

NAIT NUGGET

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NAIT introduces new 7-school model

By Amy St. Amand

After consultation with faculty, staff and industry partners, NAIT has introduced a new academic structural organization, moving from four schools to seven. This is their first major restructuring since 2016. The change ensures that NAIT's programs are still closely linked to industry, while also allowing for greater collaboration between programs.

The new model sees schools organized around their correlated industries—a change that NAIT said in a press release “creates more opportunities for collaboration and allows leaders to strengthen connections across a broad range of industries.” Students in related programs that may interact on job sites, such as Engineering Design Technology students and Carpentry students, are now grouped together in one school. NAIT's VP Academic Peter Leclaire explained that “by mimicking the collaboration that happens on a worksite, we get a better outcome overall.”

The new structure has been launched, but NAIT considers it an “ongoing project that will continue to evolve.”

The new schools are:

JR Shaw School of Business

- offers programs in Entrepreneurship, Marketing, Finance and more
- Dean: Dennis Sheppard

School of Construction and Building Sciences

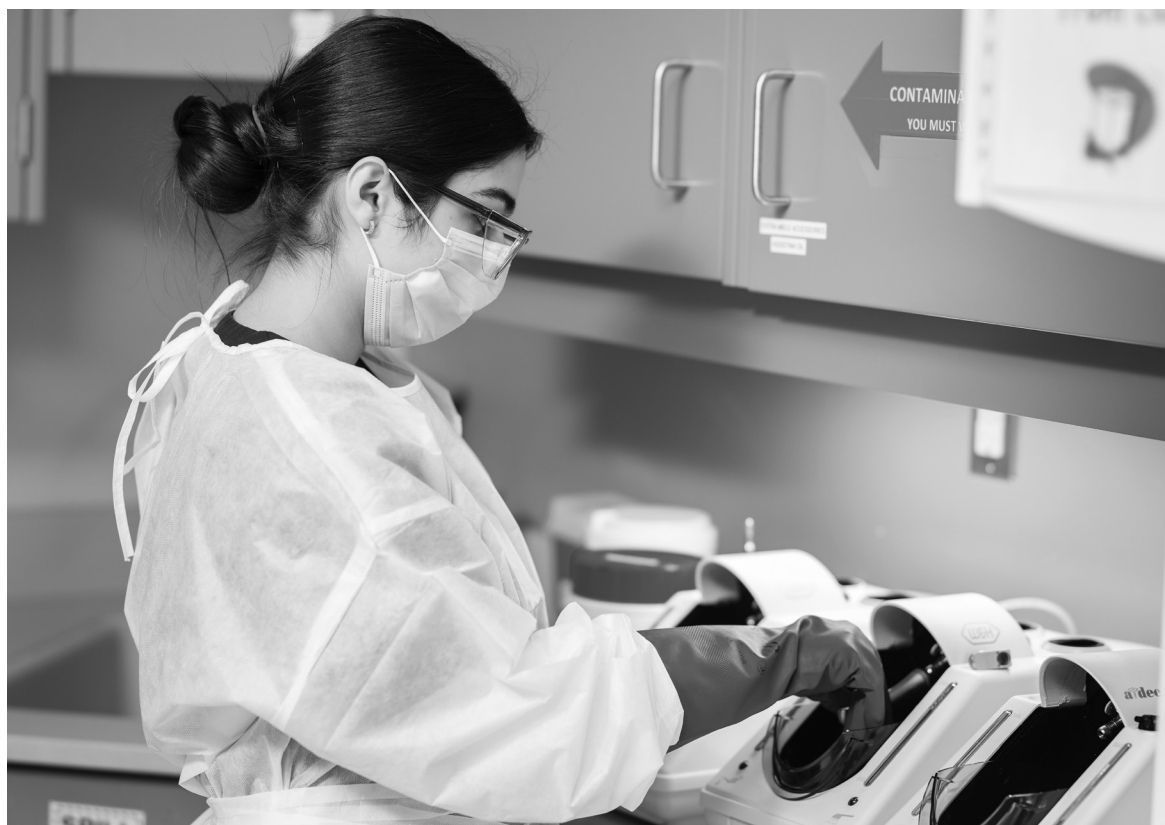
- focuses on apprenticeship training and diplomas that “reflect the latest tools, technologies and best practices”
- Dean: Matthew Lindberg

School of Energy and Natural Resources

- programs offered in this school focus on sustainability and “hands-on training in the energy and natural resource sectors.”
- Dean: Dr. Agatha Ojimekwe, a new hire from University of Port-Harcourt

School of Health and Life Sciences

- contains programs like Advanced Care Paramedic, Disaster and Emergency Management and Optical Sciences
- Dean: Denise MacIver



File photo of a student working in the Dental Assisting Technology program. Photo via NAIT Content Collective

School of Manufacturing and Automation

- focuses on “[meeting] the demands of the manufacturing and automation sectors.”
- Dean: another new hire, Stephen McMillan, who was formerly the Associate Dean of Mechanical Engineering at British Columbia Institute of Technology

School of Media and Information Technology

- this school “prepares students for careers in Digital Content, Network Security, Data Analysis and Communications.”
- Interim Dean: Dennis Sheppard

School of Transportation

- includes the Crane and Hoist Equipment Operator program at Spruce Grove campus, Industrial Heavy Equipment Technology and Auto Body Technician
- Dean: Stephen McMillan

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Informing and entertaining the NAIT community since 1964.

Room O-105
11762-106 Street
Edmonton, Alberta
T5G 2R1

Media Operations
(780) 471-7615
@thenaitnugget
thenuggetonline.com

ARTS & LIFE EDITOR

Alleah Boisvert
arts@thenuggetonline.com

SPORTS EDITOR

Geono Aloisio
sports@thenuggetonline.com

NEWS EDITOR

Sukhamjit
news@thenuggetonline.com

ENTERTAINMENT EDITOR

Sanjyven Alfred Joseph
entertainment@thenuggetonline.com

MEDIA EDITOR

Jalyn Dalke
media@thenuggetonline.com

PHOTO EDITOR

Skyler Boissonault
media@thenuggetonline.com

ONLINE EDITOR

Taylor Hughes

EDITOR-IN-CHIEF

Amy St. Amand
astamand@nait.ca

FRONT COVER

Mathieu Durnford

BACK COVER

Jessica Kenney

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Shop AT NAIT raises money for NAITSA Food Centre for 9 years in a row

By Amy St. Amand

Students that visited shop AT NAIT between Aug. 26 and Sept. 13 may have noticed a photo wall of cans—an art display marking the progress for the store’s ninth annual #NAITcandonate fundraiser for the NAITSA Emergency Food Centre. Shoppers donated to support students facing food insecurity.

Bridget McLean, Customer Experience Manager at shop AT NAIT, explained that the first fundraiser came out of the desire to raise money towards something internal. “We were like, ‘How can we do something that’s more within the community, rather than external?’ It’s great to do something outside of NAIT, but how can we do something different?”

McLean and her colleague chose the NAITSA Food Centre after learning that many NAIT students struggle with food insecurity. The team has come up with creative ways to market the fundraiser, including a visual wall of cans in the style of artist Andy Warhol.



The can wall at shop AT NAIT visually tracks how donations have been made.

Photo by Amy St. Amand

“I think everyone at some point has either known someone who’s been food poor, or has been food poor themselves.”

“It’s just engaging the staff into it and really making them passionate about it, which was probably a very big key to success. Because they have to have fun with it, otherwise they’re not going to buy in,” said Vanessa Richard, an Administrative Assistant at shop AT NAIT.

The fundraiser runs in both Fall and Winter semesters to target both intakes. All funds donated go straight to the NAITSA Food Centre, and McLean said that so far this year people have been very generous. “Our cashiers are asking,

‘Would you like to donate a dollar or more?’ to keep it easy. Most people have done like five, 10, or 15 dollars already.”

McLean attributes the continued success to the rise in food prices and the relatability that comes with struggling to afford food.

“I think everyone at some point has either known someone who’s been food poor, or has been food poor themselves ... there’s a lot of students who when they get these food hampers, it’s not just for them and their partner, it’s for their children.”

“Nobody wants to imagine a child who’s not eating,” she explained.

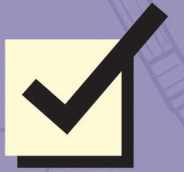
Missed your chance to donate? NAITSA’s Emergency Food Centre accepts donations all year round. Visit the NAITSA office in O1o8 to make monetary donations. They also accept non-perishable and non-expired food items.

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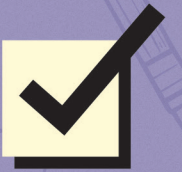
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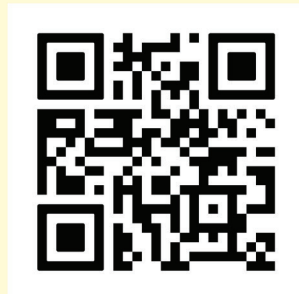
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naitsa

Acknowledging Treaty 6 territory

Editorial by Sukhamjit

“At NAIT, we honour and acknowledge that the land on which we learn, work and live is Treaty 6 territory.”

I have heard this statement often at NAIT: at the beginning of every major event, be it my orientation in winter 2023, the beginning of the Pitch it to Me Mawji Centre competition at NAIT or any other info session. Being an international student, I never really got it. I mean, I do hear the words, and I can write them on a napkin for you. It’s similar to signing a lengthy document; depending on the situation, sometimes I don’t fully absorb all the words.

Still, regardless of the fact that I don’t have the first clue of what I am signing when I sign a document, I believe I should understand the thing I am acknowledging, whether it’s a written document or a spoken statement.

For acknowledging without knowing is hearing without listening. Therefore, I want to learn more about Treaty 6, and I’ll summarise what I’ve learned so far for you, with the hope that we can learn together.

Among a million other things that I can’t pronounce is the traditional name of this place that I live in. Part of my agenda here is to try to pronounce amiskwacîwâskahikan, the Cree word for Edmonton, every time I write it. According to NAIT’s Territorial Land Acknowledgement, it’s pronounced [a-misk-wu-chee-wah-sku-hee-gun].

My ignorance of the history of this land is not limited to the history of Treaty 6 only. Rather, it extends to the broad history of Canada. So, I’ll try to paint a timeline that makes sense with some context to support it, but forgive me when I miss many things—a million words are too few to cover everything.

After scouring various government websites and encyclopedias, here’s what I found. Canada was a colony of European powers. There was a struggle between colonial powers and the original inhabitants of the Northern American lands. It should not be hard to comprehend this scenario as a similar history is common in many other parts of the world.

Treaties were the heart of the relationship between European settlers and Indigenous inhabitants. The significance of treaties is instilled in the building of the Canadian nation. The necessary context of land treaties is provided by the manner in which the land was acquired by the Crown and the history of increasing Canadian sovereignty.

The Crown refused to recognize Indigenous peoples’ rights on their land, and 1.5 million square km of land was given to the Hudson’s Bay Company through a Charter. This land was given the name Rupert’s Land. Over the next decades, the area of Rupert’s Land increased to cover over 8 million square km.

For acknowledging without knowing is hearing without listening.

Governing its colonies in North America was expensive for the Crown, so it united Canada, Nova Scotia and New Brunswick into the Dominion of Canada (a self-governing state) in 1867. Over the years, the Dominion of Canada expanded to bring more land under its control. This expansion was facilitated through treaties. These treaties were the base of integration and the collective future of Canada, though not all were willing to sign right away.

As the Dominion expanded westward, purchasing Rupert’s Land from the Hudson’s Bay Company in 1869, Indigenous people who lived on it became

At NAIT, we honour and acknowledge that the land on which we learn, work and live is Treaty Six territory. This place is a traditional homeland for the First Nations and Métis Peoples, and today we are all part of this treaty land. The traditional name of this place is Amiskwacyi Waskahikan [A-misk-wu-chee-wah-sku-hee-gun], which we also call the city of Edmonton.

There is a long history that has brought us to be on this land. At NAIT, we seek to learn from that history and the lessons that have come before us, and to draw on the wisdom of the First Peoples in Canada who have lived on this land from time immemorial. Through this land acknowledgement, we have an opportunity and responsibility to reflect on the impacts of colonialism, historically and currently. Only through learning can we move forward in truth and reconciliation, and to a better future together.

NAIT’s territorial land acknowledgement.

Photo via nait.ca

concerned. They wanted to safeguard their interests by negotiating a treaty with the government. The government, initially resistant, signed Treaty 6 in 1876. In treaty terms, for the surrendering of the land the government promised—among other things—annual cash payments to the signatories and the band members, reservation of land, the establishment of schools on the reserve land and provision of farming equipment, livestock and horses. In addition, the Indigenous peoples were to retain the rights to fishing, hunting and trapping on the reserve lands.

Treaty 6 was signed in the 1870s, whereas the province of Alberta was confederated in 1905. So, the Treaty 6 territory is not congruent with any one province. It contains areas of Alberta and Saskatchewan. The City of Edmonton, known traditionally as amiskwacîwâskahikan, is a part of the Treaty 6 territory. Whereas, another major Albertan city, Calgary, is a part of the Treaty 7 territory.

To commemorate the signing of Treaty 6, in 2013, amiskwacîwâskahikan created Treaty 6 Recognition Day, celebrated on Aug. 23 each year.

Today, treaty acknowledgments have become a cultural ritual. We acknowledge land treaties to acknowledge our history and recognize events of the past—which were not free of violence. According to Northwestern University, “land acknowledgments do not exist in a past tense, or historical context: colonialism is a current ongoing process, and we need to build our mindfulness of our present participation.” While this history was explained in simple terms, it is important to remember that there was (and continues to be) untold violence against Indigenous peoples and their lands. This is an important part of the history of this country.

While researching for this piece, I saw many other different forms of acknowledgments. I discovered that acknowledgments are not standardized; they are a personal thing, as they should be. After learning about what I am actually acknowledging, here’s mine:

I acknowledge that the land on which I live is Treaty 6 territory. Through this acknowledgment, I recognize the importance of learning about Treaty 6. For it is through learning only that we can realize the truth and move forward toward reconciliation. It is through learning that we recognize events and begin to respect them. This acknowledgment is a reflection of my appreciation of the welcoming environment that was created as a result of this reconciliation. All the achievements traced back to this land are owed to events like Treaty 6.

I would love to hear your personal way of acknowledging the land we’re on—send your acknowledgments to me at news@thenuggetonline.com.

DON'YA Ukraine's Kitchen: From fleeing war to preparing feasts

By Fraser Sockett and Alleah Boisvert

The charming part of this tale is that Ukraine's Kitchen did not start as a business, but as a heart-warming story of refugees escaping an invading force of their homeland. They left everything behind, only wanting to bring their culture to this frozen wasteland to feed the minds and stomachs of their poutine-loving, friendly hosts.

A short walk from the Stadium LRT station sits a small kitchen run by an all-woman Ukrainian refugee team. Jorgia Moore, NAIT alumni and former NAITSA VP Internal is a co-founder of this restaurant.

When Russia invaded Ukraine in February 2022, Moore wanted to find a way to help the community with which she shared a cultural background. Moore has visited Ukraine often for previous projects, but when in Canada, she decided to open a free store for people who had arrived in this country with only the clothes on their backs, a suitcase of their most cherished items and hopes of making a new life. Moore thought the Free Store for Ukrainian Newcomers would only be open for a couple weeks.

"We just saw a really huge need for not only Ukrainians, but also Canadians because they kept donating their things—they just wanted to do whatever they could to help and this was something that was tangible for them to do," said Moore.

The free store was supporting around 400 Ukrainian families a week. "When they would arrive, they were just in awe that Canadians wanted to help them without knowing them," Moore explained. The families would return to volunteer, building a community of people who could support each other during hard times.

Moore explained how the volunteers wanted to make Ukrainian food for the Canadians, so they decided to try opening Ukraine's Kitchen in January 2023.

"When we opened, the media just really loved us," said Moore. They ended up selling \$30,000 worth of perogies in 30 hours. That's a whole lot of perogies. Now, they are looking to expand into a manufacturing facility to produce more perogies and hire more Ukrainian newcomers. They also have a couple contracts with hotels and restaurants in Edmonton and Jasper.

"We dove in head first, so challenges kind of came up throughout the way, but there's been a lot of people who've been really supportive in helping us," said Moore.

The Ukrainian Kitchen received recipe and menu mentorship from experienced chefs like Brad Smoliak, Shawn Oborowsky and Samson Cree Nation's Chef Matthew Potts, who initially helped Ukraine's Kitchen by allowing them to use Cook County Saloon's kitchen space to prepare meals.

"When [Potts] heard the girls singing their Ukrainian songs, he said his heart pained because [his culture was also] taken away from him through residential schools," Moore said. Scott Kelly, the owner of the Fort Road location in which they are currently located, donated the space so Moore and her staff could



Jorgia Moore (right) poses with some of the staff from DON'YA Ukraine's Kitchen.

Photo supplied

expand and continue serving Ukrainian food to the community.

Now, Ukraine's Kitchen has adopted a new name after becoming a mainstay in the community: DON'YA Ukraine's Kitchen. Moore explained that 'Don'ya' roughly means daughter, specifically a "very favourite or enduring daughter."

The name change was a heartfelt, touching tribute to a staff member's daughter, who sadly passed away in October to cancer.

"We wanted to honour her in a special way, and you can see her in the logo. She's kind of like a young girl hugging and looking over. So it's very, very special to us and special to the team that really made the kitchen what it is today, because without them we would not be here," Moore said.

The name change is also meant to signify a "modern twist" on the Ukrainian food many Ukrainian Albertans knew growing up.

"A lot of the Ukrainian food in Edmonton, Alberta [and] surrounding areas has 'Baba' a lot of the time, and Baba is kind of an outdated term in Ukraine. It's not used in modern day Ukraine the same way, and we wanted to kind of move away from that and show that we're bringing in recipes from Ukraine today," said Moore. "You don't have to be a Baba to cook ... every woman is a daughter, but not every woman is a mother or a Baba."

Moore's concept evolved from a community donation centre to an award-winning kitchen driven by the compassion of generous community members. DON'YA Ukraine's Kitchen is even on *The Tomato's* 'Top 100 Best Things to Eat or Drink in Edmonton' in 2024 for their unique carpathian cabbage rolls.

"We didn't start as a business, we started as a story," said Moore. "By eating perogies, you're actually helping someone create a life here [and] you're helping a culture maintain."

BACK TO SCHOOL PHOTO RECAP

Campus life is alive and well. Here's some snaps from NAIT and NAITSA's welcome week activities. Got your own? Send them to info@thenuggetonline.com.



Back to school comes naturally to some of us.

Photo by Skylar Boissonnault



Making the first move is hard for everyone.

Photo by Ana Kostyrko



NAIT is all about making connections. People, networks, rows of 4.

Photo by Mathieu Durnford



Many people find quiet contemplation therapeutic.

Photo by Ana Kostyrko



We're screaming for more fun back-to-school activities.

Photo by Mathieu Durnford




Don't duck all your responsibilities. Only some. Photo by Skylar Boissonnault

MEET THE NUGGET EDITORS

These are the hardworking folks that make sure your favourite campus news gets brought to life each month. If you see them in the halls, say hi!

Name: Geono Aloisio




Position: Sports Editor

likes: music (in a snobby way), SNL, sports

dislikes: pineapple on pizza

+ no pineapple?!

Name: Skylar Boissonnault




Position: Photo Editor

likes: foxes, macarons, horror movies

dislikes: bananas, hummus, dolls

+ i could go for a macaron...

Name: Sukhamjit




Position: News Editor

likes: movies, reading, satire

dislikes: thinking of things on the spot

+ did he think of that on the spot?

Name: Jalyn Dalke




Position: Video Editor

likes: stickers, minions, video games

dislikes: people who don't know how to act in movie theatres

+ show up on time!

Name: Alleah Boisvert




Position: Senior Editor

likes: cats, eating noodles, laying in fields

dislikes: people who take up the entire sidewalk

+ move over!

Name: Taylor Hughes




Position: Social Media Manager

likes: animals, creating anything

dislikes: disliking things

+ disliked!

Name: Sanjyven Alfred Joseph



Position: Entertainment Editor

likes: soccer, food, breaking down rap lyrics

dislikes: lizards, mushrooms, cats

+ who doesn't like food?

Canadian slang you need to know: Not a bad idea, eh?

By Sanjiyven Alfred Joseph

We asked NAIT students to submit their favourite Canadian slang words to the *Nugget's* Instagram question box. Here is a list of slang words that are exclusively Canadian.

Eh

Eh is an expression used at the end of a sentence. It is usually said to agree with or confirm something. For example, "Connor McDavid can really play hockey, eh?"

Loonie

Calling someone a loonie in other parts of the world might get you into trouble. But here in Canada, a loonie has value. It refers to the Canadian one-dollar coin, which has a loon engraved on the reverse side of it, hence why Canadians affectionately call it a loonie. For those who do not know, a loon is an aquatic bird. If you are still following, we have killed two birds (not the loon) with one stone right here.

Toonie

Meet toonie, the loonie's more valuable sibling, the Canadian two-dollar coin. Bear in mind that to differentiate between a loonie and a toonie, the former has a loon on the back, while the latter has a polar bear on its reverse side. Add a three-dollar coin in the future, and who knows, we might have ourselves a Canadian BBL series: bear, bison and loon, that is.

Bunny hug

Canadians pulled the rabbit out of the hat with this one. Couples, this is not a romantic way of snuggling. Instead, in Saskatchewan, a bunny hug refers to a hoodie. Personally, it sounds more comforting to know that when the frostiness of winter approaches, you can depend on a bunny hug to keep you warm. Maybe Albertans should adopt this term during our bone-chilling winters?

Toque

It "toque" me a while to figure this out, but a toque is essentially a beanie or a winter cap. To me, a toque sounds more elegant than a beanie. Very demure, very mindful, very cutesy.

Tim's/Timmie's

You will hear this term used daily. If it were a person, it would probably be Canada's favourite child. Tim's or Timmie's is the nickname of Canada's very own coffeehouse, Tim Hortons. It is named after hockey legend Tim Horton, who opened the first outlet in Hamilton, Ontario. Throw a stone from wherever you are standing, and it will surely land on a Timmie's. If you are a coffee lover, be sure to order a double-double—another popular Canadian phrase which means hot coffee with two packets of cream and sugar each.

Darts

In Canada, darts refers to cigarettes. However, remember that NAIT is a smoke-free campus. So, if you need to hit a dart, aim for the bullseye, i.e., the designated smoking areas situated at the perimeter of the campus.

Give'er

Typically used in drinking and sporting situations, give'er means to give it all you've got or to go hard. It's basically the Canadian version of "let's gooooo!"

Two-four

Next time you show up for a party, be sure to bring along a two-four, which means a case of 24 beers. Just like that, you are two numbers away from a good time.

Mickey

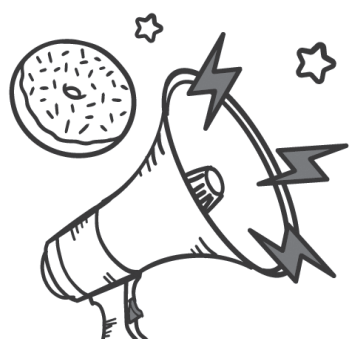
If you're more of a hard-liquor drinker, grab a small bottle of your favourite spirit, also known as a mickey.

Keener

When someone is overly eager or enthusiastic, that person is called a keener. If you followed the rap feud between Drake and Kendrick Lamar closely, depending on whose side

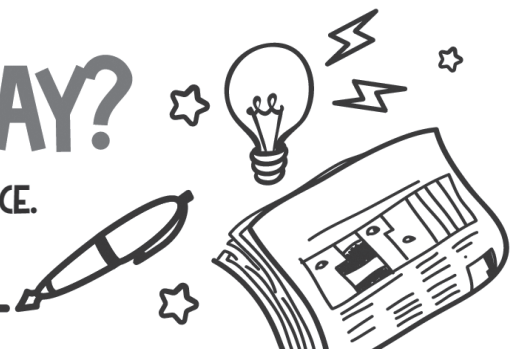
you were on, one might say that either of them were keeners...but only Drake knows the word's meaning.

So, go get your double-double, be a keener and grab a copy of the *Nugget*, which does not cost a loonie or a toonie. And don't worry, if you bump into me on campus and desperately need a bunny hug, I now know what exactly you are asking for.



HAVE SOMETHING TO SAY?

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A school full of stars

By Sanjyven Alfred Joseph

Just like you and me, these celebrities once walked through the famed doors of NAIT. Here is what the star-studded alumni had to say about their time here. (Disclaimer: no, these celebrities did not *actually* go to NAIT, and no, they did not *actually* say these things. But sometimes it is fun to pretend, okay?)

“Lining up at Tim Hortons in the CAT Building has taught me patience and perseverance, which I portrayed perfectly in the movie *Role Models*.”

-Paul Rudd

Geomatics Engineering Technology '12

“All those night classes at NAIT prepared me well for my role in *Night School*. Shoutout to the peace officers too, for accompanying tiny people like me back to our cars safely.”

-Kevin Hart

Culinary Arts '07

“Karaoke sessions at the Nest improved my on-stage presence for shizzle! New single with Dr. Dre dropping soon, entitled the Nest Episode.”

-Snoop Dogg

Architectural Technology '99

“I am Groot.”

-Groot

Business Administration '21

“I vowed to be that girl with the notebook who was never mean. Funnily enough, I starred in *The Vow*, *The Notebook* and *Mean Girls*. Who would have thought? Thank you NAIT!”

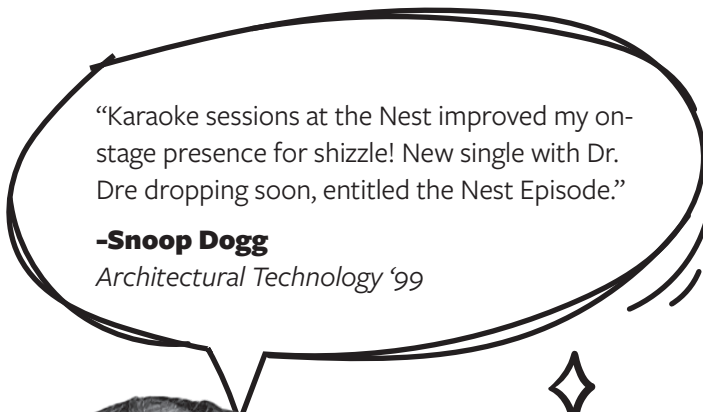
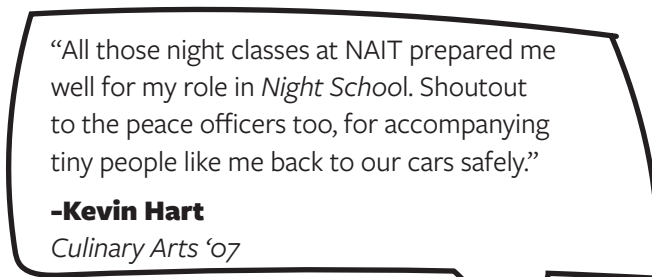
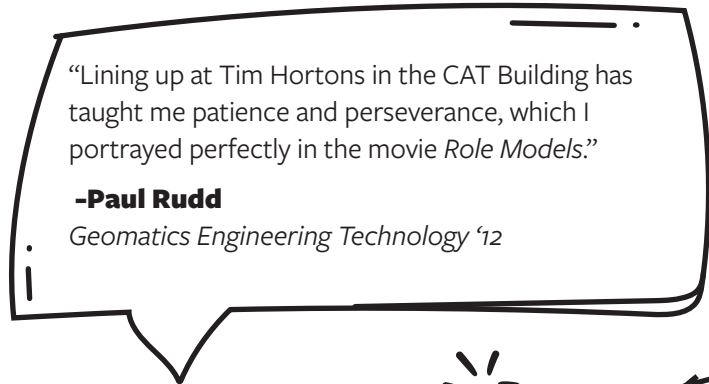
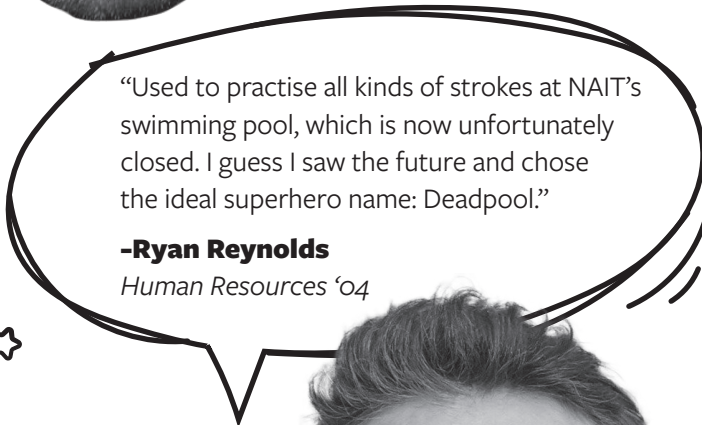
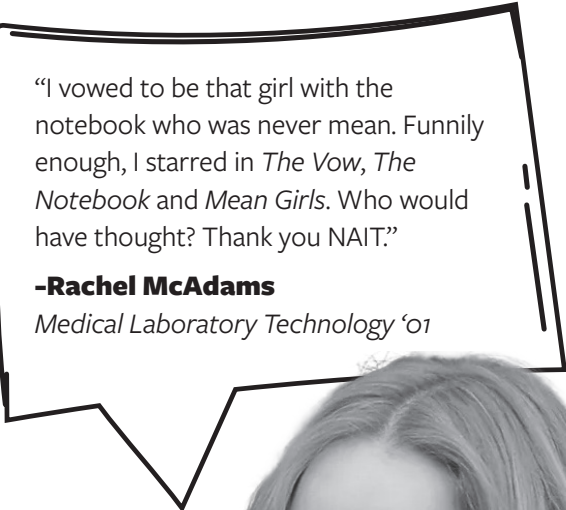
-Rachel McAdams

Medical Laboratory Technology '01

“Used to practise all kinds of strokes at NAIT’s swimming pool, which is now unfortunately closed. I guess I saw the future and chose the ideal superhero name: Deadpool.”

-Ryan Reynolds

Human Resources '04



NAIT's golf team 'hungry to start chasing for that silver and gold' in second season

By Geono Aloisio

The Oaks return for their second year on the Alberta Colleges Athletic Conference golf circuit, following a monumental inaugural season for the program. The new team on the block instantly impacted the course on both the men's and women's sides.

The men's team won bronze at the conference championships, and six golfers qualified for nationals. Michaela Kibblewhite finished 16th in a field of 19 on the women's side, and Mason Gorski finished 18th out of 56 other golfers on the men's side. He was also named the Canadian Collegiate Athletics Association Men's Exemplary Leadership Award winner for his "leadership and outstanding performance throughout the tournament."

The team's Head Coach Tyler Leicht believes the group is now ready to take the next step, explaining that the Oaks are "hungry to start chasing for that silver and gold" ahead of their second season.

However, the path to this point was one without a blueprint. When Director of Athletics and Recreation Jordan Richey announced the revival of the golf and cross-country program in 2023, NAIT had not competed in either sport for nine seasons.

The Oaks dominated golf in the past, winning nine titles from 1967 to 2003. But, Richey recognized that times had changed before the team's first campaign last year.

"The league's landscape has changed a lot ... basically, we're creating a program from scratch," he said.

With a clean slate and no recent experience to fall back on, Leicht mentioned they "surprised themselves" at points last season after entering a year in which their expectations were "unknown."

"We didn't know what to expect," he shared. "We kind of took everything day by day."

The team had a surprising first season. Three golfers finished in the top 15 or higher in every tournament en route to an appearance at nationals. Now, entering 2024, the bar has been set. Four new recruits will join the team this fall after the program's first recruiting campaign.

However, Leicht believes adding recruits to the team will help the program overcome the challenges that await them in 2024.

"We've got a lot of really good veteran players coming back to the team this year, and we've added some exciting new players ... we wanted to not only add good golfers but good people too."

"We were trying to create a really good team culture to build off what we started last year," Leicht said.

The team's impressive accomplishments from 2023 make this upcoming year important for their future goals, even though the program is only entering its second season. However, that hasn't stopped the club from setting higher goals for themselves.

Leicht sees the opportunity for the team to continue and significantly build on the momentum from last year. "We're excited to get going this weekend at our first regional ... expectations are high for ourselves on the team, and we are looking to have a really good season."

"I think we've only gotten better this year, which is expected ... we went



NAIT golfer Lexi Gedny at the ACAC golf regionals.

Photo via NAIT Oaks

to nationals last year, but I think we're looking for a little bit more this year ourselves."

The program will add another chapter to the golf team's story after its revival from a nine-year hiatus. While there still isn't a playbook for the Oaks to follow, the team will begin the journey to chase its first gold medal since 2003. Although the club is in its infancy, it has become one of the teams to watch in the NAIT sports scene.

Men's soccer team making strides early with 2-0 start to season

By Geono Aloisio

The men's soccer team kicked off their season the first weekend of September with wins over the King's University Eagles and Portage College Voyageurs, starting the year with a 2-0 lead.

The Oaks got on the board early in both games, scoring the first goal both times. NAIT battled with the Eagles throughout the second half, but the blue and gold prevailed in the end. Forward Markus Sperling found the back of the net twice in extra time for the team's first win of the year.

Their offensive success carried over against Portage College on Sept. 8. The Oaks scored two in the first half and never looked back, adding another goal in the second to shut out the Voyageurs 3-0.

Head Coach Jeff Paulus was "delighted" by his team's effort as they wrapped up their first weekend of action at the top of the standings.

"We had a great start [against the King's University] and had a fantastic first half," Paulus said. "We allowed King's to stay in it by being up 1-0, and then they came on in the second half."

"Then, in the last 10 minutes, Markus Sperling took over the game and scored two ... yeah, an emotional win as well, full of passion, so we are buzzing. This roster is a very good roster."

The early wins are even more important considering how the team's 2023 campaign ended. The team went 8-2-2, finished second in the division and had two of the conference's top 10 scorers. Despite their strong start, the Oaks were bested by the Huskies when it mattered, and finished the season without the gold for the fourth consecutive season.

The season wasn't all bad; Paulus called the loss a "learning opportunity." Entering the 2024/25 season, the Head Coach is optimistic about his club's chances at redemption.

"We feel that the squad depth this year is very deep, probably the deepest we've seen in our school in years," said Paulus.

"That being said, we have 10 first-year players, but their technical levels are very high ... we think we will be a team that will be quite difficult to break down."

The Oaks lineup features eight new players. They lost several players to graduation, including All-Conference Defensive Back Javier Cassie.

While losing an important player like Cassie can be difficult, Paulus is confident the team can step up in his absence.

"We've been fortunate to recruit three defenders who are all able to start at the Alberta Colleges Athletic Conference (ACAC) level," explained Paulus. "So while we can't replace [Cassie], what we have done is really strengthen the back



The men's soccer team poses for photos on their media day.

Photo via NAIT Oaks

line with these young players."

"I think overall we're excited with this new back line."

Just 11 players will return from last season—including reigning ACAC Player of the Year Peter Jones—as the 2023 silver medalists reload for another season with a chance to break their four-year championship drought.

While the season is young, the expectation for the Oaks entering the 2024/25 season is clear: reclaim their lost top spot and former glory.

"We have an expectation to be in the [ACAC] final ... That is our goal every year: to get to nationals," Paulus said. "Because we feel every year that we are at least one of the top teams in the conference."

"Back when I first coached here [at NAIT], there were only a couple of schools that really came into a season with an opportunity to win it, and now it's everybody."

Those first two wins will play in the team's favour as the short 12-game soccer schedule ramps up over the coming weeks. The club intends to use the early lead in the standings to its advantage as they start the quest for banner number 12 in 2024.

"Being at the top of the table means that at this point, right from the get-go, everybody else has to chase us, and that's a nice place to be," Paulus said. "We're in the position now where teams are looking at us thinking, 'Well, we can't fall too far behind.'"

"If we can win against Concordia, that sets us up well going forward."

POV: You're a starving wasp at a late summer family BBQ

By Alleah Boisvert

The hot, sticky August heat feels heavy on my wings as I fly through the field. It's nearing late afternoon, and I am tired and desperate for food. Through my compound eyes, I spot a group of the large, hairless animals my kind has grown to despise. My antennae sense the high-pitched sounds coming from their strange faces. These ones are smaller, easier to prey on; but it's not them I want. It's the sweet-smelling, brightly coloured substance they're holding. It's dripping onto the pavement. Suddenly, I am dizzy with desperation.

My colony has enjoyed an increase in the little green insects this year, and our Queen has been fully satisfied. Our hive is at its peak, bigger than ever before. Us workers have been bringing protein to the colony's larvae, and in return the offspring provide us with their addicting, sugary secretions. But the increase in larvae now means more adult wasps, and workers like me have no place to go; no one left to feed. It is every wasp for itself.

I feel my body growing weaker... I know it's only a matter of time before the leaves fall and my life comes to an end. I don't care anymore, I have no one left. Food sources are scarce, but these little animals playing on the rainbow-coloured structure seem promising. There is food everywhere. It no longer matters if I live or die, and I'd rather die satisfied. I'll do anything I can to feed on whatever these animals are eating.

I zip towards a picnic table, examining the fresh meat, fruit and sweets the big, weird animals have left out. There are other workers here trying to get their fix. The large animals swat us away, and I see one of my comrades fall to the ground. Now I'm starving and angry. It's my time.

I fly towards the smaller animals, causing them to scream and scatter. I single one out, attempting to land on the surface of the substance I am so desperate for, but I feel something smack me and I am suddenly caught under the fabric on this creature's body.

I must sting.

The creature screams, and I escape.



They are still holding the thing I want... the thing I need. I sting again, and the pink substance drops to the ground. Finally.

As my comrades and I gather on the concrete to suck up the sugar, I feel delirious with relief. I cannot stop drinking, and in this moment, nothing else matters. A large shadow approaches, getting closer and closer, but I cannot stop, nor do I care to. There's a crushing weight, and my antennae sense other workers flattened around me. My wings weakly flutter as I lay in a pool of sugar, and as the life leaves my body, I think of my Queen.

3 1 h 7 9 SUDOOKU 5 2 8 6

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HARD

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Quiz Quarter

What procrastinator are you?

1. Your instructor assigns you a project that is due at the end of the semester. When do you start it?

- Two days before it's due. You had about eight other projects to think about. They had later due dates, but whatever.
- A couple days before it's due. You work better under pressure.
- About three weeks before it's due. You spent too much time stressing about the perfect idea.
- The night before. You've got a lot on your plate.

2. Your friends want to hang out, but you really should study. Do you go?

- Yes, you need some stress relief.
- Absolutely! Hanging out with friends will give you the energy you need to study.
- No way, you have notes to colour-code and you just got new highlighters.
- Boo, studying. Yay, friends!

3. How often do you find yourself starting assignments over?

- Never, because you take too long to start that you don't have time to start over.
- You don't need to start over; you're fine with whatever grade you get. C's get degrees!
- More than you can count. It needs to be perfect!
- You find it difficult to focus on one thing at a time. You don't start over, you just switch to another project.

4. How do you participate in group projects?

- You let someone else lead. You want to be told what to do.
- You'll get your part done at the very last minute, and you definitely don't respond to group messages.
- You're the leader. You're not letting anyone else impact your grade.
- You'd rather ask the instructor if you can do it on your own.

5. Your instructor leaves you more feedback than normal on an assignment. How do you react?

Mostly A's: Overwhelmed

You get stressed easily, and there are always so many things to do. You have great intentions but can't seem to keep up. You've tried all the hacks, but when it comes down to it, checking things off your list just makes you feel paralyzed. Has anyone ever told you that you might have anxiety?

Mostly B's: Thrill-seeker

Submitting things at the last minute gives you a rush, and you genuinely believe you do your best work under pressure. Deadlines are just a suggestion to you. You're not in it for good grades, but for having as much fun as you can before you go. As long as you graduate, you're happy. If it's working for you, great. If not, try forcing yourself to start something more than 24 hours before the due date.



- You start reading, but it just stresses you out. There's too many things to fix.
- You don't read it. You already know what you need to fix but don't really care.
- You read it all, very thoroughly. And make notes of what needs to change on the next assignment.
- You glance at it, but avoid thinking about the mistakes you made. What does that instructor know anyways?

6. Where do you like to study?

- Somewhere absolutely silent. Too much noise makes you lose focus.
- Outside the classroom, 30 minutes before the test so you don't over-study.
- In one of the study lounges so you can have an entire table to yourself. You need room for your pens, highlighters and other essential supplies.
- Studying is hard, but playing video games is easy. You'd rather do fun things!

Mostly C's: Perfectionist

The opposite of the thrill-seeker, you care too much about your grades. To the point that it's making you procrastinate because nothing is ever perfect enough. You might feel the need to impress your parents, your instructors or maybe just yourself. You spend a lot of time thinking, but not enough time doing. Take a deep breath—it's all going to be okay.

Mostly D's: Avider

Let's face it: doing homework isn't fun. You'd much rather hang out with your friends, play video games, go for a drink or pretty much any other activity. It's not that you don't want to do good, but you definitely prioritize fun. Plus, you don't want to feel judged by your friend group when you inevitably mess something up.

THE ANSWERS YOU NEED ON THE NUGGET ONLINE.

(if what you need is answers to sudooku)





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