

NAIT NUGGET

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NAIT Way

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OPINIONS

Is something bugging you about life at NAIT or the world? Have some praise for the school or life in general? Need to voice your opinion on current events?

Send us your thoughts.

Keep it short and to the point. No more than 100 words. Submit your letters with your real name to info@thenuggetonline.com.

Yes, we need your real name. No, we won't post it! Getting something off your chest is downright therapeutic. **Write us.**

Orientation returns to in-person

By Angela Kamierczak

With COVID-19 cases decreasing in the province, NAITSA and NAIT have teamed up to offer students in-person and online orientation. The online orientation will be accessible on the NAIT website and is available year-round, while the in-person events take place at the NAIT Feltham Centre (CAT) from August 30th to 31st.

Unlike most in-person orientations, this one centres on not only new students but any students in need of it. Due to COVID-19 lockdowns and social distancing measures at this time last year, many students have never stepped foot on campus or have learned about the perks of their student benefits plan.

"It's great to be online, but you can't beat that interaction and that excitement and engagement with students," said Gerald Hayes, NAIT VP Student.

"For this year especially, I think [in-person orientation will] be really important. There are so many students who haven't come to NAIT and just have never been on campus, have never been able to use any of the services in-person and have never been able to have that campus-life experience," Tyleen Saison, NAITSA VP Internal.

As per the college experience, on-campus orientation commences with an official welcome from the NAIT president and executive team and from NAITSA's student elected. "It's important to feel welcome and a part of the NAIT family," said Hayes.

Following the speeches, students will venture on a guided tour around campus to 15 critical spots, flagged by students. An interactive activity then follows, allowing students to interact with others and make friends before classes officially begin on September 1st. Each event finishes with a free lunch, including hamburgers, pizza and veggie burgers.

"It's always a really great opportunity for students to get acquainted with campus, meet some new friends, get some new information, get some free food or free stuff. It's always really fun," said Saison.

"[In-person orientation] is a really great chance to know what are the services on campus right away, so that you're able to use them throughout the full year and are not kind of stumbling upon them halfway through the year."

Saison and Hayes encourage students to attend in-person orientation as it helps with making friends, locating classes and learning how to stay involved during the year. They say it's also a way to overcome those initial whelms that often bog down students, like finding classes or conversing with others.

If you are unable to attend, the online orientation is available and provides some general information about NAIT. Further information will be available in the NAITSA student handbook, and it can be accessed online or at the student office.

Saison also invites students to the Ooks Life Conference, taking place on September 6th and 7th at the CAT building. While there, students learn more about campus life and gain an opportunity to network with others.



Photo via NAIT

ORIENTATION SCHEDULE

8:30-12:30

1:30-5:30

August 30

School of Health and Life Sciences,
Academic Upgrading, and ESL

School of Applied Sciences
and Technology

August 31

School of Skilled Trades

School of JR Shaw
School of Business

Orientation will occur in Feltham Centre (CAT). New students and second-year students who have yet to be on campus in-person are welcome to attend. Find out more at ookslife.ca.

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NAIT alum take pitch world by storm

By Amy St. Amand

A recent pitch competition celebrated women and gender-diverse entrepreneurs, and two NAIT alums are walking away with \$50,000 for their business.

HerStory 2022, hosted by Alberta Innovates and The51, took place in Banff on June 4th. Thirty innovators gathered to tell their story, hoping for a different type of pitch competition—one that focused on narrative, relatability, and connection.

According to the HerStory website: “Studies show that traditional pitch competitions consistently fail women.” Shervie Fernan and Victoria Celi, NAIT Alumni and winners of the HerStory competition, know this all too well.

They started their company Fly & Fetch to solve a problem with international shipping, but they’ve found being women has added additional challenges to their journey.

“It’s very sad to say, but sometimes it’s more challenging to find funding, to find people that really trust in our business. Of course, we’ve been working with amazing mentors who support us, but at

the same time, we do need to prove to them and other people that we actually are doing something big with Fly & Fetch,” said Celi.

According to Fernan, women of color are still seen as less believable in the world of business.

“It really is harder to be a woman entrepreneur, and a woman of color to be in this space. We’re less believable and we need to work hard to show our traction. There’s a lot of things that we needed to prove first before we can get that support,” said Fernan.

They saw similar reactions at more traditional pitch competitions.

Celi explained that Fernan, who has attended several pitch competitions for Fly & Fetch, sees similar reactions when female entrepreneurs take the stage. “Every single time a woman pitches, they always talk about the challenges, instead of the opportunities that the business had.”

For Fly & Fetch, an innovative company that uses travelers’ luggage space to ship packages instead of air cargo and offers free flights to do so, the reactions bordered on disbelief.

“In general, what we are building is a disruption. It’s something that’s new. Every time we talk to someone about it, they’re kind of mind blown. Like, have you heard of a company that gives free flights and makes money while doing it?” said Fernan.

But at HerStory, the atmosphere was very different.

“In terms of the vibe, I think it was more competitive to be honest, because it’s very focused on women. I know for sure most women are competitive,” said Fernan.

“But at the same time, once you get to talk to everyone else and you realize that you don’t work in the same space, you’re all working on different things, you started forming collaborations... and you realize that as women, we love to help one another, and that is what I saw.”

The reactions to her pitch were also very different.

“After I pitched, the comments I got were all positive, like, ‘Oh my god this is such a good problem to solve, I agree, I relate to this...’” explained Fernan.

The atmosphere of collaboration was something that Fernan loved about competing in HerStory 2022.

“It’s very focused on women. There are women investors, there are women founders, women mentors... it’s all so empowering to see the difference between having women as an audience and not just women as an audience, but women pitching.”

Fernan and Celi continue to grow their business, despite the challenges they’ve faced. They encourage everyone to try their platform, but also to keep trying despite setbacks they might face.

“Just try to do as much as [you] can and to apply to as many programs as [you] can because me and Shervie... we applied to everything. And sometimes we were rejected...but sometimes we actually got into a program who opened the doors for another program, and another program and another opportunity, and so on,” said Celi.



Shervie Fernan, CEO of Fly & Fetch, poses at the 2022 HerStory pitch competition.

Photo via Fly & Fetch

Meet NAITSA's 2022/23 Executive Council



Jody Gylander
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Exec introductions ctd.

Hello everyone! I am Kaedee Fythe with she/her pronouns. Pronounce it “K.D. Faith” and that would make it easier for you to shout at me in the hallways on campus!

Guess what? I’m a student, too. I drank through a firehose of information in my first month at NAIT too! I’ve been with NAITSA for three years now. Tutor-turned-senator, I became a student



representative at NAIT Board of Governors, and then now, a part time student while working full time as NAITSA President. So, what do I do for you as a NAIT student? Just think about these three things:

Spokesperson. Strategist. Student Representative. There’s a lot of work behind those three main responsibilities that includes accountability that the NAITSA fees that students pay are being rolled out for student needs, values, and experiences. You get so many perks when you are a NAIT student.

I’m currently in my fourth year doing my BBA—finance and human resource management and I still need two to three years to finish my program.

I write original songs if I’m on the zone with my guitar or jam with my violin when I need to feel classical and fine. I love to hike and swim for summer, read books at a coffee shop and hangout with friends to catch up about life.

Shameless plug, if you need a boost of energy, come by and jump a few times with my mini trampoline in my office. It’s proven to be fun and healthy!

Fave study snack: Nuts! Like any kind of nuts.

Best study music: Chillhop Essentials Summer 2022 or sometimes Beach Club Techno (anything without lyrics so I can

hear myself silently reading the study material).

...

Hi there! My name is Tyleen Saison, and I am absolutely thrilled to be representing you this year as your NAITSA VP Internal.

A little about me, I am currently studying in the visual communications stream of the DMIT program. Outside of



my studies and role at NAITSA, you’ll find me playing video games, drawing, or working on my next cosplay.

In my role as VPI, I will be helping students navigate concerns, create new student opportunities, and continue to foster campus life. Your experience at NAIT goes beyond the classroom, and we will work together this year to make it one to remember.

Over the summer, I’ve been working with my different teams to plan the fantastic events that you will get to see this coming school year. Make sure to head over to lookslife.ca to see all the events we have cooked up. I’ve also been able to work on reinstating NAITSA’s exclusive volunteering team, Looks Crew, which is now open for applications.

Feel free to reach out; I would love to hear from you about any questions or concerns. You can send an email to savpinternal@nait.ca or stop by my office. My door is always open, and I can’t wait to get to know you throughout this next year and help you get the most out of your student experience.

Advice for all students: I genuinely believe that a work/school/life balance is so important, and I encourage you to prioritize this throughout your studies! Take the time to do the things you enjoy, participate around campus and make good memories

while you are at school.

Best study music: LOFI is absolutely my go-to for study music, but I also like a lot of other instrumental genres as well. I get distracted if I play music that is too upbeat or with words.

...

Hi all, my name is Jody Gylander. I am a past grad of NAIT’s electrical apprenticeship program and I am currently a mature student in the business management program.



I am incredibly excited to introduce myself as your NAITSA VP External for the upcoming school year. For those who do not know, the role of the VP External is to act as a liaison or spokesperson for students beyond NAIT’s walls.

A few examples of my role as VP External are engagement with outside stakeholders with all three levels of government and lobbying them for your needs as well as engaging with other student association representatives from our fellow post-secondary institutions across the province.

When I am not in class or visiting our satellite campuses, I can be found in my NAITSA office, listening to the latest EDM while I work and study. My door is always open and I am always happy to meet with my fellow students, so please come and say hi! I am so thrilled for this upcoming school year. We have so many events and activities planned over the course of the school year, and it’s going to be amazing to see all the new faces and hear the voices filling our school hallways again!

Best NAIT place to hang: Arguably the best news for this upcoming year is that the Nest is re-opening its doors, and it is by far the best place on campus to get drinks and snacks and to hang with friends!

...

My name is Renata S. Medeiros, and I am thrilled to come back as your Vice President Academic for 2022/2023!

I am an international student from Brazil. I graduated from NAIT’s photographic technology program in 2021 and am now pursuing my bachelor’s degree in the BTech program. During my three years at NAIT, I had the chance



to volunteer in multiple events and was able to create meaningful connections with peers that I am sure will last for years! And this is a tip for you – If you’re an introvert like me (high five!) and/or are super excited to make the most out

of your time at NAIT, participating in the events as a volunteer or attendee is a great opportunity to make friends!

As your VP Academic, I can support you with any academic grievances you may be facing. For example, if you’ve been having an issue with an instructor or a peer, got a grade you believe doesn’t reflect your work, or anything related to your studies that you would like me to know about and advocate for, feel free to contact me to talk about it. If you see me wandering around campus (which happens often), please stop me so we can chat, even if it’s just to look at some cute pet pictures—I have a bunch! I am excited to connect with you all, and I hope you have a fantastic year!

Fave study snack: Any snack, really. I live to eat, and I’m happiest when I have food within arm’s reach.

Advice for students: Be involved! If you are not interested in the governance part of NAITSA, make sure to at least go to the events. We have hundreds of them planned for the year, so I’m sure you will find something that interests you!

Execs choose advocacy goals

By Jody Gylander, NAITSA VP External

Over the course of the summer, the other executives and I have been acclimating ourselves to our new roles and portfolios. As VP External, part of my duty include working with the Alberta Students Executive Council (ASEC). ASEC is a provincial advocacy organization that represents over 110,000 students from 17 post-secondary institutions. It’s a student-led organization; student executives from each of the member institutions make up the Board of Directors and designate a mandate.

This June, President Kaedee and I joined our executive counterparts at Red Deer Polytechnic for the Leadership Conference. Over the course of three days, the conference gave us an opportunity to meet the director and staff of ASEC and get familiar with the organization’s past lobbying successes. It also provided us with an opportunity to meet each other and share our stories and experiences from our respective campuses. The summit ended with the student executives selecting this year’s board members for ASEC.

Kaedee and I also attended the Goals Summit at beautiful Olds College in July. Here the student executives reconvened for a five-day conference to share, debate and select this year’s provincial and federal advocacy goals for the organization. Each institution gets one voting delegate to help in the selection process and Kaedee was this year’s voting delegate



NAITSA President Kaedee Fythe and VP External Jody Gylander

Photo supplied

for NAIT. Our entire NAITSA executive team deliberated extensively on the options put forth and how we should vote. I am happy to say that this year’s provincial and federal advocacy goals selection were all supported by NAITSA! In the coming months, once the advocacy goals have been ratified by the Board of Directors at ASEC, we will share them with all of you!

Meet the Nugget editors

Angela's in her second year of Television studies. She's passionate about writing and bending the rules (that's grammatical rules, of course). As Angela loves learning, she aspires to a career in news.

Angela Kazmierczak
Entertainment Editor



Alleah is a third-year marketing student who has been writing for The Nugget since 2020. She loves Edmonton's local music scene and learning about niche rock genres. In her spare time, she likes to binge anime with her black cat, Levi.

Alleah Boisvert
Arts & Life Editor



Amanda is in her second year of marketing at NAIT. She works part-time as a social media representative for West Edmonton Mall and as the social media manager for the NAIT Nugget. In her spare time, she loves gaming, playing bass, listening to music, going to concerts and spending time with her friends.

Amanda Reade
Social Media Manager



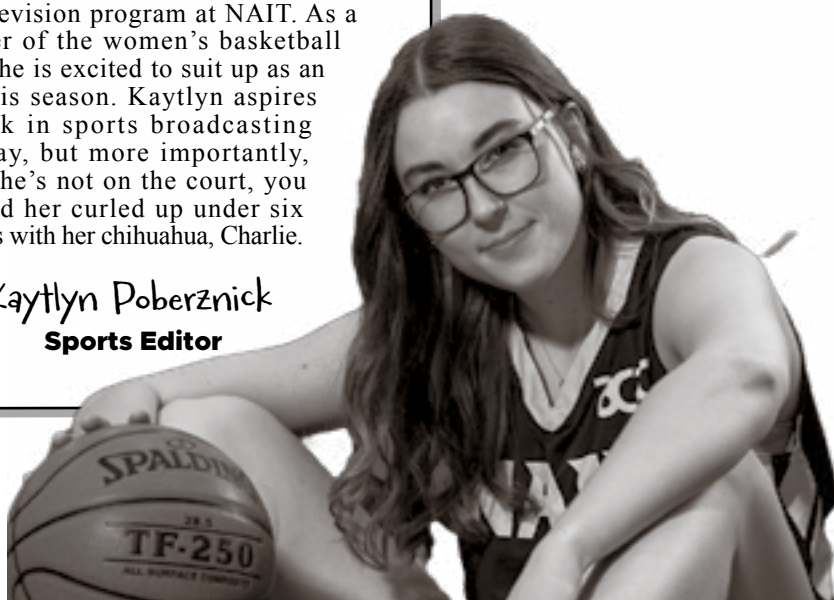
Mikaela Cotia is an international student currently finishing her 2 year diploma in business administration focusing on marketing. In her free time, she likes to go on walks, hang out with her friends, and scroll on her socials.

Mikaela Cotia
News Editor



Kaytlyn is in her second year of the radio and television program at NAIT. As a member of the women's basketball team, she is excited to suit up as an OoK this season. Kaytlyn aspires to work in sports broadcasting someday, but more importantly, when she's not on the court, you can find her curled up under six blankets with her chihuahua, Charlie.

Kaytlyn Poberznick
Sports Editor



Roy is in his second semester of the radio and television program. He loves creating videos and tinkering with music. He also loves to stream video games and whatever on the internet and have fun with his friends!

Roy Raphael Navarro
Video Editor



Allison is a NAIT radio broadcasting student who is tackling her practicum here at the NAIT Nugget. She intends to pursue her radio career in Drumheller along with videography and opening a recording studio. When she's not busy working or taking care of her family, Allison can be found in her at-home studio.

Allison Creasy
Media Operations Intern

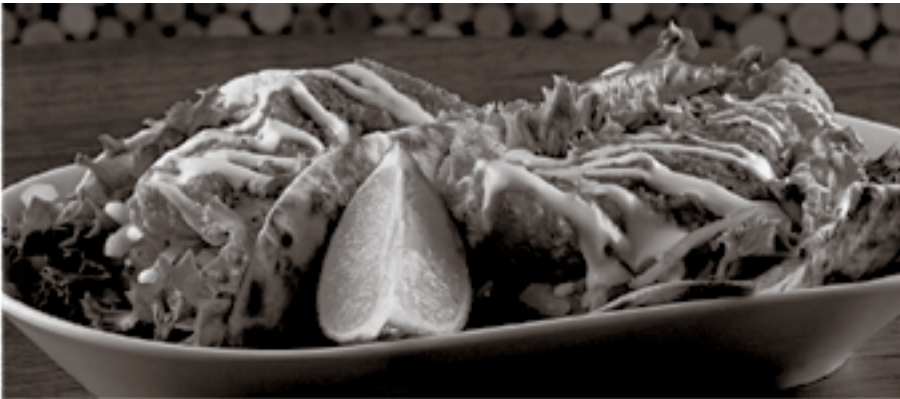


Amy is the fearless leader of The Nugget. She makes sure everything behind the scenes runs smoothly, including training editors, designing layouts, and recruiting contributors. She runs on iced coffee, cross stitching, and a healthy obsession with all things spooky.

Amy St. Amand
Editor-in-Chief

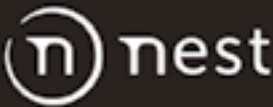


Want to be a part of The Nugget team? Come to a pitch meeting! Join us every Wednesday from 12-1 in the Nugget office (O105). Eat pizza, pick up articles, share your ideas and GET PAID!

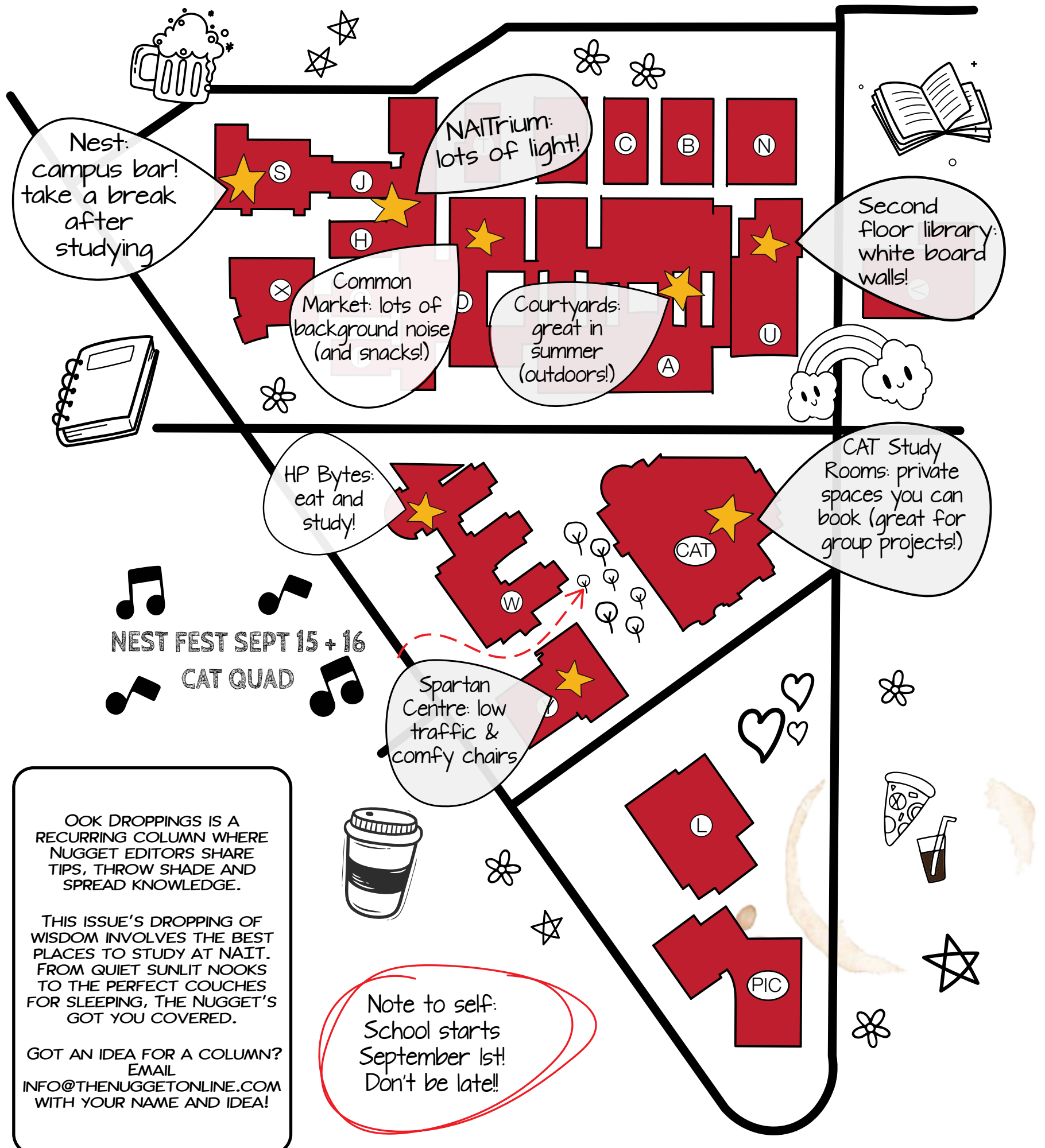


**YOUR FAVOURITES,
BACK ON CAMPUS.**

Join us this fall for in-person dining, or order online for pickup!
nestatnait.ca



OOK DROPPINGS: Study Spots



Hidden gems of NAIT

Whether you’re new to NAIT or a seasoned veteran, there’s always something new to discover. These are the hidden gems that most people might not know about.

1. The Retail Meat Store (O122L)

Yup, you read that right. NAIT has a retail meat store where you can purchase meat, fish, and cheese for cheap! The meat comes from students in the professional meat cutting and merchandising program. They get practical experience cutting, displaying and packaging items, and the NAIT community reaps the rewards. The retail meat store is open Tuesday-Thursday from 10 a.m. to 5 p.m. throughout the school year.

2. Ernest’s (U121)

This one might not surprise many, but there are still people who don’t know that NAIT houses a fine dining restaurant (that was voted one of Canada’s top 100 restaurants!). Like the retail meat store, Ernest’s is designed for teaching. Students in the culinary arts program get “critical real-world skills while providing Edmontonians with a first-rate dining experience.” The menu features local ingredients, including some that are even grown in-house! There’s also a “Friday Student Showcase” buffet, where you can chow down on some of the dishes the students learned in class.

3. Makerspace at the Library

If you’ve ever wanted to use a vinyl cutter, CNC mill or 3D printer, head to the library’s makerspace! For \$12 in the fall and winter terms, and \$6 in the summer, you can use a 3D scanner, a laser engraver, an electronics workbench and more. Students must be certified before accessing the equipment, but the courses are easily accessible online. You do have to bring your own materials for most machines, and the filament for the 3D printer is \$0.14 a gram, but that’s still a lot more budget-friendly than going out and buying your own!

4. The Nest (S110)

This one is literally hidden. NAIT’s campus bar and restaurant is tucked away in the Activities Building, but it’s definitely worth checking out. They have drink and food specials every day, and there is always some cool event happening (like Dirty Bingo, board games, or even Taylor Swift trivia and karaoke!) Heading to the Nest is a great way to meet some new people and unwind after a long day of learning.

5. Ooks Life Mural (CAT)

In the CAT building is a beautiful mural tucked away on a back wall. It was unveiled in February 2019 and helps fulfill NAITSA’s goal to increase school spirit throughout the campus. According to their Twitter, the mural “symbolizes the passion and pride we have for NAIT.” It’s a great selfie spot to commemorate the first week of school!



The Ooks Life mural, located in CAT.

Photo via NAIT

September

1	PANCAKE BREAKFAST	15	NEST FEST
2	PANCAKE BREAKFAST	16	NEST FEST
6	OOKS LIFE CONFERENCE	19	POP-UP GAMING
7	OOKS LIFE CONFERENCE	20	PETTING ZOO IN THE QUAD
7	OOKS LIFE CONFERENCE NETWORKING + DINNER	22	TRIVIA + KARAOKE (TAYLOR'S VERSION) AT NEST EATERY
8	DIRTY BINGO AT NEST EATERY	26	HOW TO: COOK STEW AND BANNOCK
12	OUTDOOR R&B YOGA	29	BOARD GAMES NIGHT AT NEST EATERY
13	PROGRAM SOCIAL SHUFFLE		

NAITSA
MONTHLY
EVENTS

Clubs Corner

Starting a Club

1. First, decide what kind of club you want to start: interest, or program.

Interest clubs are for all students at NAIT. If you have an interest or hobby you are passionate about, why not start a club and meet some like minded people? Program clubs are for students in a specific program at NAIT. These clubs typically host events and fundraisers to raise money for graduation celebrations and enhance their program experience. But the sky's the limit; you could host industry nights to help your fellow classmates network, or host study parties to share notes! The most important thing is that clubs are for everyone. Clubs cannot exclude people based on age, race, religion, ability, social status, gender or sexual orientation.

2. Next, find two other people to start a club with.

All clubs need three people to start: President, VP Finance and VP Operations. Once you've found the rest of the team, sign into Ooks Life with your NAIT credentials and complete your basic profile. Ooks Life has all the tools you need to succeed. You can manage records, share and store documents, build a roster of members to suit your club's need, plan and publicize events, and track service hours! More importantly, this is where other students can find and join your club!

3. Read the Clubs Handbook

The Clubs Handbook has everything you need to create a successful club. It explains all the training NAITSA offers, how to get a club locker or host an event or raffle. There are tips for advertising and promoting your club, booking equipment (including board games, button makers and even gaming laptops!) and lots more. Trust us, you're going to want to read it.

4. Find members, host events, and club it up!

All clubs must host at least one event per semester. But, there's lots of incentives to do more, including awards and the GIV'ER program. Clubs can win awards like the Conquerer, for the club that overcame the most challenges and shows the most improvements, to the Cash Cow, for the club that raises the most money throughout the year. The GIV'ER program rewards clubs that volunteer. You can earn points by donating food or money to the NAITSA Food Centre, volunteering with non-profits or charity, or even donating clothes or blood! When your club reaches a distinction level (based on points), you'll get funds deposited into your club account. Win, win!



Joining a Club

1. First, log into Ooks Life.

Ooks Life houses every event at NAIT, but it also contains a list of all the clubs. Select the sign-in option, then log in with your NAIT credentials (username and password). Complete a basic profile so people can learn a little bit about you, then start exploring the site!

2. Find a club that sounds interesting.

To see a list of clubs, click "Organizations" from the left navigation menu. Next, click "NAITSA Campus Clubs" from the "Branches" dropdown menu. You'll see a list of all the clubs at NAITSA. Each will have a brief description, but you can click on their name to get a more detailed explanation of what that club is about. You'll see the club officers, the events they are hosting and even a gallery of photos from previous club events!

You can also search a club by name if you're looking for something specific. Some clubs are for people in certain programs, but other clubs are for anyone interested in that topic.

3. Click "Join" and voila! You're in a club.

It's as easy as that. Click the join button on a club that sounds cool, and you're now a member. You can contact the club officers directly by clicking on the email icon on their position title.

4. Sit back, relax, and enjoy the perks of club life.

One of the best things about clubs is meeting likeminded people that share your interests. You'll learn professional skills and gain valuable experience to pad your resume. But most of all, you'll have a fun space to take a break from the rigors of student life! So why not make the most of your time at NAIT and join some clubs?



Photo via NAITSA

Boosting your back-to-school confidence

By Tanya Spencer, NAIT Student Counselling

It's a new school year, and for many new and returning students, this might be the first time you're heading to campus for classes. If you are worried about in-person school or re-entering public life, here are some tips to help you boost your back-to-campus confidence.

Put some distress tolerance skills in your toolbox and practice them so they're sharp

With over 7,000 years of history behind the practice, the aim of meditative and relaxing techniques is to instill calm and learn to direct one's attention (though not "emptying one's mind"). Bonus: NAIT has a chaplain from the oldest of these traditions!

Most are easy to learn, and the more you use them, the better you'll work. Start with "low stakes" practice—a quiet time of day with as few interruptions as you can manage when you are otherwise in a better mood. Eventually, you'll be ready to deploy them in a "high stakes" situation—that's their whole purpose! No one implements them perfectly every time. It's the intention and ongoing attempt that counts.

Grounding is another option—it's like meditation on steroids. Instead of eliminating distressing thoughts, grounding abides them while freeing us up to act in the way we want to. Head to YouTube and search 'Dropping Anchor' or 'Leaves on a Stream' for good starting exercises.

You can also assign your distress a character from a movie, story or make one up yourself. Is your anxiety the world's worst house guest? Is it a frenemy? What's its cringe-worthy name, and how does it dress? Does it have a hobby or job, besides sabotaging what you aimed to do today and wasting all your time?

Make a list of what eeks you out and rank it like a ladder

Everyone will have different reactions to different aspects of returning to campus. Sometimes it's the detail we least expect! And rarely is the ranking or particular item rational—we just know it freaks us out. Start at the easiest item on your list and contemplate them while grounding until it no longer grips you. Feel free to tackle one, maybe two, new rungs in a session. Start at the bottom every time and notice that it gets easier with each practice. The fancy name for this is "systematic desensitization," and it's another of psychology's most effective tools.

Arrange a campus visit prior to the en-masse return to campus

Remember, our anxious brains need to see things. They are not easily convinced with chatter because the alarm bell of anxiety is so much older than language. Start with imagining the full sequence of a real visit in your mind and intersperse grounding as you notice any tension build. When you are ready to try for real, start gradually with a drive past, walk outside or some bench time near your usual entrance. Arrange to meet a colleague or schoolmate you like, or bring someone from your personal network. Anxiety reduction works best if that someone is also at least a bit apprehensive themselves.

If this seems like a tall order, don't press it. Leaving in a panic won't help. Instead, seek professional consultation from someone experienced in systematic desensitization.

Plan a treat for yourself for your first day back

Try to incorporate something that you particularly enjoy. Food or drink is great, especially if it's warm. Make it social! Bring it at least one person you trust/like and play a game or icebreaker to divert your attention. You could also try sitting by a fireplace—most buildings at NAIT have one. If you can't find one, put the virtual fireplace log on your phone and watch for the flannel poker guy or your favourite version.

Give yourself permission to let your nerves show

Anxiety may try to trick you into thinking you have to hide your fear – this is one way it perpetuates itself. Social anxiety, in particular, will try to convince you that seeming anxious is a major turn-off to peers – in reality, especially in today's circumstance, they'll admire your

bravery or might even confess that they feel similarly.

If all else fails, remember that NAIT has numerous mental health resources you can access. Our team of highly qualified, registered counsellors can help you with anxiety, depression, stress, adjusting to student life, personal or sexual identity, and much more. In-person appointments and urgent walk-in resumes on August 22. Our main campus office is HP Centre W111PM. We are open Monday to Friday, 8:30 a.m. to 4 p.m. and limited evening appointments are available by phone.

Nest reopens Sept. 6

By Amy St. Amand

After temporarily closing their doors in February of last year, The Nest is officially reopening on September 6th. General manager Michelle Dirksen is excited to re-introduce the Nest to those students who may not have gotten the chance to visit during the pandemic.

"We only managed to be open about 10 months over the last two years ... being closed since January gave us a chance to reflect on our vision, our mission."

Students that attend will notice several new features at the Nest, including a new interior to fit the welcoming atmosphere Dirksen aims to create.

"We want it to be a welcoming place, an inclusive place. A place where regardless of who you are, what you believe in, you feel welcomed here," said Dirksen.

The design also needed to reflect the many types of events the Nest hosts. "Yes, we are the restaurant and bar on campus, but we also host weddings and

graduations, comedy series. We're one thing one day and another thing the next."

The new design will feature different sections representing different feels. "In our soft lounge, which is where our fireplace is, we have a really warm woodsy feeling ... we [also] have this amazing wall of lights for a gaming feel."

This biggest addition to the décor is a new mural painted by Tyler Hochlater. "I told him, this is the gathering place. Regardless of if you're staff, faculty, students or even the outside community... this is the place where you can destress, you can hide, you can party, you can make memories. I really wanted this mural to be people getting together."

In addition to new décor, Nest will also unveil a new value menu catered to the students with tight budgets.

"We realized that times are hard. With inflation, raising food costs, it factors into everything nowadays. We're

ensuring that if a student comes into the Nest, they can afford to be here."

The "mid-day munchie menu" will offer items for \$5.75 or less, Monday through Friday, 1 p.m. to 3 p.m. The Nest will also offer daily food specials, including a rotating daily meal for under \$10.

For those looking for a liquid lunch, Nest will also offer a daily rotating drink special for \$4.25.

"We have a really good balance of lagers to IPAs to seltzers, gluten-free options. Again, just trying to make sure that everyone has an option that they want," said Dirksen.

The Nest opens on September 6th, and will be open Monday and Tuesday 10 a.m. to 3 p.m., and Wednesday to Friday 10 a.m. to 6 p.m. They are located in the Activities Centre, but also have an external entrance and parking lot directly behind the LRT.

OOKS 2022/23 HOME SCHEDULE

Men's Hockey

Date	Time	Opponent
October 21	7:00 PM	Concordia
October 28	7:00 PM	SAIT
November 5	6:00 PM	Portage College
November 18	7:00 PM	Red Deer Polytechnic
November 25	7:00 PM	University of Alberta Augustana
January 21	6:00 PM	Concordia University of Edmonton
January 28	6:00 PM	SAIT
February 3	7:00 PM	Portage College
February 10	7:00 PM	Briercrest College and Seminary
February 11	2:00 PM	Briercrest College and Seminary
February 17	7:00 PM	Red Deer Polytechnic
February 25	6:00 PM	University of Alberta Augustana

ACAC Playoffs start March 3, winners crowned last week of March

Women's Hockey

Date	Time	Opponent
November 4	6:00 PM	Red Deer Polytechnic
November 11	7:00	Lakeland College
November 26	6:00 PM	SAIT
January 13	7:00 PM	Olds College
January 20	7:00 PM	Red Deer Polytechnic
January 27	7:00 PM	Lakeland College
February 11	6:00 PM	SAIT
February 18	6:00 PM	Olds College
February 24	7:00 PM	Red Deer Polytechnic
March 4	6:00 PM	Lakeland College

ACAC Playoffs start March 10th, winners crowned last week of March

Basketball

Date	Women's	Men's	Opponent
October 21	6:00 PM	8:00 PM	Lakeland College
October 29	6:00 PM	8:00 PM	University of Alberta Augustana
November 18	6:00 PM	8:00 PM	Medicine Hat College
November 19	6:00 PM	8:00 PM	BC
November 25	6:00 PM	8:00 PM	Keyano College
November 26	1:00 PM	3:00 PM	Keyano College
January 14	1:00 PM	3:00 PM	King's University
January 27	6:00 PM	8:00 PM	Concordia
February 10	6:00 PM	8:00 PM	Red Deer Polytechnic
February 11	6:00 PM	8:00 PM	Concordia University of Edmonton

ACAC Championships: March 2-4

CCAA National Championships: March 15-18

Volleyball

Date	Women's	Men's	Opponent
October 14	6:00 PM	8:00 PM	King's University
October 22	6:00 PM	8:00 PM	Lakeland College
October 28	6:00 PM	8:00 PM	University of Alberta Augustana
November 4	6:00 PM	8:00 PM	AMB
November 5	6:00 PM	8:00 PM	Lethbridge College
January 13	6:00 PM	8:00 PM	SAIT
January 14	6:00 PM	8:00 PM	Olds College
January 20	6:00 PM	8:00 PM	NWP
January 21	1:00 PM	3:00 PM	NWP
January 28	6:00 PM	8:00 PM	Concordia University of Edmonton

ACAC Championships: February 23-25

CCAA National Championships: March 8-11

Soccer (St. Albert Fields)

Date	Women's	Men's	Opponent
September 11	2:00 PM	4:00 PM	King's University
September 24	12:00 PM	2:00 PM	Lakeland College
October 2	12:00 PM	2:00 PM	Concordia University of Edmonton
October 8	12:00 PM	2:00 PM	Portage College
October 22	2:00 PM	4:00 PM	Northwestern Polytechnic
October 23	12:00 PM	2:00 PM	Northwestern Polytechnic

ACAC Championships: October 28-30 at Lethbridge College

CCAA National Championships: November 9-12

Photos via NAIT Ooks

GROW YOUR CAREER. JOIN STUDENT GOVERNMENT



**NOMINATIONS OPEN
AUGUST 23 - SEPTEMBER 26**

NAITSA
**SENATE
ELECTION**
2022/2023

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

- 12 student representatives
- 10 meetings throughout the school year
- 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 26**

Kiera Lyons joins Ooks as women's basketball coach

By Angela Kazmierczak

Edmonton Stinger's former assistant coach, Kiera Lyons, is hailed the new head coach of NAIT Ooks women's basketball team and aims to instill "the culture that wins" this season. She comes with a long list of experiences in basketball, all from playing, to coaching and broadcasting, and is excited to share with her team what she's learned over years.

From restoring her former high school in Ryley, Alberta as one of the best 1A basketball teams in the province to helping coach the Edmonton Stingers, a Canadian professional basketball team, Lyons is in step with the game of basketball. Previously, she was also the strengthening and conditioning coach at NAIT, after being brought on by the women's former basketball coach, Todd Warnick.

With the high of last season still permeating in the air, the new head coach joins at a notable time. Considering the women's victory at national's last season, Lyons hopes to cultivate wins but is fixated on rebuilding this year and creating a long-lasting culture.

"[I'm] a new coach trying to bring in a new type of culture and get things used to how things work under me in comparison to Todd, because like no matter who you bring in, it's always going to be different," Lyons said.

"[Wins are] my job, but at the same time I've also realized that wins are a symptom of a good culture . . . I have an idea of what I want practices to feel like when I'm speaking to my players, how I want them to feel and having them trust what I'm saying."

Lyons realizes that in order to win, the team needs a certain culture but also grit and the sweat that comes with much effort. Still, as detected in her voice, it's clear she loves a well-earned win.

"There's championship DNA in those girls. The only way you get that is winning. I've got five to six girls on that team that, that's in their blood, and the only way you get that is by winning," Lyons said.

"You know, being able to listen to what I'm saying and then they'll learn, then they'll pick up and attract other girls who want to do the same."

Lyons' pursuits in basketball stretch further than a love for the game. Since the early days of her career, which extends to her days in high school, she's always been invested in advocating for women's sports.

"Boys in my class got to have role models in the NHL and I didn't get to have dreams like that. Or, I didn't know that opportunity was there for me, so I wanted to get involved with expanding that for girls like myself," she said.

Lyons will certainly stand out from the coach's box this

season. Reportedly, she will be the only female basketball coach in the ACAC, which is an unusual occurrence.

"There's just been lots of movement, but right now I am the only female head coach. I really enjoy being an underdog, and I really enjoy taking on challenges like that. It's kind of been the theme, where my career has led me, so it is intimidating for sure in like the best ways."

"They're winners, and I'm excited to be a part of that and work with such a well put together team. Like I said, I'm just very grateful for the opportunity," said Lyons.



Photo supplied

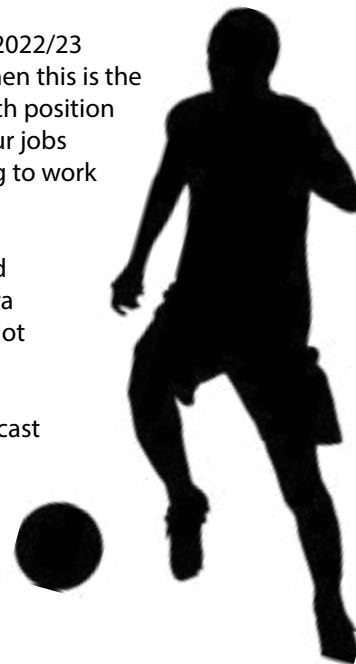


The NAIT Athletics Department is hiring various minor officials positions for the upcoming 2022/23 season. If you love sports and are interested in working in a fun, fast-paced environment, then this is the job for you. We are hiring staff to work volleyball, basketball, hockey, and soccer games. Each position offers a competitive wage, with an average of 10 hours a week during the active season. Our jobs start running as early as September and go all the way to March. Applicants must be willing to work evenings and weekends.

We are looking for staff well versed in both basketball and volleyball to fill our gym positions. The jobs required for both sports are game day supervisor, statistician, in-house PA announcer, and score clock operator. Some extra positions are only necessary at basketball; we need someone to do the score sheet, a sideboard operator and a shot clock operator.

In the arena, we are looking for a score clock operator and an in-house PA announcer. We also have various broadcast positions available. We are looking for commentators, webcasters, and camera operators for all sports.

If you have no experience, no worries, we are willing to train. To apply, please email your resume to alexandrag@nait.ca, and we look forward to hearing from you. Welcome to OokaNaitTion!



Behind the bench: A look at the Oaks soccer coaches



Photo via NAIT Athletics

By Alex Galenza

Previously posted on naitooks.com

The 2022/23 ACAC soccer season kicks off in a few weeks. There has been a coaching shuffle for the NAIT Oaks this season. Former women's Head Coach Jeff Paulus has taken the reigns of the men's soccer team after former coach Charles O'Toole announced his retirement at the end of last season. This coaching shift left the women's side open for a new Head Coach, where former NAIT Oaks women's Assistant Coach Alesha Weicker-Pasternak was offered the position.

Both coaches have extensive coaching backgrounds. Jeff Paulus got his coaching start in Halifax with the Halifax County United acting as a player and a coach before he made the big move to Alberta. He started with the St. Albert Impact before making his NAIT coaching debut in 2004. While with the NAIT Oaks, Paulus had opportunities to coach in Canadas Soccer's National Training Centre and help various provincial programs. In 2012 Paulus moved on from NAIT and accepted a position with FC Edmonton. He was initially brought in to develop and lead the FC Edmonton Academy. Still, he saw his role advance to the assistant coach of the senior professional team, where he was then promoted to the head coach when FC Edmonton moved to the Canadian Premier League. Paulus left FC Edmonton in November 2020 to work as the Technical Director of Edmonton Scottish. Paulus has seen his coaching journey come full circle as he returns to coach the NAIT Oaks men's soccer team this season and has

returned to the St. Albert Impact program, where it all started.

Alesha Weicker-Pasternak grew up playing high-level soccer. She got her post-secondary start in 2005 with the MacEwan Griffins. Weicker-Pasternak played two seasons with the Griffins before she transferred to Concordia. In 2009 she hit her high with the Concordia Thunder winning the CCAA National Championship. Weicker-Pasternak was named a CCAA National MVP that season. She graduated in 2010 with her Bachelor in Management Degree, and in 2011 her coaching career took off. She was named assistant coach of the Concordia Thunder from 2011-2013 before accepting an assistant coach position with the MacEwan Griffins. She was the assistant coach from 2013-2017, the highlight of her career with the Griffins came in 2013 when they went undefeated to win the CCAA National Championship. Weicker-Pasternak coached soccer competitively for various clubs for a few years before landing the Grassroots Head Coach position in the St. Albert Soccer Association in 2016.

Although the two aren't new to the program, they are new to their roles this season.

"This season will see quite a few changes to the roster, so I am looking forward to getting on the pitch and working with the team to form our identity. I am taking over the team from a legend at NAIT and in CCAA in Charles O'Toole, so for me, I look forward to seeing what our coaching staff can add to this incredible program," said Paulus.

Paulus and Weicker-Pasternak were a great team last year, working alongside each other on the women's team.

Even though Paulus is switching genders, his coaching will stay the same.

"Last year, Alesha and I were able to work with the team just as I will this upcoming season, and the football the girls played was attractive and effective, having come one goal short of qualifying for nationals. Who I am as a coach won't change based on coaching women or men," said Paulus.

Although Weicker-Pasternak was with the team last year, taking on the head coach role is a different area of expertise.

"I am excited to have the opportunity to be the head coach of this program. I'm eager to continue to elevate the level of this program and build upon the foundations set by the great head coaches who have come before me. These past coaches have developed this program to be one of the most competitive programs in the province, and I am looking forward to the challenge of continuing to advance it forward. As with any transition to a new coach, I think there will be some challenges with building the program how I see it, but I also know that the players who have been involved in the program from past seasons are receptive to new ideas. These players are important pieces in helping bridge the new ideas with what has worked in the past," said Weicker-Pasternak.

Both coaches are looking forward to an incredible season! The NAIT Oaks open their season at home on September 11th in St. Albert at the St. Albert Soccer Association fields. 61 Riel Drive, St. Albert, T8N 3Z3.

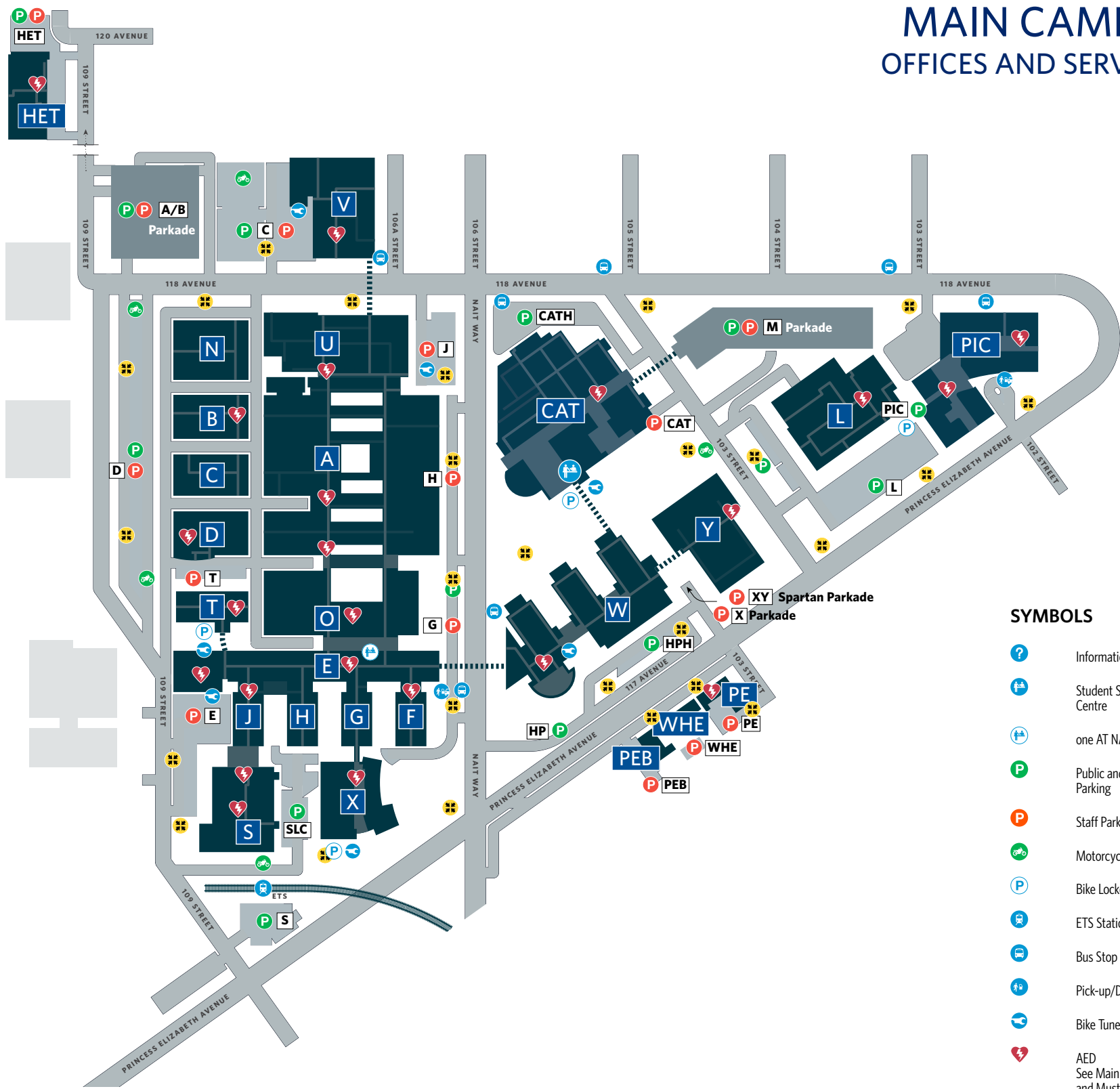


HAVE SOMETHING TO SAY?

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MAIN CAMPUS OFFICES AND SERVICES



- SYMBOLS**
- Information
 - Student Service Centre
 - one AT NAIT
 - Public and Student Parking
 - Staff Parking
 - Motorcycle Parking
 - Bike Lockers
 - ETS Station
 - Bus Stop
 - Pick-up/Drop-off
 - Bike Tune-up Station
 - AED
See Main Campus AED and Muster Point Map for detailed locations

LOCATIONS

EDMONTON
Main Campus
11762 - 106 Street nw
Patricia Campus
12204 - 149 Street nw
South Campus
7110 Gateway Boulevard nw
NAIT Distribution Centre
11311 - 120 Street nw

BUILDINGS

A	Industrial Building	PE	Human Resources Building
B	B-Building	PEB	Princess Elizabeth Building
C	Gateway Mechanical Services Centre	PIC	Productivity and Innovation Centre
CAT	Feltham Centre	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-131	Athletics	E-134	NAIT International Administration	CAT-180	Student Service Centre
	Department of Well-being	W-203	NAITSA Computer Commons		Admissions and Enrolment Support
O-117	Campus Recreation Services	O-108	NAITSA (NAIT Students' Association)		Advising and Career Development Service Services
CAT-215	CAT Computer Commons	E-121	Nisohkamátotán Centre		Funding and Financial Aid Services
W-111	Computer Training Centre	T-409	Office of the Registrar		Pre-Admission Immigration Advising
L-217	Corporate and International Training	O-112	one AT NAIT		Student Payments
S-105	Health Services	CAT-180N	Parking Office	U-210	Student Study Lounge
W-101	International Centre	D-104	Protective Services	O-117	Student Well-being and Community
U-310	Library Services	X-114	Shop at NAIT	L-159	The Welcome Centre
L-142	NAIT Assessment Centre	CAT-180	Student Awards	U-210A	Tutorial Services
		W-111PB	Student Counselling		