



THE SHEAF PUBLISHING SOCIETY

The University of Saskatchewan's main campus is situated on Treaty 6 Territory and is the homeland of the Metis

Visit us at
thesheaf.com | @usasksheaf

YOUR UNIVERSITY OF SASKATCHEWAN STUDENT NEWSPAPER SINCE 1912

Intramural Leagues: A Great Way to Meet New People, Take a Break, and Get Active

Listen to fellow USask students share more about their experience with the intramural leagues available on campus.



Corn hole | Campus Rec USask Facebook page

Darshana Lanke

Campus Recreation offers students a variety of physical activities to meet new people and get active. From clubs to classes focused on teaching new players the sport, there is something for everyone. If you enjoy team sports, keep reading to learn more about the intramural leagues.

There is a diverse set of sports offered through the intramural leagues in the Fall and Winter terms, with different levels of play to meet students' personal goals and interests. Fall sports include touch football, soccer, ultimate frisbee, spikeball, hockey, slo-pitch, basketball, volleyball, dodgeball, squash, tennis, innertube water polo, pickleball and

badminton. In the Winter, basketball, dodgeball, volleyball, futsal, innertube basketball, curling, hockey and badminton are offered.

There are two different levels of play, recreational and competitive. Recreational leagues are ideal for students looking to have fun and meet new people, and it's recommended for those who are new to the sport. Competitive leagues are meant for students who enjoy not only playing the sport but also winning the games. There are women's, men's and CoRec leagues.

Georgia Heilman, a third-year Cellular, Physiological, and Pharmacological Sciences major has been a part of the

intramural sports since she started her first year of university. She has enjoyed playing slo-pitch, dodgeball, and basketball.

Growing up, Heilman played sports within and outside of school and decided to join intramurals as she missed that "aspect of [her] life after entering university," she explained. Her favourite part of intramurals is "getting to be social with my friends, while also exercising and being active in a fun way." She says it's "[a] lot of laughs!"

Pushpita Bhowmik and Caden Snow are dodgeball teammates of Heilman. Bhowmik is in her last year of a Biomedical Science degree minoring in Philosophy, while Snow is in his 3rd year of Electrical Engineering.

In the intramural leagues, Snow has played basketball, been the captain of their dodgeball team for the past two years, and is also captaining a water polo team this year. Snow explains that dodgeball was his favourite part of gym in high school. He says, "When I heard that they had leagues [for dodgeball], I was like, okay, I have to do that." He continues by saying his interest in trying water polo this year arose from thinking "it would be fun to use the pools," as he has "never actually been in the pools here."

Bhowmik, having also played dodgeball and wanting to try water polo in the leagues, echoes this sentiment of enjoying dodgeball in high school and wanting to socialise with friends. "I think it's all about trying new things and learning something you haven't tried before," she said.

Bhowmik also says there are many reasons why she loves the intramural leagues. Initially, she liked the time it gave her to have fun with her friends, and as she got more involved she enjoyed meeting new people not only on her team but also on the teams they played against, as well as learning new strategies. She says, "I feel our team picked up on strategies too—this is what we're gonna do next game, this is what we like. We started watching YouTube videos too, and were like this is really cool, we should try it next time."

Snow says his favourite part of the dodgeball league is playoffs. He enjoys the competitive aspect of sports, playing against the best teams and wanting to win. "I kind of lost that when [I] age[d] out of those younger divisions, and then with the playoffs, you get that [competitiveness] back," he explained.

Snow explains despite his heavy workload of engineering classes, being captain of his league teams is a way to clear his head, refresh and take a break from his books. He goes on to say how this break helps him study better.

Bhowmik reflects on her time playing in the intramural leagues with gratitude towards Campus Rec for providing the space and tools needed to play, saying, "I think it's cool and a great opportunity that Campus Rec even lets us do that type of thing"

If playing in the leagues interests you, Snow says registration is fairly straightforward.

Continued on page 9.

What is the University Student Council?

Most University of Saskatchewan students are familiar with the USSU, but the role of its complementary body, the University Student Council, is lesser-known.



2024/25 University Student Council members | USSU Instagram

Norah Jacob

Many people are aware of the University of Saskatchewan Students' Union (USSU), the official voice for students at the university. Many of you will also know of the USSU Executives; and if you don't, we published a detailed article you can read that goes in depth about each member. However, few people know about the University of Saskatchewan's University Student Council (USC), which plays a crucial role in advocating for and representing the student body.

The USC ensures that student voices and concerns from individual colleges and groups are heard and addressed within the broader university governance framework. Understanding its structure, responsibilities, and significance will allow students to utilize the council to advocate for them.

Every year in March or April, students from constituencies across the University of Saskatchewan will have the opportunity to elect members to the USC. Those elected are known as Members of Students' Councils (MSCs) in their college's student unions, and they serve a one-year term on the USC beginning in May and ending the following April.

The role of MSCs is to act as a liaison between the members of their college's student body and the broader university administration. While a constituency's specific student association is far better at addressing concerns within their college, the University Student Council focuses on issues that go beyond that and may affect the student body as a whole. Members of Students' Councils are expected to actively engage with their respective constituencies, listen to concerns, gather input and communicate this information to both respective student unions and the USC. They also collaborate with fellow council members to discuss and deliberate on key issues affecting students and advocate for solutions that will align with the interests of their colleges.

So, what does this entail? The USC is responsible for a wide range of duties that impact undergraduate students. One of these responsibilities is passing the annual budget for the USSU, which outlines where student fees are allocated and funds student services, advocacy initiatives and campaigns to address student concerns.

University Student Council members work closely with the USSU Executive Committee, consisting of four elected

officials (one president and three vice presidents). They frequently engage in conversations with university administrators, government officials, and representatives from services such as StudentCare or Transit. Together, the council, executives, and other staff collaborate to promote the welfare of undergraduate students, addressing concerns about tuition fees, academic policies, campus facilities, and student services.

Beyond budgets, the USC also establishes policies and directions for the USSU. This includes standing on committees, boards and other bodies that address specific areas of student life, such as academic affairs, campus safety and mental health. These committees take a more focused approach to reviewing issues, policies, and concerns that affect students by providing recommendations to the broader council. The committees often include university administration and other governance officers as well as Students at Large, who are not MSCs but any undergraduate students who want to be involved in student governance.

In total, there are 11 committees, each focused on common issues that affect university students. The committees

include: the Academic Relations Committee, the Advocacy Committee, the Campus Group Committee, the Code of Ethics and Disciplinary Committee, the Elections Committee, the Finance Committee, the Governance Committee, the Indigenous Student Advisory Committee, the International Student Advisory Committee, the Student Life and Sustainability Committee, and the Student and City of Saskatoon Connection Committee.

USC members must regularly report back to their constituency groups to make sure that the students of the smaller unions they represent are kept informed of the council's work, and allow them the opportunity to provide feedback or raise additional concerns.

The USC's most important work is advocating for student interests, particularly in addressing issues that directly affect students' academic and social experiences at the university. Over the years, they have been involved in a wide range of advocacy initiatives, including lobbying for affordable tuition, improved mental health services, enhanced campus safety measures, and increasing support for marginalized and international students. For example, the USC played a key role in the implementation of StudentCare and the UPass.

Currently, the University Student Council is often involved in discussions regarding increased university services, understanding why tuition is increasing and how to prevent it, and the implications of provincial and federal changes to post-secondary education institutions.

While they have made large strides in the past, the council faces several challenges as it strives to represent a diverse and constantly changing student population amidst turbulent times. Ongoing issues the USC deals with include the welfare of students which encompasses the growing rates of tuition, food insecurity, and housing costs.

Continued on page 9.

Truth and Reconciliation Day: History and Reflection on the 94 Calls to Action

Annually, September 30th marks a reminder of the painful legacies of residential schools.

Dori Sutherland

In 2008, Canada's Truth and Reconciliation Commission (TRC) was established as a result of the Indian Residential Schools Settlement Agreement, the largest class-action settlement in Canada to date. The involved parties established the commission to document the impacts of residential schools on Indigenous people and to bring this part of history to light for a Canadian public who were largely in the dark.

Residential schools are a dark reality of Canada's history and are just one of the many assimilation tactics used historically by Canadian institutions to oppress Indigenous Peoples. Operating for about 160 years between the 1830s and 1996, these institutions predate Canada's confederation. Over 150,000 students are estimated to have been enrolled nationally.

Actual education in these schools was kept to a minimum. The curriculum was basic and largely impractical to students and taught in a language foreign to them by generally underqualified staff. Intended for assimilation, the residential school system often forced students away from their families, stripped them of their possessions, and prevented them from speaking their language or taking part in traditional practices. In some schools, students were forced to do manual labour, while in others, they were forced to participate in nutritional experiments.

Many students were physically, emotionally, and sexually abused. Over 4,100 students are officially recorded as having died during their time at these schools, with estimates positing that 6,000 was the actual number of deaths.

After six years of travelling across Canada, hearing from 6,500 witnesses, holding seven national education events, and collecting over five million records to be archived, the TRC's work to document the history of residential schools culminated in 2015 with its final report, notably containing 94 Calls

to Action to "redress the legacy of residential schools and advance the process of Canadian reconciliation."

The first 42 of these are Legacy calls, aimed at amending the impacts of colonial violence still felt today, while the other 52 Calls to Action outline reconciliation actions. Most of these calls target the federal government but they also call upon provincial, territorial, and municipal governments, broadcasting agencies, universities, the

was passed unanimously by parliament in June of that year. The date was chosen to coincide with Orange Shirt Day, a movement which started in 2013 in response to Stsweccem'c Xgat'tem First Nation member and residential school survivor Phyllis Webstad's stories of trauma from her time in the school system when she was six years old, including painful memories of staff taking her brand new orange shirt her grandma had gifted her, never to be returned.

Update report estimated that only 13 of the 94 Calls to Action could be considered completed, meaning that they have been fully implemented nationally by all organizations that the TRC referenced. Just three of these were Legacy calls that address modern structural violence faced by Indigenous Peoples in Canada.

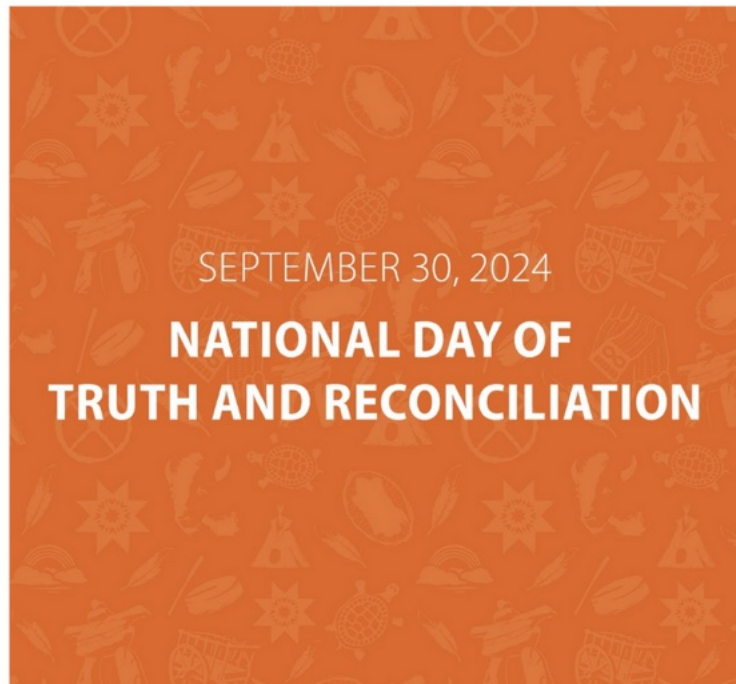
During the five years from 2019 to 2023, that the researchers published their reports, they tracked a total of seven newly completed Calls to Action. Three of these, including the assent of Bill C-5 to create Truth and Reconciliation Day, were completed within three weeks in response to the discovery of the suspected graves in Kamloops, which had sparked international outcry. This represents the highest number of completions in a single calendar year within the five years that the Yellowhead Institute tracked.

In 2015, then soon-to-be prime minister Justin Trudeau affirmed the Liberal Party's "unwavering support for the TRC's recommendations," and called on the Government of Canada "to take immediate action to implement them."

Jewell and Mosby have since discontinued their accountability report, noting that "there is a limit to how much we can analyze nothing."

In her 2024 brief *A Decade of Disappointment: Reconciliation & the System of a Crown*, Dr. Jewell describes how the revelation of these suspected unmarked graves and the resulting international outcry led to the symbolic "Reconciliation Dial" being cranked to the max as the federal government and Canadian public was forced to reckon with the brutality of residential schools. This begs the question – how traumatic and shocking of a revelation is required to actually catalyze reconciliation action at a national level?

Continued on page 5.



National Day of Truth and Reconciliation Image | USask Instagram

church, and other Canadian institutions to take initiative.

Amongst these reconciliation Calls to Action was number eighty: "We call upon the federal government, in collaboration with Aboriginal peoples, to establish, as a statutory holiday, a National Day for Truth and Reconciliation to honour Survivors, their families, and communities, and ensure that public commemoration of the history and legacy of residential schools remains a vital component of the reconciliation process."

The first Truth and Reconciliation Day was observed in 2021 after Bill C-5

The motion to include Truth and Reconciliation Day as a statutory holiday was swiftly passed by Canada's legislative assembly in 2021, following the discovery of over 215 suspected unmarked graves outside Kamloops Indian Residential School in May. The bill was fast-tracked a day after the revelation by the House of Commons and passed into royal assent by the Senate six days later. This efficient motion towards a reconciliation is an exception, not the rule.

In December 2023, researchers Dr. Eva Jewell and Dr. Ian Mosby at the Yellowhead Institute in their yearly Calls to Action Accountability Status

The USask Aeronautics Club Soars After 4 Years

club and their exciting upcoming endeavors.

Francisca Lopez Molina

While touring a laboratory during a first-year General Engineering course, Alex Morrison and Adam Lund, now second-year mechanical engineering students, heard a professor casually mention the previously defunct Aeronautics Club.

“[Lund] had mentioned about three weeks prior that he wanted to build a plane,” explained Morrison, the President and Aerodynamics Team Lead of the USask Aeronautics Club. Thus, Vice-President Lund was instantly hooked; “It just clicked altogether — let’s start that again.” After a meeting with the Head of the Department of Mechanical Engineering, Dr. Scott Noble, the plan was set in motion. “[Noble] gave us the space to do what we’re currently doing and from there, we went into the woods,” said Morrison.

The team was officially formed last year in November and currently consists of around 20 members including eight Executives. They’re sponsored by the University of Saskatchewan, the Regina Flying Club, Saskatoon Techworks, the Association of Professional Engineers and Geoscientists of Saskatchewan and the Saskatoon Engineering Students’ Society. They’ve previously been sponsored by the Experimental Aircraft Association Chapter 154 and the Prince Albert Flying and Soaring Club.

The university has had at least two iterations of an Aeronautics Club that have been in competitions dating back to the 1980s, explained Noble. Even though he wasn’t a faculty member at the time, having joined in 2007, Noble was around for the re-establishment of the team in the early 2010s and the end of their in-person operations in 2020. Although the team attended a virtual competition in 2021, the pandemic had already done its damage. “We were down to our core members over COVID-19, and it was really hard to keep recruitment up,” explained Kaitlyn Baron, a USask Engineering alumna who was involved with the club for four years. Between the fourth-year students

at the time being busy with their Capstone projects and internships, and the team being unable to attend competitions because of the pandemic, Baron explained that the previous iteration of the club struggled to recruit new members.

“A lot of student teams and organizations took a hit with COVID-19,” Noble expressed about the previous team. “People graduating, [clubs] lose the institutional memory — it can be hard to keep going.” So, when Morrison and Lund approached him about re-starting the club, Noble says all he tried to do was be “a voice of encouragement, [providing] support and helping them make connections that they otherwise wouldn’t have known to make.”

The Aeronautics Club consists of an Aerodynamics Team, a Fuselage Team, and a Power and Propulsion Team. The three teams work together to design, build and test remote-controlled aircraft that compete against other universities to see which can lift the most weight.

They have been designing their newest aircraft since February and began building it in August. “Construction went better than expected,” said Morrison, explaining that they anticipated more significant and catastrophic issues. Power and Propulsion Team Lead Faith Hryb, Morrison, and Lund agreed that “it went much further than we thought it would,” and they were “incredibly happy that there is even a chance it will fly!” Their test flights, held on September 17 and 29, were a success. With a wingspan of three meters, they ultimately hope to take the plane to Fort Worth, Texas, to compete in the Society of Automotive Engineers Aero Design Competition next May. After the test flights gave them a better sense of which areas to improve upon, they’re expecting the seven-pound plane to be able to carry 20 pounds. The last in-person competition the previous iteration of the club attended was in 2020, less than a week before the COVID-19 restrictions were put in place. Baron explained the 2021 virtual competition involved presenting the



The USask Aeronautics Club's latest aircraft in their September 17 Test Flight | Kevin Bates, RC Club

design of a plane but not building it.

The strengths of the club do not lie solely in building planes. Morrison explains they also seek to provide engineering students with the practical experience they would encounter in an industry position. He voiced that engineering students “are doing a lot of theory in their classes, and they’re doing a lot of technical work around how things are supposed to work, but in the real world, when they get a professional career, they’re going to need to take those ideas and be able to apply them more broadly in a project setting,” and this is exactly what they are aiming to do. They also noted that there are opportunities for non-engineering students wishing to participate in technical projects and that the club is a valuable way of having engineering and non-engineering majors interact and see how technical roles differ from non-technical roles.

“Any of these kinds of activities are fantastic — they teach students things that we really can’t teach in class,” said Noble about student-led clubs. Besides gaining leadership skills and working together in a different setting than classes and laboratories, Noble mentioned that “[students] get to take and apply the things we can teach them to a real problem and get that experience, and make connections in industry.” He also mentioned that the benefit of exposing students to industry extends to the university as well, raising its profile as an institution.

Baron was involved with the club throughout her entire undergraduate career, first as the secretary for a year and later as the technical director for three years. “[Joining the club] was quite possibly the best decision I made in my undergrad,” she said. “It gave me another community to be involved with — I had upper years to bother for

“The opportunity of mentoring and having peers who are a year or two ahead of you, who can give you tips and pointers on classes that you’re struggling with because they struggled with it just recently — it really helps.”

Defunct

Members of the University of Saskatchewan Aeronautics Club discuss the

homework, and I had something to do that felt really meaningful in a way that a lot of our classes don't feel like until you get later on in your degree." Baron pointed out that she learned a lot about engineering, social and leadership skills, and project management from her time on the team.

The three aspiring engineers have had quite a pleasant experience since the formation of the club 10 months ago. Hryb, currently a second-year chemical engineering major in the process of switching to mechanical, stated that a major bonus of joining the club is getting hands-on experience with activities such as wiring and woodworking, and that she's had a very positive experience. Lund echoed this sentiment, explaining that his

experience with the team has also been very positive and that "everyone there is a joy to be around." In turn, Baron said this team is "super organized, super dedicated, and are doing some really great work," and that "the hardest part about doing these design teams is not the design work, it's the logistics [needed] to actually make the club run — and they're really excelling at that."

Morrison pointed out that "everyone who is at the team really, truly wants to be there and really, truly believes in what they're doing," and singled this out as one fantastic feature of the club. He explained that it is easy to imagine bleak prospects of what life will be like in industry after participating in a class group project where you're pulling

everyone's weight — being part of a team where everyone is passionate about the work can help dismantle these conceptions, which are often untrue.

In a mentorly fashion, Noble also explained how he believes clubs help build a community by bringing students together. "Especially for younger students, there aren't many opportunities to interact with senior students outside of these sorts of activities," he said. "The opportunity of mentoring and having peers who are a year or two ahead of you, who can give you tips and pointers on classes that you're struggling with because they struggled with it just recently — it really helps." Meanwhile, Baron explained that joining the Aeronautics

Club provides you with the opportunity to make a difference from day one.

For anyone interested in learning more or joining the USask Aeronautics Club, their website (<https://usaskaero.ca>) has registration forms and information regarding their teams, members and sponsors. Hryb enthusiastically said that another way of getting started with the club is talking to any team members if you recognize them in the hallways.

The team holds weekly meetings on Wednesdays at 5:30 p.m. in the Hardy Lab (Room 1A54, Engineering Building), where everyone is welcome to attend with no prior sign-up required.



Left to right: Adam Lund, Faith Hryb, and Alex Morrison at their September 17 test flight | Kevin Bates, RC Club

Truth and Reconciliation Day

Continued from page 3.

Although September 30th has already passed, take some time to reflect on what it means to you. Truth and Reconciliation Day isn't just another day off - it represents a commitment to reflect and reconcile. It is one of 94 Calls to Action that the Canadian public has been called to, and one of only 13 that have actually been fulfilled, so Canadians should make good use of it.

While it is valid to criticize Canadian institutions for failing to adequately implement the TRC's recommendations, it is still the collective responsibility of Canadians to make completed Calls to Action count. This includes using Truth and Reconciliation day to actually further reconciliation by learning, volunteering, and advocating. Students

may not have much decision-making power in Canadian institutions, but they are still part of them and are more than capable of influencing change.

Listening to Indigenous voices to guide you, use your voice, your vote, and your dollar to tell the people in charge that 13 out of 94 isn't good enough.



Find light in the darkness: The Burnt Thicket Theatre brings *Every Brilliant Thing* to the Refinery

For one week only, experience a new way of understanding depression through comedy.

Laila Haider

All across North America for the last 34 years, the first week of October has been observed as Mental Illness Awareness Week. From the first to the seventh of October, institutions and people across the continent make great efforts to raise awareness about the realities experienced by people suffering from mental illnesses and provide resources to those in need. On the 10th of October, World Mental Health Day, millions around the globe promote the importance of taking care of your mental health and reducing the stigma around mental illness.

Dealing with mental illness is not as uncommon as some of us may think. The Centre for Addiction and Mental Health states that during any given year, 20% of Canadians will experience mental illness.

Thousands of people across the country struggle with their mental health and well-being every single day. The importance of awareness when it comes to mental illness and suicide cannot be understated, especially when nearly everyone in Canada has been affected by them in one way or another.

No matter how dark life may seem, there will always be light on the horizon. It's our job to be that light for those who need it when we can, so all they have to do is move towards it.

This month, the Refinery and the Burnt Thicket Theatre will bring to life *Every Brilliant Thing*, a powerful and witty stage play about suicide prevention and the struggles of mental illness, through the eyes of a child.

Written by Duncan Macmillan and Jonny Donahoe, this award-winning comedy reframes the way we look at mental illness and the effects it has on day-to-day life. It manages to deal with sensitive subject matters in a light-hearted way that brings hope to anyone who has dealt with or is dealing with similar situations, through witty writing and audience interaction.

Directed by Stephen Waldschmidt and starring Sarah Robertson, the play follows a child whose mother suffers from chronic depression and attempts to take her own life. The audience watches through the narrator's naive lens as she copes with the trauma that the event left her with.

In an effort to help, Robertson's character writes a list of every brilliant thing, everything in the world she can think of worth living for, and shares it with her mom. She extends her hand in the only way she can come up with as a seven-year-old girl — by looking on the bright side.

As the narrator grows, the list grows with her, and her relationship with it and the rest of the world evolves into something complex and recondite. She reflects on her experiences with death, and how her mother's mental illness affected her. We see how her conceptions of life, happiness, and mental illness change as she goes through the highs and lows of adulthood.

While the narrator's blunt nature and whimsical way of speaking might make some a little wary of accepting the play's message, it opens the doors for audience members to approach subjects they may have once deemed taboo. Describing the effects of parental mental illness on children using comedy might thaw the ice around people's unease, allowing for more productive discussions on the topics and hopefully contributing to ending the stigmas around them.

Even if the method seems absurd, by talking about these difficult subjects using humour, *Every Brilliant Thing* works to provide relief to people that are struggling with their mental health, either by making them laugh or by making those around them understand the realities of mental illness. It's silly and gut-wrenching at the same time, much like life can be at times.

The narrative follows a story of hope and realism through a solo performance

that has captivated audiences across Canada for years. It brings people to tears of laughter and grief, showcasing an incredible moral to any that may need it: Don't give up hope, even in the face of challenges that seem insurmountable.

The tone of the production is colourful and bright despite the weight of its subject matter and it's in that juxtaposition that audience members are given the opportunity to reflect on their own experiences with mental illness and reframe how they look at life.

It tackles hard-to-discuss, gritty issues like depression and suicide in a unique way while driving home the message of suicide prevention and hope. Audience members will be sure to walk away with a better understanding of what thousands across the country and millions across the world have dealt with and are still dealing with.

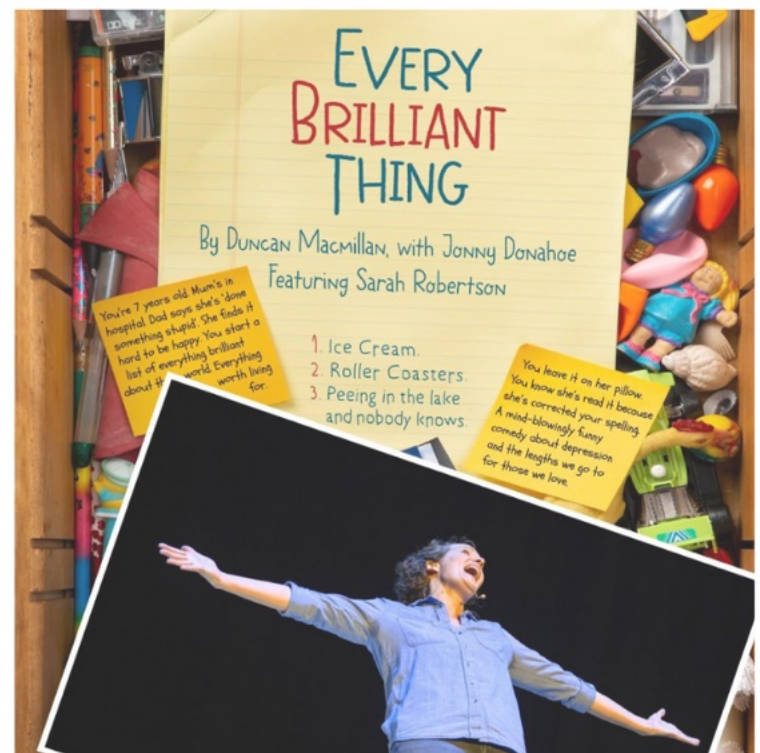
Every Brilliant Thing is an incredibly eye-opening and hysterical play that puts its message in the audience's hands and lets them decide what to do with it.

It shows them that no matter how small an act of help may seem, it can move mountains off of someone's shoulders, even if you don't see it. No matter how small a joyous thing might seem, it can still serve as a guiding light for those feeling lost.

We have the power to make life easier, for ourselves and everyone around us. All we need to do is reach out and make the connection, especially when it could mean the difference between life and death.

And to those who find themselves seeking light in dark times: Even when the world seems hopeless, there is joy all around you. Just like the narrator's list says, you might find it in the form of "ice cream, roller coasters, [or] peeing in the pool when nobody knows." You just need to look for it.

Every Brilliant Thing featuring the talented Sarah Robertson comes to the Refinery for one week only, thanks to the Burnt Thicket Theatre. Be sure to check it out before it's gone, from October 17th to 20th.



Every Brilliant Thing Promotional Poster | Burnt Thicket Theatre

Far From Home: Homesick Edition

How to battle homesickness like a pro, from one homesick fella to another.

Nicole Ikenna-Mbaekwe

I moved to Canada two years ago to pursue my Bachelor's degree at USask. I was young and scared, but I also felt a sense of freedom. It was exciting that I not only got to move out at such a young age but to the other side of the world? Pinch me now.

It felt like I was in a coming-of-age movie, with my suitcase packed, goodbyes said and ideas for how I would decorate my girly apartment tucked away in my notes app. I remember my mum asking me if I was having second thoughts, and whether I was scared to leave. "Yes, I am scared. But it has to be done," I replied while giving her my most somber expression, imagining the soundtrack of *Into the Wild* playing as she hugged me goodbye.

My first four months in Saskatoon were rough. I arrived on New Year's Eve in the peak of winter. I lived with a woman who was separated from her husband in a nice neighbourhood on the North end. It took me 20 minutes to walk to the bus stop to get to school.

I learned to use the bus on my own. I learned to cross the streets on my own (in Nigeria we just run across and pray we don't die). Eventually, I learned to cook my own food, pay some of my bills and make my own decisions.

It has been a difficult journey, one that still has many chapters ahead. For anyone new to the city or fellow international students struggling, I have some tips to help you feel less homesick. I'll be honest, nothing really cures homesickness except going home, but these things help me feel less alone.

Call your family regularly

Out of the 639 days I have been in Canada, my mum called me every single day, with a few exceptions. Knowing I could talk to her at the end of the day eased my anxiety and kept me centered.

Establishing a routine of regular communication with someone helps you stay grounded. This can be anyone

from home: your family, friends you wish to connect with more or even friends you've made here in Canada.

Although I would recommend talking every day and discussing the day's events, if your schedule doesn't allow for that, reaching out every other day or on weekends can still be beneficial. The key is to have someone you trust and connect with and be there for them as they would for you. (Fun fact: my mother is calling me as I write this!)

Form a support group

If you are a newcomer or in your first year of university, it's likely that you haven't found what I like to call "forever friends" yet. These are people who you feel comfortable sharing uncomfortable experiences with, confiding in and being supportive of. My friends have been my second family here in Canada. Some of them are international students and we bond over our shared experiences.

Forming a support group involves outlining your most important values in a friendship. These are qualities you would not want to compromise on. They serve as a blueprint for how you would like to be treated, and how you treat others.

The next step would be to put yourself out there. Take baby steps. I remember rushing up to a girl and asking her

countless questions in an attempt to be friends, even though I could tell she wasn't interested. As a result, I scared her off.

Baby steps mean setting goals to talk to at least one new person every week. I learned this from the book *Never Eat Alone* by Keith Ferrazzi and Tahl Raz, which is all about making friends. I highly recommend giving it a read.

Be confident, and be true to yourself. There's no need to put up a fake persona (which I have done) in an attempt to make connections; they can't be your forever friend if the friendship doesn't last... forever.

Lastly, don't be disappointed if not everyone you talk to seems interested in being friends. You can't be friends with everybody, and sometimes, events align perfectly so that you meet your forever friend when you least expect it.

Participate in activities/events

One thing I regret not doing in my first year was attending events and social gatherings on campus and around town. I am making up for it now, and it's so much fun having something to look forward to amidst the chaos.

Lots of societies and clubs host events throughout the term, so consider joining those that resonate with you. For example, I volunteer with Let's

Talk Science, where we conduct outreach events to pre-secondary schools around town, engaging in cool science activities. This has helped me work better with children and advance my public speaking skills.

For international students, joining associations of people from your home country or region can help you meet more people who share your background. If you're African like me, the Pan-African Student Association has been a great way to connect with fellow Africans, and I enjoy the community. There are similar associations like the Indian Students' Association, Filipino Students' Association and a general International Students' Association for all international students.

Besides these cultural associations, there are also the USSU Centres, such as the Women's Centre, the Pride Centre and the Help Centre. We also have college societies such as the Computer Science Student Society (they play different sports each weekend and host hackathons), the Health Sciences Students' Society, the Economics Student Society, and so on.

Pursue a hobby

This is something many counselors recommend to do. When life seems like clockwork with classes and



Trip to Canada | alxpin from Getty Images Signature | Canva Pro

Far From Home

Continued.

assignments every day, introducing something new to spice up your routine can release endorphins and boost your mood.

Picking up a skill can be beneficial because it helps you meet new people, provides potential income in the future and is simply fun. If you prefer online learning, consider taking a course on platforms like Coursera. The College of Arts & Science also offers some non-degree language classes and art classes in painting, photography and more.

Additionally, the library sometimes offers workshops in academic writing and research skills. Campus clubs and societies like The Poets Society, The Sheaf Publishing Society and the library's Virtual Write-ins can enhance your writing and creativity skills.

De-stress and Practice Self-Care

Just as it is important to check in with others, it is equally important to check in with yourself at the end of the day. Something I noticed recently was that I often ask myself questions like "Are you okay?" and "It's okay that didn't turn out as planned, you tried your best."

Initially, this was a subconscious way of replicating my parents' voices in my head, a reminder that I was loved by them, even though they weren't physically present. Now, it helps me be more gentle and kind to myself.

De-stressing can involve taking deep breaths or journaling at the end of the day, which is something that helps me express my thoughts and reflect on my experiences.

Other ways of de-stressing include exercise, and for those who are religious, it could be engaging in prayer or spiritual practices. De-stressing is any activity that leaves you feeling calmer and level-headed, without harming your body, mind and soul.

In addition to these strategies, self-care is crucial. Designating a day of the week to nurture yourself can be helpful. For me, Fridays are my "rewind days" when I catch up with my friend back home, even if it's just watching a movie or scrolling through social media

together (it's hard doing this over the phone but we make it work!).

Finally, do not hesitate to seek professional help when needed. If you're experiencing heavy negative feelings, reach out to Student Affairs. They can connect you with the right support channels, including therapy at the Student Wellness Centre, which has trained psychologists and psychiatrists ready to help.

Visualize your goals and keep track of your achievements

Recently, I have started visualizing my goals as a way to stay motivated. Amid the difficulties and the challenges that come from being away from home, it's easy to forget why we embarked on this journey in the first place.

Celebrate your achievements, no matter how small. Hang up that good grade you didn't expect to get, or take a picture of something beautiful and put it in an album.

It helps to write down your goals for the week, month or year and consistently check in. It can be surprising to realize how many past goals we've achieved without taking the time to acknowledge them.

You can hang up posters, affirmations and meaningful statements in places you pass by often in your home. When things get tough, these reminders can help you stay to be grateful and motivated. Over time, they'll serve as a testament to your journey and resilience.

Finally, A Reminder

I want to remind you that you are loved. You came all the way here for a reason, and you are incredibly brave and determined. If you ever need support while navigating the challenges of being far from home, please don't hesitate to reach out to me.

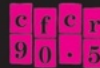


CFCR 90.5FM'S ANNUAL FUNDRAISING DRIVE



FM-PHASIS 2024 PLEDGE YOUR SUPPORT!

GRAND PRIZE DEADLINE OCT 31 GET LIMITED EDITION CFGR SWAG + PRIZES FOR DONATING



HELP KEEP NON-PROFIT VOLUNTEER-POWERED COMMUNITY RADIO ON-THE-AIR IN SASKATOON

CFGR.CA
306-664-6678
267 3RD AVE S



An ode to all the people I don't talk to anymore

Feeling gratitude to those who have shaped me into the person I am.

Darshana Lanke

There are some people in your life that you meet once or twice, or maybe they stayed in your life for a season and are not present in it anymore or no longer there physically, but the impact they have left on you has remained long after.

Growing up I went to predominantly white elementary schools. High school was my first exposure to seeing peers that looked like me. When I think back to my time in high school, I think of all the laughs and shenanigans my group of friends and I got up to. The university student in me can't help but laugh at how I used to think that Calculus 30 was the hardest math out there, and then I got to university and realized I barely had grazed the tip of that iceberg.

One individual in particular comes to mind when I reflect back on my time in high school. She was a woman of color. She was fierce, but composed. Beautiful and intelligent. She had the effortlessness of putting together a look. But above all, I loved the way she stood up for herself.

I immigrated to Canada when I was a toddler. I guess you could call me a 1.5 generation immigrant. At times that generation can feel stuck between two worlds. The culture of their parents and the place they immigrated from, and the culture that surrounds them and that they are growing up in.

I feel like our society has so many definitions of what a 1st generation immigrant or 2nd generation immigrant looks like. Yet, I could not find a sense of belonging in either of these communities.

This girl from high school was able to give me my first of many definitions of what it means to be a 1st ½ generation immigrant. She was her own unique self and stayed true to what she believed in.

She was a blended mix of her parents' heritage and her environment's culture. Choosing parts from both and creating her own versions of them. 14-year-old me was just in awe of her being her own beautiful self.

While we shared classes together

throughout high school, we never became close friends. We no longer stay in touch as often as I would like. I might pass her on campus and ask how she is doing. I would barter a large sum she probably doesn't even realize the impact that she has had on me. And yet it is seasons and people like her, who have helped shape me into the woman that I am.

I still do salt water gargles religiously the way a former chorister's parent, who I only met on a choir tour where everyone in the choir got sick, showed me when I feel even the slightest signs of a sore throat coming in. I continue to enjoy singing in that choir, but haven't seen that parent since their child left the choir.

My Subway order — sweet onion chicken teriyaki on Italian herbs and cheese bread, toasted — hasn't changed since the first time I got Subway and friend recommended trying it. The Subway location on Cumberland Avenue has since gone through renovations and I no longer see this friend, but my go to order is the same.

During this season of thankfulness, this

author would like to impart a piece of advice. Each interaction, no matter how big or small you have with someone, has long lasting ramifications, and at times you may never get to see it.

Some of them can be life changing, like meeting that girl in high school was for me. While others can be as minute as a Subway order, but depending on who you are, food might not be a small thing and getting that food order right is vital to who you are.

These interactions left positive impressions on me. Interactions that aren't filled with respect and care can also leave impressions that shape people. It is crucial to strive to leave each interaction you have with someone in a kind manner, knowing that it has the capability to influence who they become.

I am thankful for all those who I don't talk to anymore, and always will be, even though they probably don't even realize the impact they have had on me in the short time we interacted. Your imprint has remained long after you and I am oh so grateful.



Gratitude journal concept | AudreyPopov from Getty Images | Canva Pro

@usasksheaf on

@sheafteam on

thesheaf.com



**INTERESTED IN
WRITING?**



Contact editor@thesheaf.com for more details

Pavlov’s Students - Are Free Items Conditioning Us to Sign up for Services We Don’t Want?

It’s back-to-school season for USask students. Vendors are showing up and showing out with free items. How is this affecting the student body here on campus?

Emily Birrell

With all of the buzz around campus in September comes vendors of all sorts lining The Bowl and the Arts Tunnel. These vendors and clubs in booths may offer friendly conversations or warm smiles, but that does not counteract the temptation of free things. As students, we are asked repeatedly if we want free items such as swag, snacks or even stickers. Generally, we are trying to save money for school or daily living so receiving something we want or need for free is enticing. But is it really free if we are exchanging our emails or phone numbers to their mailing list in order to get a bag of popcorn?

Winning, earning, or receiving things sets off dopamine receptors which give us satisfaction or enjoyment. These receptors are targeted during the busiest and arguably the hardest week of our student lives. We’re trying to figure out schedules, running from class to class, meeting so many new people, and dealing with other mentally draining tasks. Having booths set up to offer free stuff repeatedly conditions us to adopt a toxic learned behaviour. We learn that we can get something in exchange for

something else which, in this case we get free items in exchange for our email or our time spent listening to them talk about their company.

Some vendors will even give you more valuable items if you sign up for their service. Students are more likely to sign up for something if the chance of reward is higher. The term ‘classical conditioning’ refers to learning through association. It was first studied with animals, mainly dogs. The theory was determined to be something experienced by dogs and was then tested on humans where it was observed again. In this case, we are learning to associate signing up for something with receiving free items, which will ultimately make us more likely to sign up for things. This reinforces that behaviour.

While signing up for numerous services, we end up registering for ones we do not want whether we realize it or not. This could either benefit or negatively impact us in the future. Students with cell phone plans are providing their email to other providers to be added to their mailing lists, students who already have credit

cards are giving their phone numbers to other banks, and students with no interest are joining clubs.

It could also be argued that this is a form of ‘operant conditioning’ instead, which is rewarding or punishing based on the behaviour. In this case, it would be rewarding to receive free things after we sign up for something. Getting positive reinforcement would teach students that signing up for things is good. We then associate signing up for things with getting free items.

Regardless of which type it may be, it is still conditioning and is therefore a learned association between two things. These two elements are signing up and free items. Operant and classical conditioning are both very interesting and useful tools in modern media, advertising, and entertainment. Looking into why this works and why we find it enticing will help us grow, and we may finally be able to choose whether we truly want something or not.

From dropping a puck to spinning a prize wheel, we are falling for a trick. The more students sign up for a service,

the more popular the vendor will become, making it likely they will return next term. The cycle will repeat itself, and more and more students will continue to fall into the problem of flooded emails. While this problem might seem minuscule, spam and unfiltered ads in our spaces can easily overwhelm us or hide the important things.

Cluttered workspaces lead to disorganization and distraction, both of which are students’ biggest enemies. Overcoming this is harder than just avoiding mass mailing lists, it may even be more time-consuming to clear out clutter and return to our baseline. When we sign up to their mailing lists, we are often sent these multiple times a week, so it is not always as simple as deleting a few. Returning to our baseline is not so easy when we feel we owe a group something such as reading their emails or boosting their popularity.

Although the ideas I present seem inherently negative, receiving free items can be exciting and fun. However, there is value in questioning this marketing tactic. Learning to ask and search for answers is something that makes us more well-informed and knowledgeable. The more we understand, the better we are at managing our lives, spaces, ideas, and studies. Perhaps after some time spent mindfully avoiding these traps, you may realize that it is not all that exciting.

You may notice you were just interested in the word “free” — but perhaps you will still enjoy the free swag around campus during Welcome Week. It is up to you to agree or disagree with this theory. Neither opinions are correct, but neither are wrong either. Free things will never cease to be exciting, but they may actually come with some sort of mental cost.

The question is, are you willing to pay that price?



Win 300 points on a wheel of fortune! McKevin from Getty Images Signature | Canva Pro

The ongoing rediscovery of my hobbies

Reviving my hobbies by learning how to make them a meaningful part of my life again.

Hajra Ghuman

Growing up, I used to indulge in every kind of hobby I was remotely interested in. One of the first hobbies that I adopted was reading. I can't really recall how that began, but it sure did consume all my time. Whether it was right after school or begging my parents to take me on the weekends, any chance I got, I would spend entire days at the public library. This hobby eventually led to another, which was writing.

I had a wide range of hobbies from the arts to athletics, and in my humble opinion, I was decent in all of them, or at least had the potential to excel in each one. However, as time went on, I slowly dropped most of them as I advanced through my educational path. In my head, I viewed them as a waste of time since they were "not productive," and would not be of any use in attaining my career goals.

I soon realized that this was far from the case. The lack of personal activities was impacting me negatively, since the only aspect of myself I was basing my worth on was my academics. I have always been pretty good with my academics, but since it was the only thing I allowed to consume all my time, my view on myself was dictated by percentages. I did not want that to be all I was good at.

I began to incorporate a bunch of hobbies at once by trying to schedule them on a daily basis. I wanted to read, paint, write, etc. all at once, while also maintaining my classes and extracurricular activities for school purposes. Ironically, this quickly began to overwhelm me as well. How was I supposed to balance my hobbies with my school and life responsibilities?

I didn't really have a solution for this dilemma until early last year, when I was walking through the Arts & Science tunnel. As I was walking past the bulletin board, one poster caught my attention from the corner of my eye. It was a poster by the Sheaf wanting to hire students for their editorial staff for the upcoming school year. I was quite stoked to find out at that moment that the university had a student newspaper,



Person using a typewriter | Min An for Pexels | Canva Pro

and that this may be a chance to explore an opportunity younger me had always wanted to indulge in.

Not really knowing anyone involved in the student newspaper, I decided to apply for it anyway and ended up getting the position of Opinions Editor. While I was excited beyond what words could express, in the back of my mind I was feeling a bit stressed on how I would manage this with the responsibilities I already had in my life. I learned quickly enough that when you want something badly enough, you end up finding a way to make it work.

Writing has always been one of my most important and meaningful hobbies. Whether that's through a creative or academic aspect, I take pride in my written work. I have always kept my written work from assignments or when I'm just writing for fun because I can adequately express my knowledge and who I am as a person through words. As much as I value writing for academic purposes, I was starting to lose my love for writing before I discovered the Sheaf. All I was writing for were discussion posts, essays or prepping for long answer

written components for examination purposes. Since there was that lack of writing for the fun of it, I was losing the joy that I felt within the writing process. As this was happening, it resulted in me feeling less secure with whatever I wrote.

This new position allowed me to write opinionated pieces, in which I got to come up with and choose what I wanted to write about. This felt a bit foreign to me since I was used to for a while only writing according to a rubric or a prompt. I struggled a bit in the beginning with having so much freewill with what I wanted to write. It was difficult to also let go of writing formally, which meant incorporating the use of contractions (which to be fair, I'm still not used to).

However, as I got into the groove of it, my love for writing felt refreshed. The more I wrote and edited opinionated pieces, the more I was reminded of how much I missed enjoying the writing process in its entirety. Not only did this love feel refreshed, but I as a person felt that way too. I was thrilled with the fact that I was able to indulge in a hobby of mine while also maintaining

the responsibilities day-to-day life brought about.

I have realized that to incorporate my hobbies they do not all need to be done daily, but on a regular basis instead, such as weekly, biweekly or monthly. I can also incorporate them through different aspects, such as choosing a job where I am able to do it as often as possible and be compensated for it. I plan on going to different events hosted by the university where I can practice any other of my hobbies.

As I return to the Sheaf as the Opinions Editor, I plan on trying to incorporate my hobbies in similar ways as I did with my writing hobby. I don't just have to write off a block of time to indulge in my hobbies, but I can instead intertwine some of them with other interests of mine. This way I can maintain them on a long-term basis, while getting even better at them and managing my academic responsibilities.



Cleaning up the River Valley

A back to school clean up event organized by the USSU, Meewasin and the Office of Sustainability.

Emily Mainprize

On the 12th of September, a group of people gathered at the Diefenbaker Centre to take part in a Back to School Clean Up organized by the University of Saskatchewan Office of Sustainability, the Meewasin Valley Authority and the University of Saskatchewan Students' Union (USSU).

The group walked along the paths and trails in the Meewasin River Valley, where they spent about an hour picking up any litter they could find before returning to the Diefenbaker Centre to gather the garbage together. From there, the Meewasin Valley Authority disposed of the trash.

The main mission of the Meewasin Valley Authority is to create and maintain a balance between human usage and conservation in the River Valley. They organize numerous volunteer opportunities in the fall, spring and summer to maintain a healthy community as well as a

beautiful and thriving environment. This allows people to access the wonderful natural environment that the park provides while still being environmentally conscious.

The University of Saskatchewan Office of Sustainability is responsible for ensuring that we implement sustainable practices on campus. They have five commitments they are working toward, which are: to leverage our place, model the way, empower action, capitalize on strengths and catalyze social change. Their website contains more information regarding what each of these commitments mean and their efforts on campus to achieve them.

The Office of Sustainability and the USSU often collaborate when they have ideas for sustainable events, but they also occasionally partner with Meewasin. This is because campus is close to the River Valley, which allows students who are passionate about environmental sustainability to get involved in activities and events that matter to them.

As someone who participated in this cleanup, I can testify it was a wonderful way to help the environment and gain more volunteering experience. It was also a chance to meet more people who are as passionate about sustainability as I am. We walked in small groups and chatted while we were cleaning up, which allowed us to feel connected with one another. Taking part in this cleanup made me realize how much garbage is around campus and the direct effect humans have on our environment. It also helped me to realize that we can make a huge difference when we step up and take direct action by volunteering to support nature.

Dana Kwan, who is the Community Engagement Coordinator for the Office of Sustainability and one of the main contributors to planning this event, stated that, "we wanted to foster a sense of community and responsibility for maintaining a sustainable and clean campus environment." In those areas, they made plenty of progress.

The event was also extremely considerate of people with varying experiences with cleanups or knowledge of the area. They began the event by emphasizing the importance

pretty accessible for most people, not necessarily physically, but it doesn't require background skills or knowledge."

By being an active participant in events like this one, you gain perspective on the impact of littering. Every piece of garbage remains in the environment without decomposing for a long time, and as such, we have a responsibility to pick it up when we see it and dispose of our trash in designated areas. Additionally, you gain vital knowledge of cleanup processes, wildlife habitats and strategies for sustainable practices within our everyday lives.

As people passed the group while we were cleaning, many thanked us for the work we were doing which shows that cleanups not only have an effect on the environment, but on the surrounding community as a whole. The River Valley is the view for the Jim Pattison Children's Hospital, so keeping the area clean also helps to make the view pleasant and provides hope to these children, as well as their families. By simply cleaning up for an hour, we were able to make a substantial impact on the amount of garbage around the River Valley. You can contribute to that impact by getting involved in

"We wanted to foster a sense of community and responsibility for maintaining a sustainable and clean campus environment."

of cleaning up the environment to the volunteers and provided them with the supplies that were needed to participate in a safe, mindful and educational way. Some people came to the cleanup with plenty of experience, while for others, it was their first time participating. So it didn't matter what experiences people had, everyone was able to participate. Kwan expressed that they decided to organize a cleanup as "it's

activities or participating in sustainable practices in your daily life.

The Office of Sustainability's Instagram account posts about the upcoming events that they're planning or working with others on. You can also check Meewasin's website to learn more about activities and volunteer opportunities that happen around the Meewasin River Valley.



Local Community Service River Cleanup | JasonDoily from Getty Images Signature | Canva Pro

What is the University Student Council?

Continued from page 2.

Initiatives such as the USSU housing registry and USSU Food Centre are efforts to aid in these problems, but they require continuous talks and working with university and government administration to address them.

This year, USC is also focused on prioritizing transparency this year. In addition to holding open meetings, the council provides students with access to all discussion elements. This includes publishing the meeting agendas and minutes on the USSU website, allowing students to stay informed about what the council is doing. Moreover, they regularly review the policies and procedures to ensure that they operate in a way that serves and represents the student body effectively.

The council plays a crucial role in shaping the student experience by advocating for students, addressing important issues, and working to create vibrant and supportive campus community.



USC logo | USSU

You can be a part of these efforts by contacting your college's MSCs, volunteering with a center or for an event, or simply attending meetings.

The University Student Council meets weekly throughout the academic year, with meetings being held on Thursdays at 6:00 p.m. in the Roy Romanow Student Council Chamber, located beside the USSU Help Desk in Upper Place Riel. These meetings are open to all undergraduate students, meaning that any interested students can attend and partake in the discussions that take place. Engaging in these meetings offers leadership experience, allows students to make a positive impact on campus life and ensures that the university is responsive to the needs of its students.

Intramural Leagues

Continued from the front cover.



Campus Rec intramural league dodgeball action shot | Pushpita Bhowmik

To register, head to the Campus Recreation website and fill out the form as either an individual and they will try to find you a team, or if you have a team already you can register it directly. There are fees associated with each sport. If being a captain interests you, at the start of the season there is a meeting where organisers give important information to the captain, who then relays it to their team members.

Heilman, Bhowmik, and Snow all recommend that students join the intramural leagues. Heilman sums it up: "If there is a sport you played growing up that you miss playing, or there is a new sport you want to try out, this is a great way to get involved! I like using sport as a way to exercise and be social, and intramurals provide both!"

Vote for our WETLANDS

The Saskatchewan Government is spending your tax dollars on a big media campaign to convince you that we have enough wetlands to drain up to 2 million more acres of this vital resource while ignoring the impacts.

Decades of drainage and destruction are already causing:

- toxic algae blooms in our lakes and rivers
- polluting drinking water supplies
- decimated critical wildlife habitat and game and fish populations
- downstream flooding and widespread drought

When candidates come to your door please ask them:

Why are we the only province without a wetland conservation policy?
 What will you do to save our water?

Please share your stories and donate to 'Wetlands for Tomorrow' by an e-transfer to wetlandsfortomorrow@gmail.com, or by mailing a cheque payable to Wetlands for Tomorrow.
 P.O. Box 995 Indian Head Saskatchewan S0G 2K0
 (please note we are not a registered charity so we can not provide a tax receipt)

Follow us @ www.facebook.com/wetlandsinsaskatchewan



sept 20, 2024

you can miss the good parts of someone without wanting them back in your life.
 you can miss dancing to the song need 2 by pinegrove at their campsite last summer,
 but not miss the time their anger rattled your entire body.
 you can miss the laughs,
 and not the times they made you cry.
 you can listen to the song and remember,
 remember to not forget.
 you can look back and accept it for what it was,
 while knowing that it doesn't fit into this part of your life.
 you can hold space for a time in the future in which you may reconnect,
 while also knowing that you'd be okay if that didn't happen.
 you can feel sad and
 you can feel mad,
 you can feel everything even if its contradictory.
 you can miss them,
 you can also say goodbye,
 because there are friends that would never do what they did to you,
 who will also make you laugh,
 and treat your heart with care.

j.d.

You can find us 

@usasksheaf on  

@sheafteam on 

thesheaf.com 

**INTERESTED IN
VOLUNTEERING WITH
THE SHEAF?**



Contact editor@thesheaf.com for more details

Dr. *Aaron Bazylak*
Dentist

fresh
dental



306 .664 . 8737
1-3130 8th St E. Saskatoon

www.draaronbazylak.com
@freshdentalsaskatoon

SUDOKU

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

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

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

CRYPTIC CROSSWORD

1	2	3		4	5	6	7
8					9		
10							
	11				12		
			13	14	15		16
			17	18			
19		20					
21			22				
		23					
24			25				

Cryptic Crossword | Greta Mader Stevens

Across

- 1. French sea is firstly the easiest measurable area of plant growth
- 8. Immune response removes flourine at any time
- 9. Headless lab animals freeze
- 10. D. to ban edited mediocre feedback (3,3)
- 11. Deceiver train track goes backwards
- 12. Tree inside hazel meadow
- 14. Tie boolean operator to the audience
- 17. Measure mass of whey, reportedly
- 20. Irritated and briny
- 21. Initially every organism needs a very long time
- 22. Zuckerberg's grades
- 23. Alternate on pet birch about vision
- 24. A bit of muscle or geographical coordinate
- 25. Kisses locations of cervical spines

Down

- 1. Father of genetics, repair easel ends
- 2. Process of diversity too unveil mix-up
- 3. Error: retain area of rods and cones
- 4. End of fish on Noah's ship turned into toothed sea creature
- 5. Titanium day brings ecstasy to sea level change
- 6. Study of a forest, for example: Green, branch, yard
- 7. I start day with pill
- 13. Shrek's home is medium in trade
- 15. Oxide that dilates blood vessels said "Knit Rick!"
- 16. M.Sc. paper organized heists
- 18. Chicago railroad consumed, become super happy
- 19. On the radio, sell home of cytoplasm
- 20. Inside, it's not mucus



USSU BACKPAGE



OCTOBER 15-18

TUESDAY
15

Resource Fair
4PM at Louis' Loft

WEDNESDAY
16

Two Spirit 101: Indigenous Worldviews of Gender and Sexualities
2PM at the Gordon Oakes Centre

THURSDAY
17

Doll-Up & De-Stress
5PM at the Pride Centre

FRIDAY
18

Rock Your Horror Drag Show
7:30PM at Louis'



MENTAL HEALTH AWARENESS WEEK OCTOBER 21-25



QUEERA PALOOZA

Rock Your Horror DRAG SHOW

7:30PM ON OCT. 18
at Louis'

Get Ready to Scream your hearts out for our **drag performers!**

Presale: **\$10** At the Door: **\$15**

19+ Event



Teaching Excellence Awards



GIVE YOUR PROF A GOLD STAR

Nominations for this term are open from Oct 15 - 27, 2024. Visit ussu.ca/tea

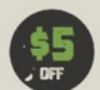
Nominate a deserving Professor or Teaching Assistant for the Teaching Excellence Awards

LOUIS' REWARDS PROGRAM

Earn points and free coffee when you come to Louis' and Louis' Loft!



for every dollar spent



for every 250 points you redeem



for every 10 purchased from Louis' Loft

ASKATUNE LIVE AT LOUIS'

Name Tunes
WIN PRIZES

Wednesdays
at 7:30 PM



with DJ
CHARLY HUSTLE

Visit ussu.ca/events for more information