are looking to have the ugliest (or cutest) Christmas sweater humanly possible, then make one yourself. Dollar stores like Dollarama and craft stores like Michaels are stocked with holiday-themed crafts this time of year. Just take an old shirt or sweater, pick up some bells, ribbons, bows and glitter and just go wild.

Step 1) Before you begin, put a piece of cardboard inside the sweater to prevent the sweater from being glued together.

Step 2) Choose a centerpiece for your sweater and

work around it.

Step 3) Glue on your centerpiece and start placing embellishments around the centerpiece and mix in either hot glue, glue or needle and thread depending on what you're attaching.

These options will help you get through all the festivities and photo ops of the holiday season. However, there is one final option for those students who have just paid their tuition and do not have another dime to spend. Go raid Great Aunt Millie's closet. Just make sure to return her ugly Christmas sweater before the family dinner. Nobody wants to see great Aunt Millie naked. Happy holidays.



Photos: BuzzFeed

EDITORIAL FROM THE ENACTUS CLUB

Project HARMONY



Unsplash

By COLIN KASPICK AND BAILEE MAH

Art is all around us, in everything we do, see and say. Art, or the lack thereof, is what shapes every person into who they are today and this coexistence between people's lives and art creates

harmony. The Oxford Dictionary defines harmony as a state of peaceful existence and agreement. Accordingly, Project HARMONY is focused on healing artists resiliency and mentality opportunities naturally in youth.

Working in cohesion with the Art

Mentorship Society of Alberta (AMSA), we utilize creativity in a way that promotes and builds mental health resilience. Young adults are statistically recognized as the most stressed and pressured individuals in today's society.

Therefore, with recognized support from The Co-operators and Enactus NAIT, Project HARMONY aims to create an initiative art program and publication designed specifically for young adults facing mental health obstacles in their everyday lives.

Another way to describe harmony is: "the way in which different notes that are played together or sung together combine to make a pleasing sound". However, Project HARMONY isn't

only here to make a pleasing sound in the face of the stigma around mental health. This project will generate an entire symphony to eliminate mental health obstacles.

HARMONY cannot achieve their goals without your support. Every individual has skills, ideas and new viewpoints that can have a positive impact on the community. Therefore, we are calling you to become a member of our team in order to truly make a difference in the lives of your fellow students.

It is time to take action and change our city for the better. To get involved, we encourage you to reach out to us at info@enactusnait.com.



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EDITORIAL

How to start a business

After graduating NAIT's Graphic Communications program in 2018, Shawna Bannerman started her jewellery business, Spent + Stone. Although new to the entrepreneurial scene in Edmonton, she has learnt a great deal about the ins and outs of owning a small business. Here are her best tips.



Morgan Goodall

Make sure it's something you truly love.

You know that saying "When you love what you do, you'll never work a day in your life?" That's not true. When you love what you do (and own a business), you'll work constantly. I rarely work from 9 a.m. to 5 p.m., come home and relax. I'm always doing something related to my business, whether that be maintaining an online presence, sending an e-mail, writing to-do lists or just brainstorming strategies to improve my business. My brain never stops thinking about my work, even on my (rare) days off. But I still love what I do and wouldn't trade it for anything.

Trust your gut.

There's been many instances when I felt like I 'should' do something to advance my business like partnering with a certain person, or attending a specific craft show. But for some reason, it didn't feel right. I knew it in my gut before I knew it in my head. And every time I've ignored that feeling, my gut ended up being proven correct. Trust your instincts—99 per cent of the time they're right.

Know where you want your business to go.

When people ask what your goals are for your business, you should have a specific and detailed vision of what you want your business to look like in one year, five years, 10 years and beyond. 'I don't know' isn't going to get you or your business anywhere.

With that being said, don't get too caught up in the 'how'. Know where you want to go and execute a plan within your power to get there. Success may come about different than you originally planned, but as long as you're taking action, you're moving in the right direction.

Fix your Mindset.

We are all dynamic and complex humans, and all have limiting beliefs based on our upbringing, our families and society as a whole. It's so important to always be uncovering your limiting beliefs and rewriting them. If you have negative, pessimistic or limiting beliefs about yourself or about your business, you will have a very difficult time becoming successful within your business. The most common and detectable limiting belief I see

in new business owners is the idea that they are not worthy of success. This often presents itself through undercharging and overworking. If you don't believe you are worthy of success, why would anyone else believe that you are worth hiring or purchasing from?

Learn how to talk to people.

I used to think I was naturally shy. Turns out, I'm not. I just didn't know how to talk to people. After attending many craft shows and networking events and constantly speaking with strangers, I've finally learnt how to speak to people in a way that is engaging and enthusiastic. My best tip: ask them (pretty well anything) about themselves. How was your day? Where do you work? Where are you from? Make sure that you're genuinely interested—not just after a sale. People will sense your intentions and respond accordingly. I've also met some really cool people who've become friends because I connected with them on a personal level.

Get your money in order.

Know your business net income. Know your business gross income. Set aside money for taxes. Create a savings account for unexpected business expenses. Track your spending. Keep all of your receipts—ALL of them. Dedicate a chunk of time at least once a month to look over your business finances. Make financial goals. Track your previous financial goals. You get the idea.

Get confident.

Many people have this idea that confidence just magically comes to us. It doesn't. We have to do the hard work first, and the confidence will come.

Be kind, be gracious and be grateful.

Perhaps the most important of all. You and your business will go nowhere without genuine kindness, compassion and gratitude.

Explore Bannerman's jewellery spentstone.com or on Instagram at [@spent_stone](https://www.instagram.com/spent_stone).

Female entrepreneurship trending

By MAHMUDA SHEIKH

Devonne Kendrick, the marketing coordinator at Alberta Women Entrepreneurs (AWE) works to make resources and networks available and accessible to female entrepreneurs to promote their success.

“There is a lot of momentum right now around women’s entrepreneurship. Alberta, in particular, has the highest rate of early activity of women entrepreneurs who are starting businesses,” said Kendrick.

The AWE supports female entrepreneurs in many ways, including lending programs, training, workshops, advisory services and networking activities. Kendrick explains confidence is a major factor of success. Confidence can be cultivated through connecting to others on the same page, hearing each other’s stories and receiving mentorship support from peers.

According to AWE’s 2018/2019 Annual Report, “one in three women entrepreneurs in Alberta expect to create over six jobs in the next five years.” PeerSpark, AWE’s peer mentorship program, helped create and/or maintain 685 jobs while 139 training sessions facilitated 1514 participants that year.



Alberta Women Entrepreneurs

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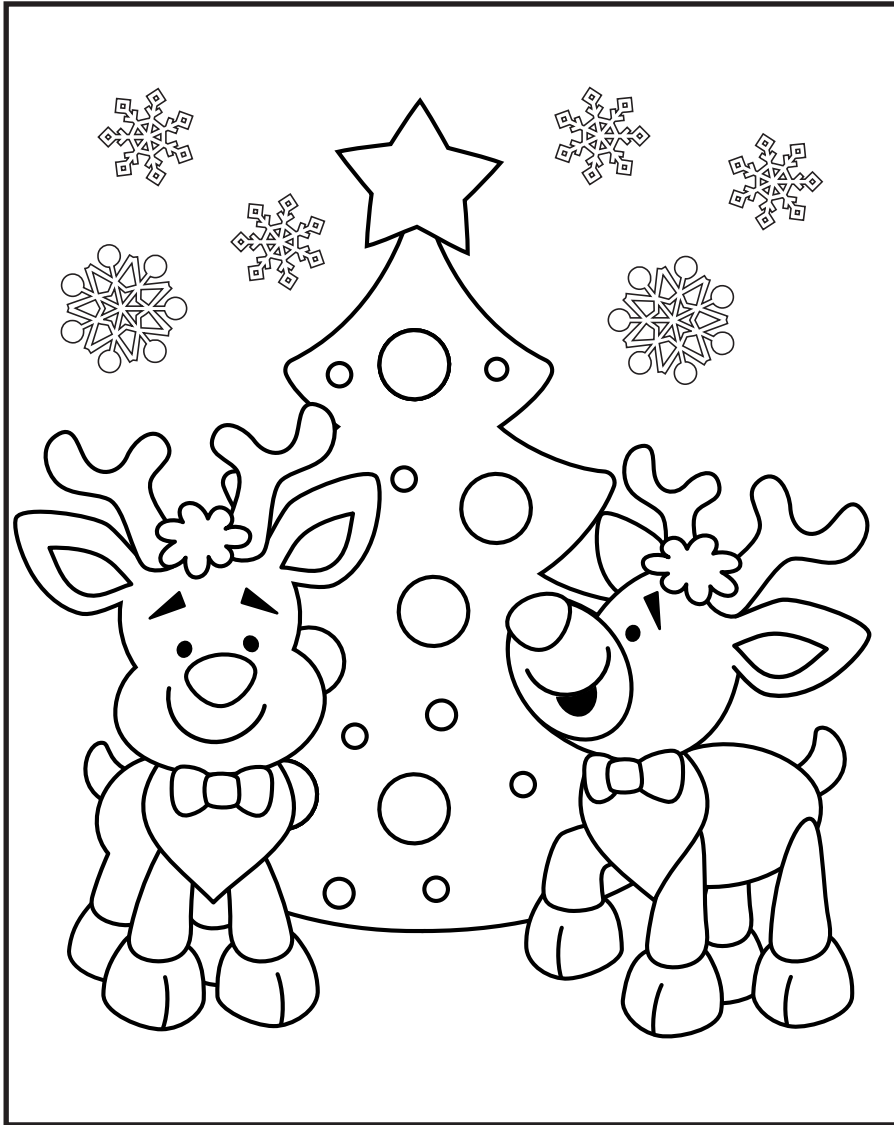
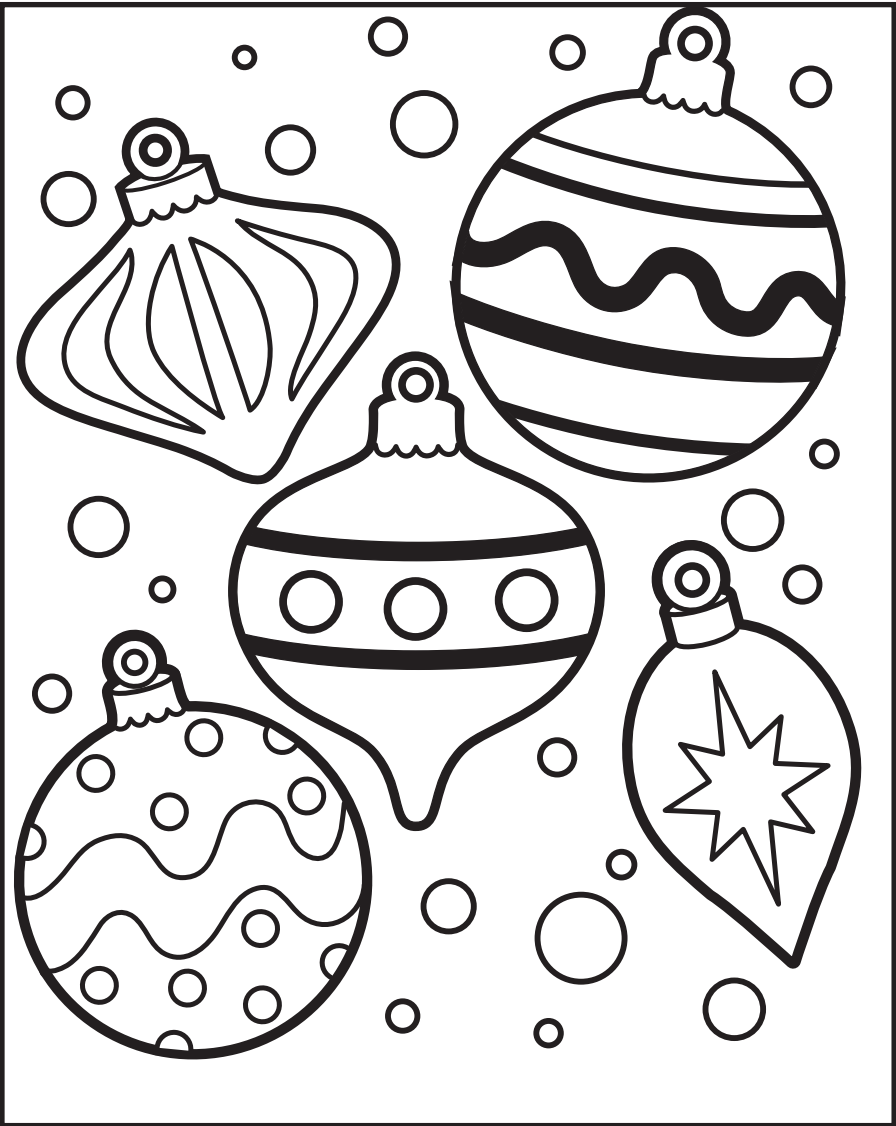
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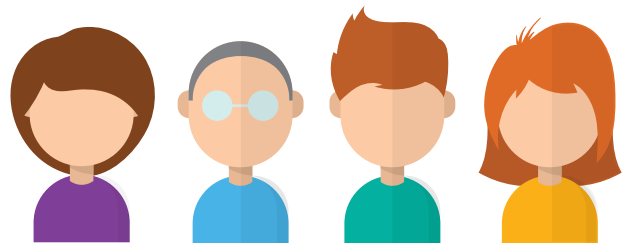
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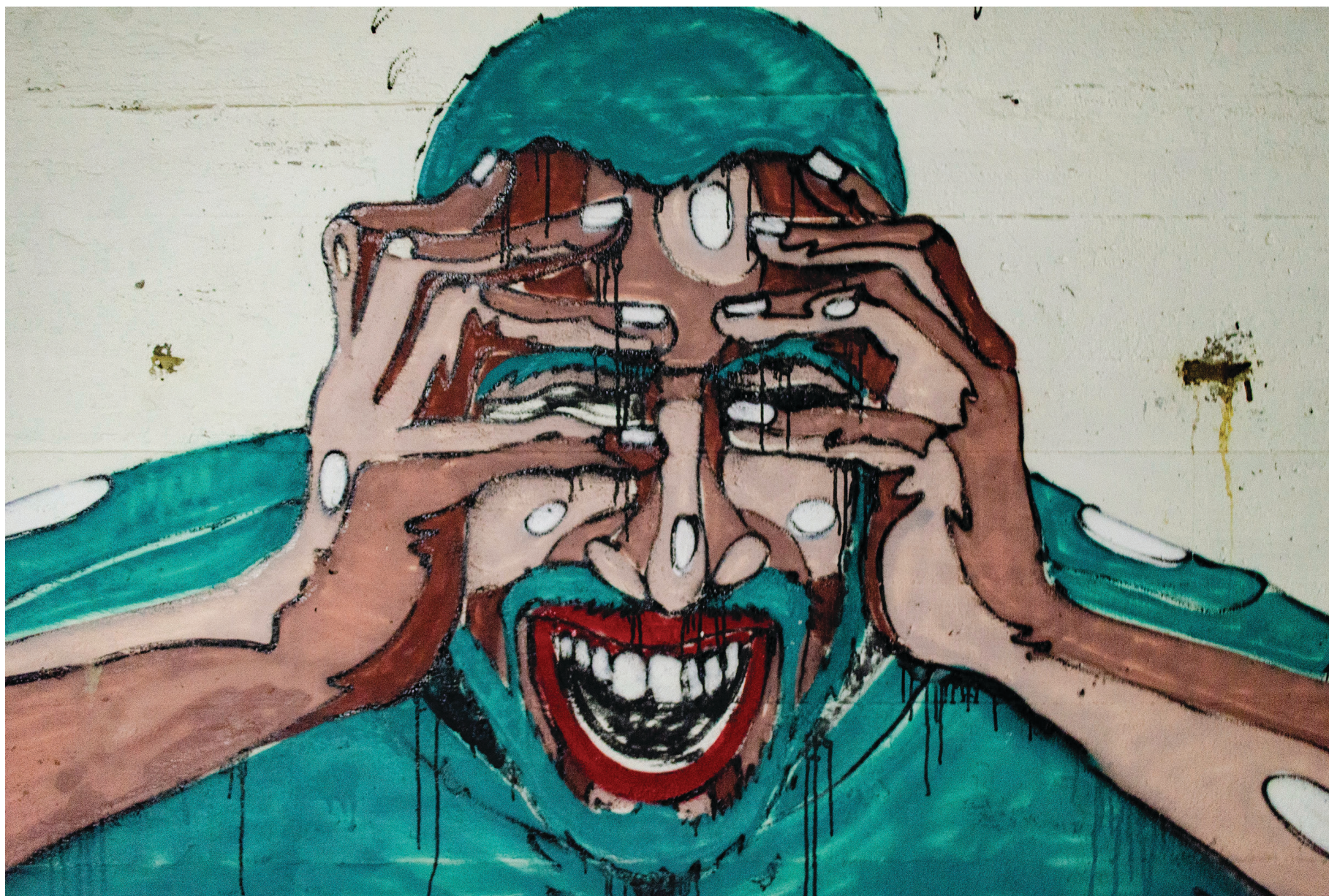
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Social anxiety: break the cycle



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By **LORETTA DELLA MORA**

Frequently, I meet with students who struggle with every day interactions. They report becoming immobilized with anxiety, fear, self-consciousness and embarrassment. A fear of being judged or of looking foolish is inevitably accompanied by harsh, critical self-appraisal. This creates a vicious cycle of avoidance. None of us likes to feel threatened, right? Unfortunately, if avoidance of social interactions is our primary coping strategy, we deprive ourselves of many experiences that could increase our self-confidence and help us to recognize that the world is not as scary or judgmental as we feared.

Socially anxious people tend to be passive communicators neither offering their own opinions nor standing up for themselves. They may “beat around the bush,” avoid responding at all or offer comments very softly or apologetically. This sets the stage for others to take over. Feeling that their needs are not being met, resentment, frustration and unhappiness builds. This can lead to an overreaction at some point (losing self-control by lashing out) damaging interactions which further reinforces avoidance. The pattern repeats and habits are formed.

If this sounds even a little like you, try the following tips. They may feel awkward at first but as with any other skill, with practice, they become more comfortable with smoother delivery.

- Act confidently.... act the way you want to feel.
- Change your thoughts from “I can’t” to “I can.” Feeling anxious isn’t the problem, avoiding social interaction is.

- Stand tall with an open posture. Tilt your chin up slightly so that you can make eye contact.
- Keep the muscles in your face relaxed to avoid a scowling presentation. Never underestimate the power of a smile!
- Talk.
- Have an idea of what you wish to say; don’t script it too much so that it comes across naturally.
- Speak loud enough to be heard in a clear voice.
- Practice sharing stories, jokes and small talk in all the areas of your life.
- Actively listen to what the other person is saying. Build on the conversation by asking questions and by sharing similar experiences.
- Practice assertive behaviors... then practice some more
- This is all about respect, for yourself and the other person.
- Clearly express your opinions, needs and feelings without apology using a firm but friendly voice.
- Be prepared to make some compromises but make sure your voice is heard. You owe it to yourself.
- Get involved.
- Congratulate yourself at each step of your progress!
- Change your critical self-talk to something kinder.
- Nobody gets everything right all the time; focus on what you did well.

Resources:

- Treating social anxiety disorder: <https://www.verywellmind.com/treatments-for-social-anxiety-disorder-3024949>
- 7 Ways to Overcome Shyness and Social Anxiety:

psychcentral.com/blog/7-ways-to-overcome-shyness-and-social-anxiety

- Book an appointment with a counsellor. Typical wait-times are two weeks for regular appointments. Call 780.378.6133 or visit HP Centre room W111PB.



Supplied photo.

Hi! My name is Loretta Della Mora. I’m a Registered Psychologist at Student Counselling. I really enjoy working with the students of NAIT. I continue to be in awe by the specialized skill sets you are learning. Away from work, I lead a relatively quiet life which suits me well. I enjoy the company of friends and family, a good book, ethnic cuisine and I love animals... especially the little ones.



Unsplash

FOR YOUR LISTENING PLEASURE ...

The Shuffle

OUT OF MY COMFORT ZONE

By TORA MATYS

The semester is drawing to a close, and so is my time here at NAIT. It's bittersweet because while I'm ready to dive headfirst into the world of radio and live the dream, I'm going to miss my instructors, classmates and most of all writing for The Nugget.

I was pushed into writing for The Nugget by former editor Nikita Eleniak and I'll never look back. I've learned so much more than I thought I was going to when I first started radio and writing, but also about myself. This playlist is an ode to all that—being pushed out of my comfort zone, never giving up no matter how tired we all are and the true power of friendship (as cheesy as that is).

So tune in, turn on, but don't drop out.

“Roll the Bones” - Rush

Of course, I have to start off with Rush and this is a song I live by. It's all about taking chances and making your own future. The lines: “Why are we here? Because we're here, Roll the bones. Why does it happen? Because it happens, roll the bones,” has always reminded me to not let anything hold me back and that no one actually knows what they are doing. Because really, if Geddy Lee never rolled the bones would we even have Rush? When you're stuck in the future and don't know what to do, just think WWGLD (what would Geddy Lee do?) and he would ‘Roll The Bones’.

“Comfort Zone” - The Murlocs

This song is off their newest album *Manic Candid Episode* which I must have listened to on KEXP at least 100 times since it came out earlier this year. The album, as a whole, has a very chill yet eerie feeling to it but I always get sucked into it. This song in particular is a slower one perfect for those moments when the anxiety from leaving your comfort zone is taking over. The slow droney guitars bring you back down to earth and the lyrics remind you that everyone has to leave their comfort zone at some point, but you can always go back.

“Tired as Fuck” - The Tragically Hip

This was a personal anthem for me, taking it very literally. I'm always tired as fuck running off stress and coffee. I'm always looking for a nap. This song is off the final album *Man, Machine, Poem* and has a very indie and poetic feel. It sounds similar to lead singer Gord Downie's solo work and a lot different from the classic TTH sound.

“LSD” - Skeggs

Live, Sleep, Die. This song carries all the classic skater vibes; a twangy guitar, a weird vocal effect, a groovy bass line and a message about wanting more than to just live, sleep and die. The track will remind you that life can get repetitive and it's easy to get sucked into that but only you can “enjoy the sunshine” and change your life so that you enjoy it.

“You Can be Your Silhouette” - King Gizzard and The Lizard Wizard w/ Mile High Club

The album *Sketches of Brunswick East* is a collaborative effort between King Gizz and Mile High Club, two Australian indie bands known for their very chill yet busy sound. Together they made the perfect study album, sounding like something you'd hear in a hipster coffee shop but way cooler.

I recommend the ENTIRE album, but this song is a pleasant reminder that you are your strongest critic and that taking a moment to step back and look at what you're doing is important. There were countless times throughout the semester where I'd be crying on the studio floor over a project that I didn't think was good enough (but still ended up getting 97 per cent) and I'd have to stop, go for a smoke and a coffee and listen to this song to take a minute for myself. Take my advice and take a moment for yourself when it starts getting to be too much.

“Smoko” - The Chats

Don't look too deep into this one, it's literally about going out for a smoke break. I'm not condoning smoking by any means, however, the smoke pit has always been

the bonding grounds for people. You all huddle in a group and stress smoke and bitch about projects. Sometimes that just feels good. Before anyone goes out, someone yells ‘SMOKO?’ and we all assemble like the B team to go out for our team building. This song is just plain goofy and has a super fun bass line plus a hilarious music video. It's perfect when everyone just needs to take a smoko break and chill.

“Relentless” - Arkelles

This song is an absolute BANGER! I can't tell you the number of times I played it on NR92. Being born in '96 and literally always sleeping with the radio on, the song resonated so hard with me. I have a goal and ready to get it, and I'll be relentless until I get there. The hard-hitting kick drum and vocals will push you through the day.

“What You Meant” - Excuses Excuses

I still can't get over Excuses Excuses as a whole. I met this band from Ontario through the radio program and got the pleasure of having them in the studio for an interview and jam, and they are hands down some of the coolest dudes I've ever met. You can listen to the interview on NR92's Soundcloud. This is my favourite song by them. The crunchy guitar and pounding drums fuels me every morning. This song is all about following your dreams no matter who you are or what anyone says. “I won't run from who I am. I won't run. So help yourself to who I am.”

“Road” - High and Dry

This really isn't even a real song. I made this for a project. But this is the first song I ever wrote, sang and produced. Doing it ripped me out of my comfort zone. Prior to this I had never sung in public or even actually put a song together. It was super stressful and I cried a lot over it but I never caved in—I just kept editing. I even kept fixing it after I handed it in, and now I don't mind it, so I left the comfort zone a little more and published it for the world to see on Youtube (good luck finding it). The song is about the next chapter of my life—moving to B.C. for my practicum.



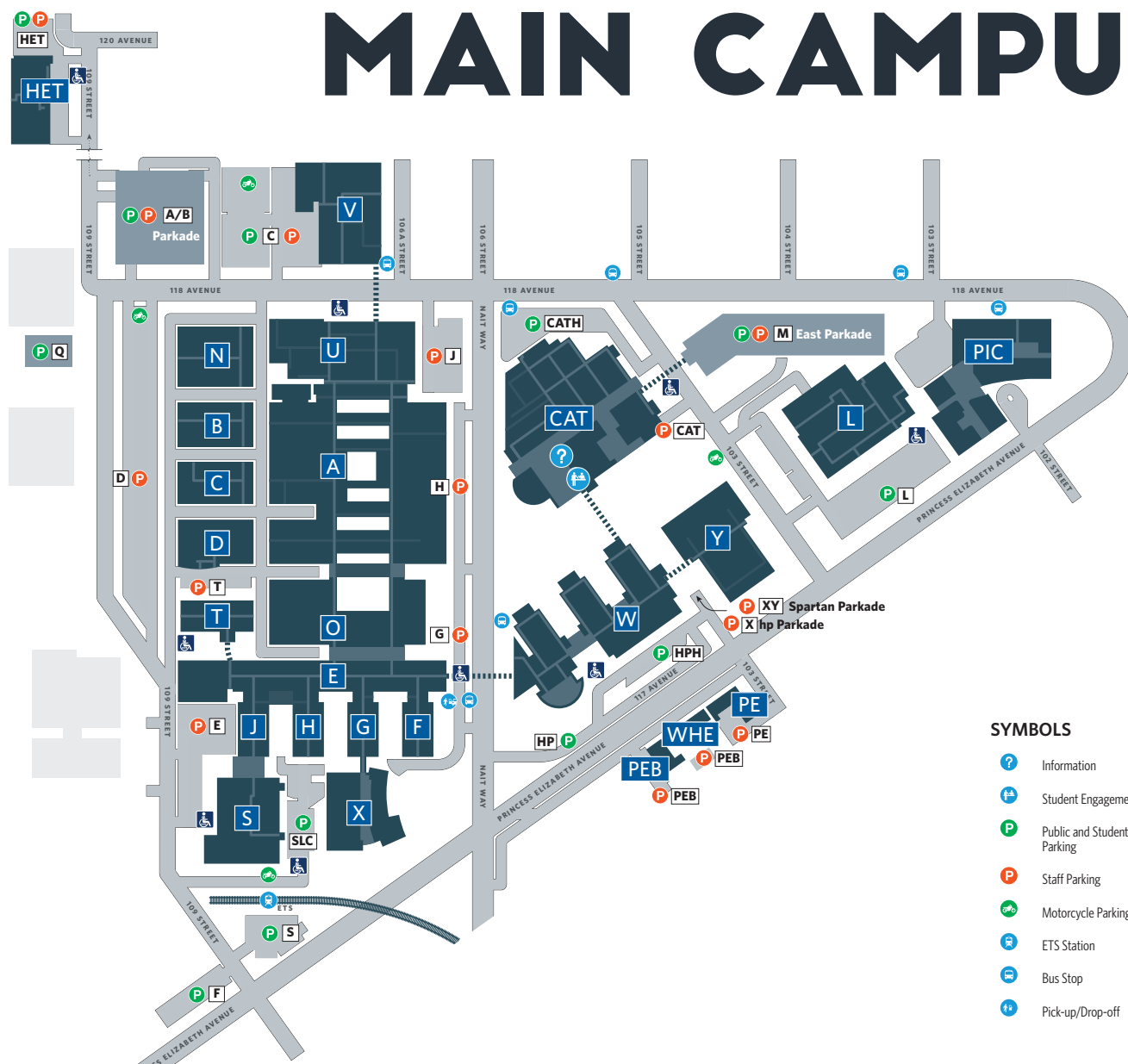
2020 QUIET STUDY SPACES

JANUARY 6 – APRIL 14

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00AM - 8:50AM	CAT214 CAT252	CAT214 CAT252	CAT214 CAT252	CAT240 CAT244	CAT214 CAT252
11:00AM - 12:50PM	X	CAT036	X	CAT237 CAT248	X
12:00PM - 1:50PM	CAT240	CAT034	CAT102 CAT144	X	X

* Locations subject to change, see nait.ca/quiet-study-spaces to confirm availability.
Sponsored by NAITSA and NAIT Scheduling.

MAIN CAMPUS



SYMBOLS

- Information
- Student Engagement
- Public and Student Parking
- Staff Parking
- Motorcycle Parking
- ETS Station
- Bus Stop
- Pick-up/Drop-off

LOCATIONS

EDMONTON

Main Campus
11762 - 106 Street nw

Patricia Campus
12204 - 149 Street

Souch Campus
7110 Gateway Boulevard

NAIT Distribution Centre
11311 - 120 Street

CALGARY

NAIT Calgary
816 - 55 Avenue ne

BUILDINGS

- | | | | |
|------------|---|------------|------------------------------------|
| A | Industrial Building | PE | Human Resources Building |
| B | Shell Manufacturing Centre | PEB | Princess Elizabeth Building |
| C | Gateway Mechanical Services Centre | PIC | Productivity and Innovation Centre |
| CAT | Centre for Applied Technology | S | Activities Centre |
| D | Services Building | T | Administration Building |
| E | Technical Building | U | Learning Resources Centre |
| F | Medical Wing | V | Industrial Technical Building |
| HET | Heavy Equipment Technology Building | W | hp Centre |
| J | J-Wing | WHE | Western Hog Exchange |
| L | Continuing Education and Industry Training Centre | X | South Learning Centre |
| N | Sandvik Coromant Centre | Y | Spartan Centre |
| O | Central Building | | |

OFFICES AND SERVICES

- | | | | |
|----------------|----------------------------------|-----------------|---------------------------------------|
| E-114 | Accounting Cash Office | E-134 | NAIT International Administration |
| S-105 | Athletics | W-203 | NAITSA Computer Commons |
| O-117 | Campus Recreation Services | E-131 | NAITSA (NAIT Students' Association) |
| CAT-215 | CAT Computer Commons | O-115 | Office of the Registrar (South Lobby) |
| W-111 | Computer Training Centre | CAT-180N | Parking Office |
| W-111 | Continuing Education | D-104 | Protective Services |
| W-111PB | Counselling Centre | W-111PB | Learning Services |
| E-121 | Encana Aboriginal Student Centre | X-114 | Shop at NAIT |
| O-119 | Health Services (South Lobby) | O-101 | Student Awards |
| W-101 | International Centre, | O-117 | Student Engagement |
| U-310 | Library Services | | |

- | | |
|----------------|---|
| CAT-180 | Student Service Centre

Admissions and
Enrolment Support

Advising and Career
Development Service
Services

Funding and Financial Aid
Services

Pre-Admission
Immigration Advising

Student Payments |
| U-210 | Student Study Lounge, |
| O-117 | Student Well-being
and Community, |
| U-210A | Tutorial Services |

Map locations are subject to change. Visit nait.ca for most current information.



TAROTSCOPES

with SCREAM QUEEN B

Be sure to follow me on instagram at @screamqueenb_tarot for more readings and revelations.
For a personal reading visit www.screamqueenbtarot.com.

With vulnerability being the general theme of the month, we also have six major arcana cards! That means this month will contain major shifts for many of you. Hold on to your seats folks, things are going to get moving quick!

SAGITTARIUS (November 22 - December 21) The Devil

Where are you bound to someone beyond reason? How do you undermine yourself and your power through negative thoughts, patterns and behaviours? The Devil speaks to the illusion of enslavement, so what is holding you back? How have you willingly given your power away in this situation?

CAPRICORN (December 22 - January 19) The Magician

Time to tap into your magic and manifest the life you want. If something isn't working, it's up to you to change it. If you're repeating negative experiences or finding yourself always drawn to the "wrong people," finding what it is in you that attracts this will bring immense freedom. You are more powerful than you give yourself credit for, so use your natural goal-setting talents to bring forth what you are missing within yourself.

AQUARIUS (January 20 - February 18) 4 of Cups

Be mindful of rumination this month and feelings of apathy, disappointment and "why bother" this month. You're not seeing a situation clearly. Feelings of defeat are negatively affecting you, so look for that silver lining. If you're fostering self-pity, replace it with gratitude and see how quickly your situation improves.

PISCES (February 19 - March 20) The Hierophant

You're being called to learn from the master this month. Find a coach, spiritual advisor or mentor, someone that understands practical matters and can take you to the next level of your career, love life or healing journey. Whatever you're being called to manifest or develop, you need to seek out someone who has been there before. Let them show you the way.

ARIES (March 21 - April 19) 2 of Cups

Tenderness, soulmate connections and reciprocity is going to be the theme for you. This is a beautiful time to connect to the shared vision for your future. What does your heart desire and how can you share your dream with someone you love? The feeling of being met and matched is very strong.

TAURUS (April 20 - May 20) King of Swords

An idea, creative project or new direction is coming through strong this month. You may find yourself more in your head,



Scream Queen B

planning objectives and seeing the big picture. Allow yourself to be influenced by the energy of goal-setting and strategic thinking. You are the one who can see this endeavour through.

GEMINI (May 21 - June 20) 6 of Swords

Last month likely brought up a lot of anxiety or conflict in your life. Now you're moving through it, understanding the friction from another perspective and the road ahead is more peaceful. It's time to steer your thoughts into a more positive direction now and let the past go.

CANCER (June 21 - July 22) 9 of Wands

December is going to challenge you to face what is necessary in your life and to cut back on what you don't need. You've brought all you can to a situation and nearing the completion of this project or endeavour. Time for you to harvest the information and lessons learned so it can be a source of strength for you, not stress. The Scythe is also representative of death - knowing what needs to go and what will remain. Time to be discerning and unyielding in protecting your energy at this time.

LEO (July 23 - August 22) Wheel of Fortune

Cycles of beginning and ending, divine timing and the completion of a stage of life. You are entering an upswing where you are learning, taking in information and entering new situations feeling green and possibly unsure. Trust that this major shift in

your life will bestow the experience you'll need. Synchronistic events play a major role now, pay attention.

VIRGO (August 23 - September 22) Strength

We grow in capacity and understanding when we can master ourselves. This means knowing our demons and shadows intimately and keeping them out in the open. Virgos court perfectionism when progress and authenticity is called for. How can you pull off the mask and get real with your mess? If LOVE is the most powerful force in the universe - and it is - how does that change your approach?

LIBRA (September 23 - October 22) Page of Cups

This month will have you dropping into your heart. The page of cups evokes our vulnerability so this month will bring a major shift for you as you embrace what is true and get in touch with what you really need. See how the Page holds the spoon and analyzes what's in her own cup? Time to decide what makes you happy. Time for YOU to come first. Make this your motto and beautiful things will unfold for you.

SCORPIO (October 23 - November 21) The Hanged Man

You want to move forward, but "wait" is the name of the game. Things are still falling into place and something missing needs to be revealed while you float in this limbo. Trust in divine timing and allow yourself to rest and be patient, for when you do, you'll find the thing that's truly meant for you.

CREATIVE CORNER

HOLIDAY WORD SEARCH

Decorative elements surrounding the word search grid, including holly leaves, snowflakes, candy canes, gingerbread men, and hearts.

W G U S S E V L E C G L M A S
L I R M E T L S F I J L I I Y
T A N E Q K T B N C I I S T F
I H V T E N A G U Y N W T T E
N C K I E T E L F A C D L E L
S E I S T R I G F A B O E S I
E R E C B S S N R W D O T N Z
L R I R L T E O G I O G O I N
P V E F M E L F L S N N E O A
Z A F P C P S L F S M C S P V
D B O X I N G D A Y T V H Q I
R A E Y W E N Y M P I I C R D
H K T E N A C Y D N A C C I A
S L Y A S N O I T A R O C E D
G H O L I D A Y S E G G N O G

Bauble
Boxing Day
Candy Cane
Carol
Decorations

Eggnog
Elves
Feliz Navidad
Festival
Fir

Gingerbread
Goodwill
Greetings
Grinch
Holidays

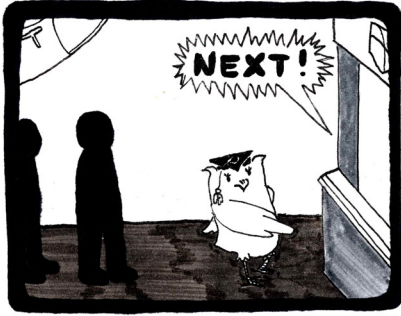
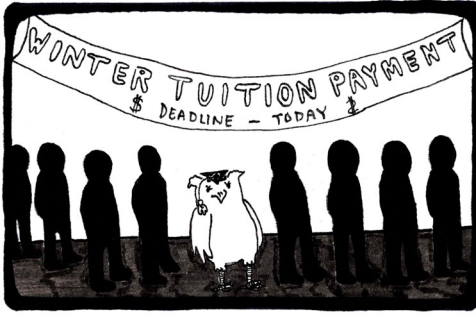
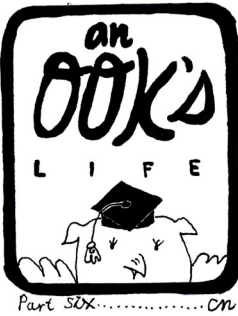
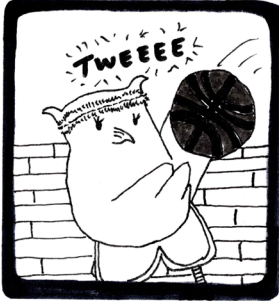
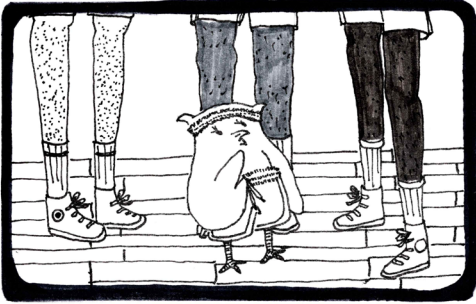
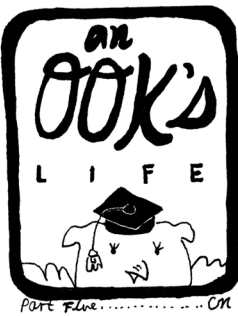
Icicles
Mistletoe
New Year
Poinsettia
Presents

Snowflakes
Tinsel
Winter Solstice

Wordsearch Solution

Grid showing the words found in the word search, with red lines indicating the word paths.

CREATIVE CORNER



Comics by Celia Nicholls

Mansion
By MAHMUDA SHEIKH

Royal marble inlaid pillars
reflect the heat of luxurious chromatic
bronze
that fence sophisticated landscape
decorated in gemstones
that glow under my eyelids.

Over my eyelids, they glow
gems coloured by the rainbow
scattered through my garden
where cool shades disperse under the sun
on simple sandstone.

I lift my lids
open dreams to daylight

dropped on simple sandstone
stylish stonework

shaped by showers
seasoned in sun

silky in sparkly moon
and moonlit dreams.

Not dreams
my dreamy land it is.

Brick pillars polished in passion
mirrors warmth of elegant simplicity
contouring smooth peace
embellished in lively colors
soothes my eyelids in moonlit harmony.

SudOoku

Easy

			7				1
6		7	4	9			5
5			2		1	8	9
	9		6				5
4		5					
	8	6			4		
		3				9	
9		1					4
				5	3		

Medium

	1			6			9
5		2		1	3		
						4	3
1	8			6	2		7
			1			9	8
		5		4			2
3						2	7
			6	2		1	
		6					

Hard

6		3			9			7
				2				4
1						5		
					4	3	9	
5	7			8				6
	9					1		
				9	6		3	
		5		7				
			4					

Easy

2	6	1	3	5	9	8	7	4
6	2	7	8	1	9	4	5	3
8	4	6	7	1	3	5	2	9
3	8	6	5	2	4	9	1	7
6	8	2	1	9	5	3	4	7
1	9	2	6	8	7	4	5	3
5	3	4	2	6	1	8	7	9
9	1	7	4	6	8	3	2	5
8	2	9	7	3	5	6	4	1

Medium

6	7	8	1	3	5	9	2	4
3	9	1	7	2	9	8	4	6
2	9	4	6	8	1	5	3	7
2	1	3	8	4	6	5	7	9
8	9	6	5	1	7	3	4	2
4	7	5	2	9	3	6	8	1
1	8	7	6	5	2	7	9	3
9	8	7	3	1	4	2	6	5
5	9	2	6	8	7	3	4	1

Hard

6	8	7	5	1	4	9	3	2
1	9	4	2	7	3	5	8	6
5	3	2	9	6	8	1	7	4
8	5	1	7	2	9	4	6	3
9	4	3	1	8	6	2	7	5
2	6	3	4	5	1	9	8	7
3	9	5	6	4	7	8	2	1
1	4	6	8	3	2	7	5	9
7	2	8	9	5	1	3	4	6



Celia Nicholls

FIND OOK ANSWERS: Ook pg. 4, mittens pg. 18



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