



Imprint

Your Stories, Your Voice

May 2024
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Is UW campus prepared for climate change?

A look at evolving sustainability literacy

Bethany Helaine Pörtl, Contributor

The University of Waterloo has a reputation as a leader in education on the global stage. So how does the university integrate sustainability literacy into education across all faculties?

Sustainability, and more broadly, sustainable development, is defined in the 1987 Brundtland report as “[m]eeting the needs of the present without compromising the ability of future generations to meet their own needs.” The scope of this definition feels ever changing as our world continues to evolve.

At the beginning of every sustainability journey is the realization that sustainability is everywhere. This is where sustainability literacy plays a role. “Sustainability literacy” as per the United Nations definition is the knowledge and skills that allow people to make informed decisions and work towards building a sustainable future. Sustainability literacy is important, as it builds a foundation of understanding across all disciplines that ensures we are recognizing areas for sustainable improvement, working to avoid overconsumption and making choices that protect and

enhance the earth for future generations.

In the 2023 campus Environmental Sustainability Report (ESR) section on Academics: Teaching and Learning, it was reported that objective A1 of the sustainability plan

— “By 2019, ensure undergraduate students from any program of study will have the opportunity to learn about sustainability in their courses” — was complete.

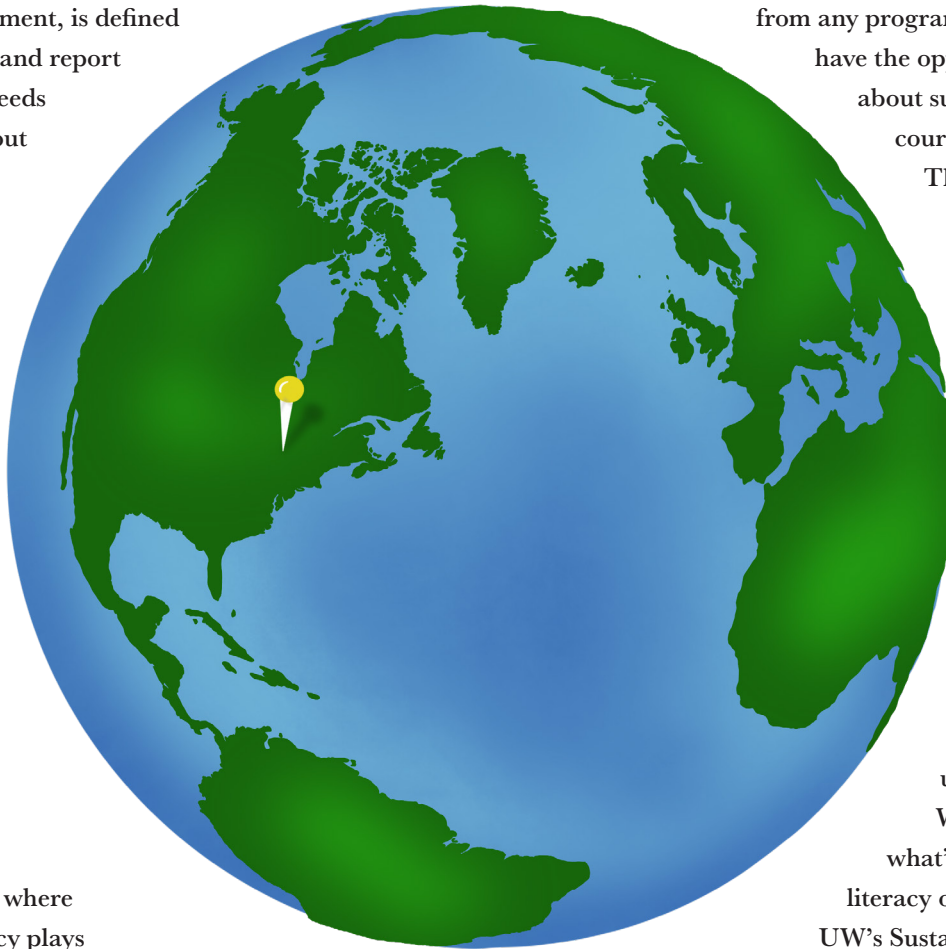
The indicators of completeness being the 496 courses focused on or related to sustainability and 688 courses “with likely connections to UN Sustainable Development Goals” (SDGs) out of approximately 5,800 courses offered by the university.

With this goal achieved, what’s next for sustainability literacy on campus?

UW’s Sustainability Office hired Abigail Loewen as the Sustainability

Curriculum Specialist in spring 2023. Loewen works on the Curriculum Integration Project that focuses on integrating sustainability into undergraduate programs, supported by the Sustainability Office and the Teaching Innovation Incubator.

“This project is developing tools and resources to support faculty as they further develop sustainability curriculum



options on campus. This includes both curricular and co-curricular opportunities,” Loewen said.

Existing resources for the sustainability curriculum include the sustainability diploma, which can be added to any undergraduate degree. For non-environment faculty students, this diploma is a strong option to enhance one’s sustainability knowledge. For electives, Loewen suggests GEOG 207, Climate Change Fundamentals, to start incorporating sustainability into your degree.

“There are also fantastic co-curricular options on campus for sustainability at UW. This includes Waterloo Climate Institute’s Climate Leaders Program, Greenhouse’s Changemakers Lab, and the WWF Living Planet Leaders Program.” Loewen also encourages students to “consider pursuing a co-op placement that will develop and support sustainability skills, knowledge, and values; there are some great SDGs at work resources through co-op to consider how SDGs play a role in work terms.”

The Climate Leaders Program was started by the Waterloo Climate Institute in fall 2023. They have hosted several events since September, the most recent being the Student Climate Conference on March 16 where one of the objectives was “[p]romoting climate change education and awareness.”

“As a climate leader my main role is to be an ambassador for climate change and help facilitate climate events designed to bring awareness to climate topics”

Kayla Bona, first-year faculty of environment student and climate leader undergrad

“As a climate leader my main role is to be an ambassador for climate change and help facilitate climate events designed to bring awareness to climate topics,” said Kayla Bona, first year faculty of environment student and climate leader undergrad representative. “With these events, we gather people from multiple backgrounds to discuss and learn about

climate related topics.”

The Climate Leaders team has 12 student members, two representing each faculty. “This allows us to get a reliable perspective from each faculty and to also spread awareness beyond just the faculty of environment,” Bona explained.

Their climate drinks event held at Grad House in December brought people together “to eat, drink, and discuss their opinions on climate issues, with prompts provided by us,” Bona said. “In my opinion, this night was a huge success, being that the venue was completely full with people equally as enthusiastic about climate change.”

As a climate and environmental change student, Bona shared that, “As my program does focus on climate issues, I have seen a major difference between how often climate centered topics are covered in different programs. There are some programs that rarely touch on these topics as it just doesn’t seem to have a place in their coursework. This is something that we are working to hopefully minimize by educating students about different climate issues and incorporating it into the topics they are learning.”

The Climate Institute is one of six research institutes at UW with significant sustainability focuses, as reported in the Academics: Research section of the 2023 ESR. In the progress snapshot for research, objective A6 reflects UW’s increasing sustainability integration focus: “By 2025, establish Waterloo as a ‘go-to’ hub for knowledge and expertise on sustainability challenges.” This objective is marked as mostly complete, with UW ranking 55th globally and 11th nationally according to the 2023 Global Impact Ranking, comparing university performance.

Another initiative seeking to establish UW as a sustainability ‘go-to’ is the recently started Hub for Sustainability Integration. The Hub is a collaboration between the School of Accounting and Finance and the School of Environment, Enterprise and Development. It has a focus on sustainable integration into business decisions and held its inaugural conference March 21. One of its broader objectives is to “overcome barriers to sustainability integration.”

Student-led campus group UW

Sustainability Literacy has also been active on campus since 2021, engaging students, faculty, and staff both on and off campus to participate in conversations about the importance of sustainability education.

In fall 2022, they hosted the Sustainability Education Summit, supported by the Sustainability Action Fund. “Within the Faculty of the Environment, sustainability is integrated throughout the curriculum, contrary to the programs of other students on campus. We hope the curriculum can evolve beyond viewing sustainability as a discipline-specific topic and integrate it into all programs to empower graduates to drive meaningful progress in their respective workplaces and disciplines,” team members Emma Vandendries, Emma Kirke, and Ceileigh McAllister explained of their vision.

Currently, the team is “working on consolidating the experience and knowledge [they] have gained throughout our journey into an action toolkit.” They have received funding for this project from Ocean Wise’s Eco-Action Accelerator micro-grant program.

“Our goal is that the toolkit, which will be available in both English and French, will be a helpful resource for post-secondary students across Canada who are interested in creating meaningful change in the curriculum at their institutions.”

When asked about the future of sustainable curriculum, Loewen shared, “I envision a future where every undergraduate student at the University of Waterloo graduates with an understanding of sustainability as relevant to their discipline of study. To solve climate change and other



“Our goal is that the toolkit, which will be available in both English and French, will be a helpful resource for post-secondary students across Canada who are interested in creating meaningful change in the curriculum at their institutions.”

Emma Vandendries, Emma Kirke, and Ceileigh McAllister, UW Sustainable Literacy team

sustainability crises, we need experts in all areas working to address sustainability concerns.”

The evolution of sustainability literacy on campus is a collaborative effort between students, faculty, and the entire UW community. To continue building momentum for sustainability literacy we need to keep asking: How does sustainability affect our courses and research? If sustainability is not present in our education, we as students and faculty must introduce and advocate for it, working together towards increased sustainability literacy for all faculties.

Check it Out! Sustainability Literacy resource list

Abigail Loewen recommends:

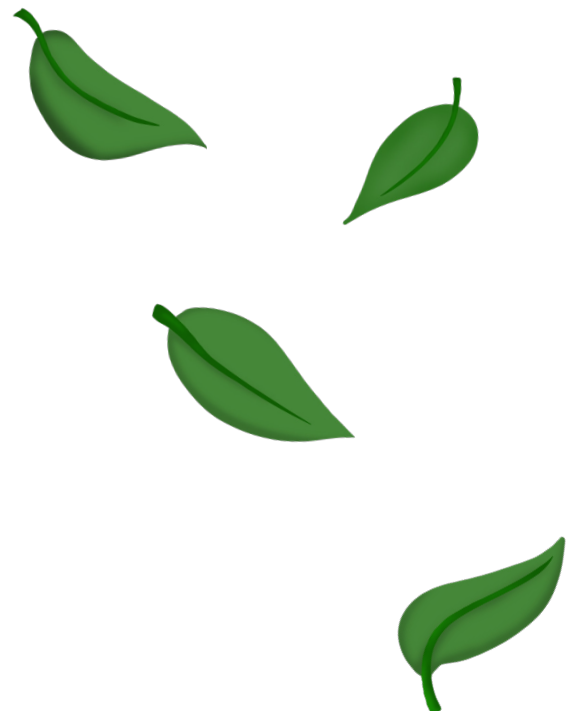
Podcast: I am personally a fan of TILclimate from MIT Environmental Solutions Initiative. It breaks down climate-related topics in approximately 10-15 minutes. I find it to be highly approachable when I want to learn about a new topic.

Book: The Cartoon Introduction to Climate Change, Revised Edition by Grady Klein and Yoram Bauman, PhD. This book is also very approachable and breaks down the complexity of climate change to be easily understood. As a cartoon, it's also a very fun read.

UW Sustainability Literacy recommends:

Podcast: “What on Earth” on CBC, which covers climate solutions in the Canadian and international context.

Podcast: “How to save a planet” - a podcast covering inspiring stories in the climate movement.



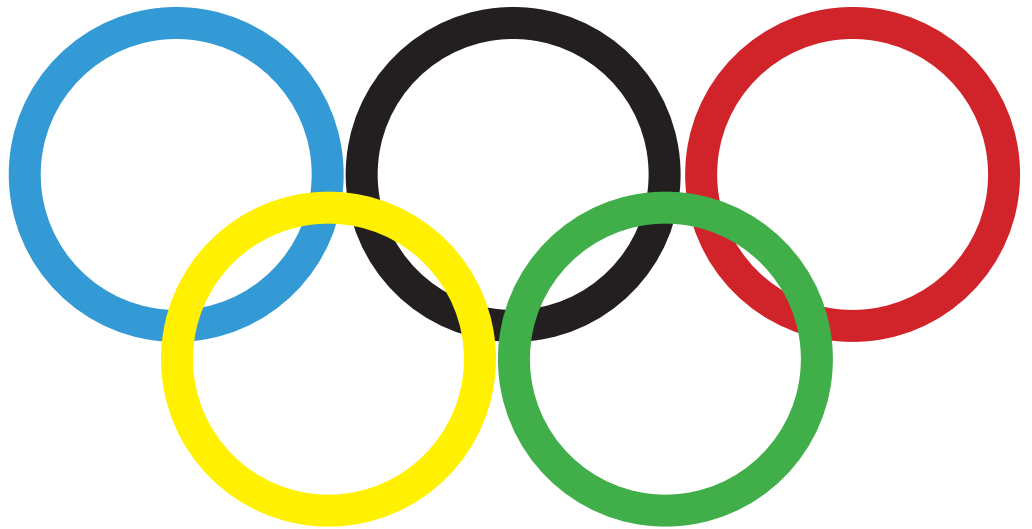
Kevin Zhang: when (pool) water meets fire

Carla Stocco, Contributor

One UW swimmer is making quite a splash.

First-year computer science student Kevin Zhang has seen a string of successes over the past year, including a gold medal at the OUA Swimming Championships, a bronze medal at the USports Swimming Championships, and a fifth place finish at the Pan American games. This April, Zhang also picked up the Male Rookie of the Year award at the 2024 Athletics Awards Banquet. With three podium finishes in the books, Zhang shows us what's possible with determination — and training.

Swimming up to nine times a week, two hours every session, along with three to four gym workout sessions focused on strength and power development, it is not surprising that Zhang has learned to manage his studies and training well. When asked how he balances courses with training, Zhang acknowledged, “I’ve had to make many sacrifices. The time off most people have, I commit that time to training.” With the Olympic trials on the horizon this May, Zhang’s ability to persevere and acknowledge what matters most, inspires us to reach past perceived limitations.



Zhang’s Story

Zhang learned to swim at the age of three and began swimming competitively at age 10. After playing hockey during his youth, he traded in his pair of skates for fins after his parents expressed concerns about the danger of the sport, given ice hockey’s high contact reputation. Studies find that concussions are increasingly common among NHL players and the high injury rates exceed that of nearly every Olympic winter sport.

When Zhang’s father purchased an NBC documentary on acclaimed Olympian Michael Phelps, a young Zhang watched with interest as

Phelps swam on-screen, winning medal after medal. Flash forward to 2024 and Zhang appears closer and closer to achieving the dreams inspired by the same athlete he admires.

This past swim season has been Zhang’s most successful to date: he finished fifth in the 200-metre butterfly at his first Pan American games last fall, placed first in the 200-metre butterfly and second in the 100-metre butterfly at the OUA championships, and third in the 200-metre butterfly at the 2024 USports championships in March.



Reflections on relationships and resiliency

Throughout his competitive career, Zhang has worked with over eight different coaches, adding he has “truly enjoyed working with” all of them and that “they’ve helped [him] along [his] career.” Jacky Beckford Henriques, varsity swim coach at UW and Zhang’s current coach, describes Zhang as a competitive, goal-driven athlete, who is “always seeking ways in which he can contribute to the success of the team.” When asked what keeps him committed to the sport, Zhang said, “The people I’ve met, the fun I have and representing my country.”

One of the most admirable traits one notices while speaking with Zhang is his humility and ability to

recognize the people and relationships that have enabled him to excel in the sport. Alongside coaches, Zhang is thankful for the support shown to him by his family and teammates: “Knowing that there are people that believe in me makes me want to make them proud.” Zhang’s ability to self-reflect on values and notice the importance of such relationships will only support him in his pursuit of success; a social psychology journal article by the American Psychological Association found that simply reflecting on values that are personally significant and related to love and compassion increases approach motivation and the confidence and determination that go along with

it. When difficult situations arose, hostility and defensiveness were less likely among those who had reflected on loving or compassionate values. What does this mean for us? Reflect on the relationships in life that inspire you to love and express kindness, like Zhang, and you just might find yourself closer to your goals and more resilient to adversity.

When workouts get tough, a saying Zhang often reflects on is “There’s no point in doing things if they’re easy.” For him, it is not as much about the medals or even the records — above all, it’s about finding a challenge that is worth overcoming.



Matt Garies

Closing thoughts and lessons from the pool

Zhang acknowledged the reality of having faced “many, many challenges and disappointments.” Finding motivation in doing what is difficult is a lesson many of us can learn from. When you don’t get the grade you want, when you aren’t ranked on Waterloo Works, when the relationship doesn’t work out... realize you have an opportunity to prove yourself stronger than the things that try to weigh you down. With this mindset, you might see that tough course as a chance to learn to study more effectively, that NR as a chance to find a better job, and the relationships that don’t work out — you’ll find yourself led to the people who’ll love and accept you as you are.

So, through it all? Keep swimming towards everything that matters to you most. When life’s trials get you down and it gets hard to breathe? Perhaps we ought to take a page from Zhang’s book and remind ourselves that life’s greatest possibilities often hide behind the toughest challenges.

Zhang’s tips and tricks

When it comes to pre-race rituals, Zhang has one suggestion for male swimmers: make sure to tie up those speedos! After an unfortunate incident when he was eight years old, Zhang learned the hard way why tying things up is a great pre-swimming habit to get into.

As for this athlete’s favourite and recommended post-swim snack? Bananas, which comes as no surprise, as studies show that its high potassium and magnesium content promote muscle recovery and improve performance during prolonged and intensive exercise.

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Puparium

J. Y. Zhang, Contest Winner

J. Y. Zhang is a third year UW student and the first place winner of a short story contest hosted by the Waterloo Science Fiction & Fantasy Club (WATSFIC) out of 14 qualifying entries.

Jie, are you listening?

Would you like to hear a story?

It begins like this: long ago, a population of arthropods had a scarcity of resources.

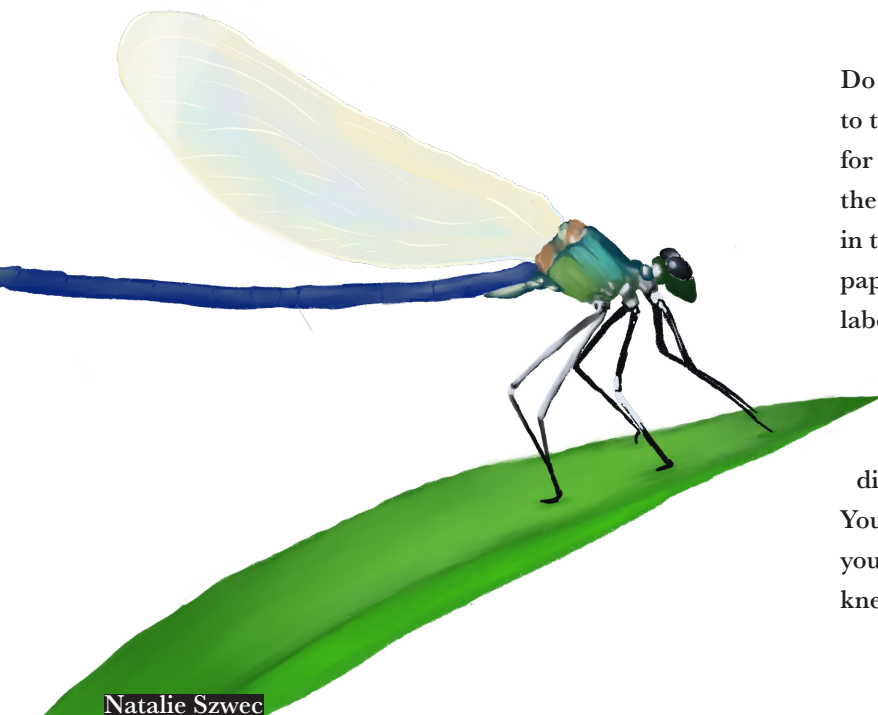
Scarcity favours a departure from the former self. Populations with many distinct forms exploit distinct sources of nutrition — they will survive over generations in a single form, sharing a single source.

This is why metamorphosis emerged in insects, 320 million years ago.



Do you remember the first day Ma brought us to the lab with her after school? She was convinced it would be a good supplement to our history unit on ecological collapse.

The two of us watched an opalescent pair of wings twitch on a synthetic blade of grass beneath the blue light. Ma kept the



Natalie Szwec

lacewing in a box of borosilicate glass. The air machine droned as it pumped — you had to take off your glasses because they kept fogging up in the heat.

It was the first time we saw a living animal from Terra. The two of us pressed our noses to the glass, sharing a look of awe.

“Isn’t she beautiful?” Ma crooned as she threaded her cool fingers through our scalps.

It was one of the rare times I loved her.



In Lepidoptera, metamorphosis is spurred on by hormonal changes in adolescence. Typically, after the fifth molt, but not always, programmed cell death readies larvae tissue for maturing. In the pupa, this tissue is digested to grow the adult body.

The genome of Lepidoptera has not changed in 250 million years. In other words, this is how it has always happened. This is how it will continue to happen.



Do you remember, Jie? When I got my period, Ma took me to the only herbalist on the station three modules away, only for the wrinkled woman to prescribe me a pouch of sugar the color of ash. When you got your period a month later in the middle of the night — the barest pink in the toilet paper you held for me to see — Ma rushed you down to the laboratory and I cried out in unfairness, but the node had emptied and there was no one to hear me.

Later, you told me how strange of a night it was: Ma distanced by her pair of loupes as she made you undress. You, dripping all over those white tiles while she watched you for hours and did nothing. Your feet, slimy and numb, knees quivering. You didn’t try to move at all, knowing Ma





and obeying her; unlike me, knowing Ma and defying her.

She made herself a coffee as Tau Ceti's blue gleam blotted the sky. You didn't tell me if your stomach had hurt back then, but I remember the way I once described this pain to you — like a bug was trying to crawl out.

After you showered, after Ma took you into her arms, after she folded your laundered clothes and ushered you to the veiled infirmary to dress, you came home alone with a tanghulu.

“Don't make that face,” you said. “Look what Ma got us. Aren't you tired of the rations, Shiyang?”

It was for you alone. I knew this — knew you were lying, but I sunk my teeth greedily into the sour hawthorn, refusing to speak to you.



I keep asking myself why we grew apart as we grew older. I keep asking myself, even as I know.



Entomologists once proved with neuroimaging that the associative memories of caterpillars persists through metamorphosis. Despite the traumas of the chrysalis, butterflies know to avoid odors it once learned to avoid as caterpillars.

We do not know if Lepidoptera have episodic memories, or if it, too, would endure.

Ma has always believed that it would.



What I keep going back to, Jie, is the night we broke into Ma's study while she was gone and found the old discs. She was always so fond of vintages. She kept the metal slate on the wall and it took no time for us to figure out where to slot things. The flat screen buzzed, then glowed.

An accented voice spoke over a video of Terra. Sol blushed past a forest, the strange atmosphere clean blue and teeming with condensation. The lens focused on a lone figure in a field of tall grass — an antelope with glossy hide and strong coils of horn.

“Is it only me,” I said, biting my lips. “Or does it look like Ma?”

We laughed, tried to quiet ourselves, then laughed harder. After the film ended, we lay on our backs as we felt the woven thread of her Persian carpet that we were never supposed to touch. You turned to me, and your eyes were



serious. “Sometimes you’re too hard on her, you know?”

“You’re kidding.”

“I mean it.” You looked up to the low ceiling where there was nothing, stretching your hand out to nothing. “It’s people like her who’ll fix this place up.”

I’ve always hated that look in your eyes — as though you already knew where you would go. I thought of taking your hand to bring it down but stopped myself. “Is that what you want to do with your life? What Ma does?”

You considered this deeply. “Of course.” I remember the bark of my laugh, that terrible noise, like the cleave of metal. “That’s never going to happen. You know that, right? You can’t possibly think that you’re—”

I’m sorry. I won’t repeat it to you. You understand, don’t you? That when you love someone too much, it spills in these terrible, ugly ways.



Like many things, biology is only a marvel in retrospect. Many pre-extinction animals underwent metamorphosis as they matured — insects, fish, amphibians. Yet there were no known mammals that experienced this process.

That is, until Ma had an idea.



“Shiyue,” Ma said to you one morning as she collected your half-empty bowl of slop. “Have you been eating enough?”

You looked away, pinning threads of fine, black hair behind your ears. You were growing taller, and I wasn’t growing at all. Our once homogeneous distribution of body fat sat elegantly on your lengthening femur and tibia. Your full moon cheeks had thinned, and the boys at school were asking me about you.

“I think she’s making herself throw up,” I said, though it wasn’t true.

“I’m asking your sister,” Ma said. The bowl hit the sink louder than usual.



I wanted you to bite back, but you were never willing to hurt me in the ways I hurt you. I wanted you to look me in the eye with scorn for once, instead of looking away — to make what I did to you fair.

You sighed. “Don’t listen to Meimei. My appetite’s been off lately. It makes me nauseous when I eat too much, that’s all.”

Then Ma was running out of the kitchen, soap suds dripping from her fingertips and sinking into the carpet. The water was still running. When she looked at you, it was like I wasn’t in the room at all, like the oxygen I took with each breath was a waste.

“Shiyue, I’m taking you to the lab,” Ma said, and I waited for the two of you to disappear, used to abandonment by then.

I wish so desperately that I had said something to you — anything at all.



If there’s anything that matters in all the kludge I’m telling you, it’s this:

Long ago, a scarcity of resources forced a larva to digest itself to grow up. 350 million years later, and 12 lightyears displaced on the Tau Ceti Station Entomology Lab, Dr. Han impregnates herself with two embryos — both fertilized by the same sperm donor, and yet irreconcilably different by genome.

She will name one after the sun, and another after the moon. She will find one to be more beautiful.



When I saw you half a year later, Ma promised me you would wake up soon.

“Don’t be upset, Shiyang,” she said.

I could not speak to her. I could not look at her. At you.

“You know, other people also live through it. She isn’t the only one.” Ma lay her hand against the glass. “When I told her everything, Shiyue understood. She always understands. Why can’t you be more like your sister?”

She kept you in a box of borosilicate glass. They had strung you up by the crook that was once your elbow, now shrunken yellow and pustulating. The pupa dripped a brown mucus to the floor.

My stomach.

It was nothing like the textbooks, Jie. I’m so sorry.

All I could see was your protruding once-heart, black and cancerous. All I could smell was rot.



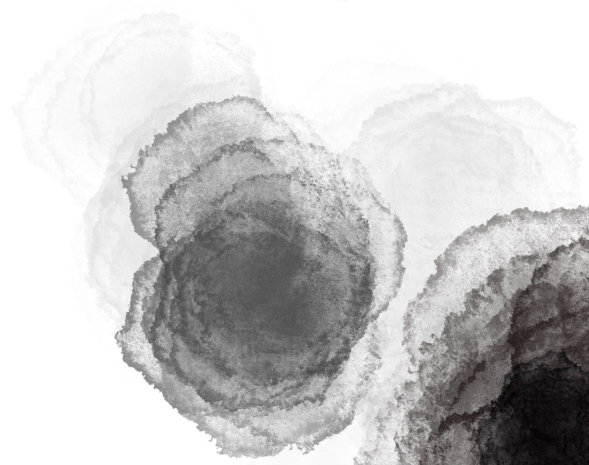
Is it true what Ma says about memories? Do you still know who I am? If it is true — if you are listening — I need you to understand why I have to do this.

I never stopped loving you, Jiejie. I only stopped saying it.

I love you, and this is the only way I can save you.

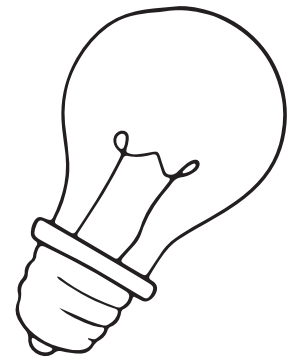
The author got the idea for this article after a friend sent along an article about lacewing butterflies.

The WATSFIC contest opened on January 31 and closed on March 25. The top three winners were announced on April 9, with second place going to “The Lark’s Feather” by A.S.D and third place going to “Of Lost Things” by Christina Li.



Understanding the Renew Waterloo presidency

Carla Stocco, Contributor



Fifth-year nanotechnology student Nick Pfeifle ran during the most recent WUSA election and managed to win the 2024-2025 presidency. Now, Pfeifle and the Renew Waterloo party are eager to address several issues they feel are essential to ensuring the voices of students are heard. While chatting with Pfeifle about his vision and plans over the next year, it's clear that Pfeifle's greatest strength lies in his willingness to be upfront and transparent about achieving change. Rather than overexaggerate or embellish, his honesty offers a refreshing perspective on how to improve and displays his unique approach to a leadership role. Pfeifle's willingness to speak his truth is an important reminder that choosing truth means choosing courage.

Pfeifle's approach

What stands out about Pfeifle is his interest to seek student voices and address the issues that matter to them most. Rather than assume he knows all the answers or has all the skills, his ability to recognize his own weaknesses encourages us all to consider what it means to lead. "I have been putting an effort to try and fix those holes in my knowledge [and] where I don't think I have the time or the skill set to handle," Pfeifle admitted. "The big thing that I'm relying on here is making sure that I have a team that I trust, and I dream and hope the student body trusts that."

When describing his goals as president, Pfeifle stated, "I would like to act in a way that I would be happy to follow."

“The big thing that I’m relying on here is making sure that I have a team that I trust, and I dream and hope the student body trusts that.”

Nick Pfeifle, fifth-year nanotechnology student and WUSA President



Reflections on voter turnout

There is no denying that incentives are often effective ways of encouraging action, as evidenced by this year's WUSA elections and voter turnout. With the chance to be entered into a raffle to win a MacBook, 8,876 students voted out of an eligible 35,325. Voter turnout in 2024 rose to an unprecedented high of 25.17 per cent — six times higher than 2023's record low of 3.2 percent. Asked about equity concerns in relation to these numbers, Pfeifle admitted, "[The incentive] is something that made us nervous as candidates. Like, hey, was this a fair election when so many people were voting with the possibility of a reward at the end?" Asked about alternative means, Pfeifle suggested offering smaller incentives, like a free sticker or snack after voting.

What changes can students expect?

Pfeifle and the Renew Waterloo presidency aim to take action on making third places more accessible to students and focusing on making major changes to the current WUSA governance. Let's take a closer look at the changes Renew Waterloo has planned:

Third Places

Renew Waterloo's Theresa Nguyen is passionate about incorporating a greater number of third places for students. Third places are areas meant for students to unwind and converse outside of the typical day-to-day settings like lecture halls, workplaces, and grocery stores. Third places do not include spots where one is expected to spend money to stay (e.g. coffee shop), silent study spaces (e.g. library), or generally isolated areas. Rather, they are meant to serve as comforting, safe spaces where students can casually come together to connect. This includes offering more faculty-wide unlocked lounges and restructuring of existing spaces, which can be a step towards creating a campus culture that recognizes the value of relationships and the wider benefits tied to reducing isolation on campus.

WUSA Governance

Pfeifle has been vocal in expressing his dissatisfaction with WUSA's governance model. He stated the current model resembles that of "a charity rather than a student council." In his view, WUSA is treated less as a micro municipality, but more as a charity organization that works on student issues. The lack of student oversight on advocacy is one of Pfeifle's main concerns with the current model. Pfeifle aims to make changes that will give students greater control over decision-making, particularly when WUSA's decisions will have major impacts on the undergrad experience, and to

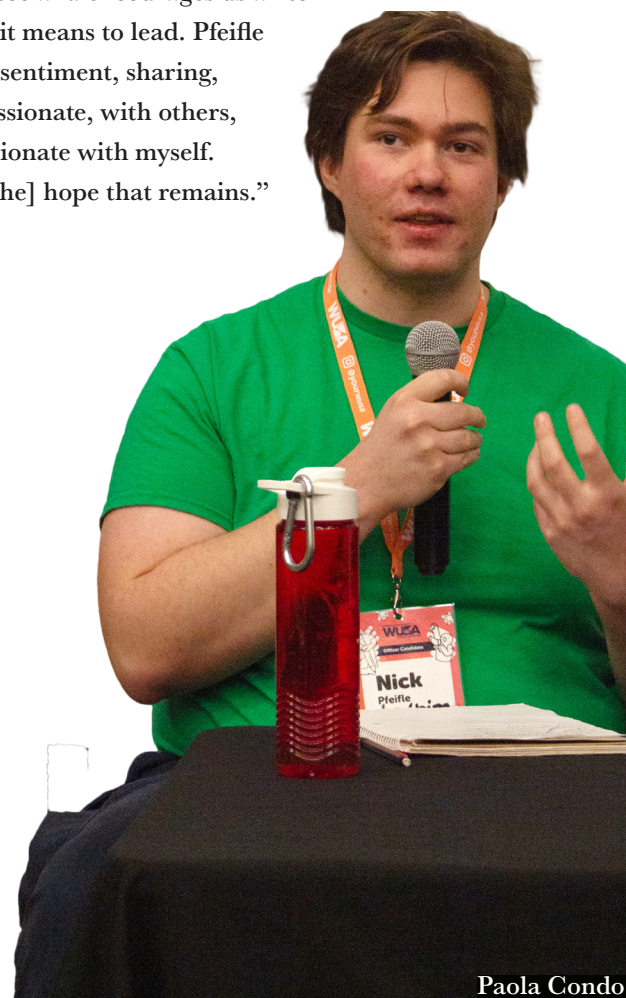
facilitate these aims, Pfeifle is looking into the possibility of switching the presidency to encompass a council model.

Pfeifle on winning WUSA presidency

What did it feel like to win the WUSA presidency? Pfeifle's immediate response was "distracted." He explained that he would have felt disappointed to have lost, but likewise, was disappointed to have won the election. For Pfeifle, the benefit of winning was that "it was pleasant to hear that other students were frustrated in the same ways that I was." Equally, he admits, "If students were supporting my ideas, that probably means that they aren't seeing [the changes they hope for] being done on campus at the moment." What about losing the presidency? Pfeifle would have been satisfied to know students were not as disappointed as he was about certain changes, but "[he] would have been a bit disappointed to move on from the university and not see those ideas complete."

Closing thoughts

What stands out most about Pfeifle and the Renew Waterloo presidency is their determination in seeking changes inspired by student voices. Rather than assume he knows all the answers or has all the skills, Pfeifle's ability to recognize his own weaknesses and areas for improvement is inspiring to see and encourages us all to consider what it means to lead. Pfeifle expressed this sentiment, sharing, "Being compassionate, with others, being compassionate with myself. trying to [see the] hope that remains."



A case for prioritizing hobbies

Sophie Smith, Contributor

What are your favourite hobbies?

When recently asked this, I was left blankly staring into the abyss for a shamefully long time, trying to picture how I spend my free time. Since starting university, the past three years have been a tough balancing act in which I struggle to keep both my school and social lives somewhat afloat. Without realizing it, the very concept of “free time” seemed to end along with childhood.

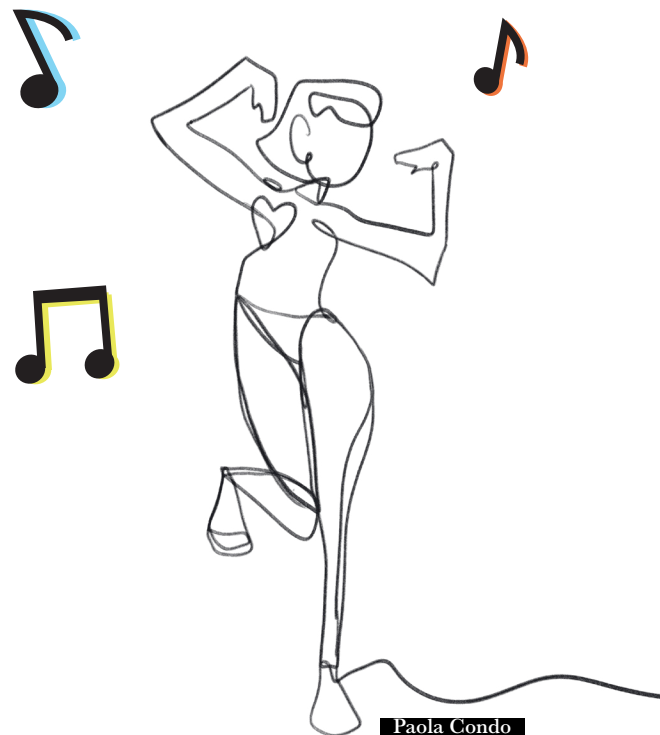
As students in the achievement-oriented culture of university, it can be easy to get wrapped up in studying, networking, job-searching, and, on a good day, not neglecting your friendships. With all this in mind, I often feel that I don’t have a lot of space in my schedule for leisure hobbies, and it turns out I am not alone in this. When asked how she spends her spare time during the semester, UW undergraduate student Madison Szeryk responded, “I find that by the time I get home from studying, if I choose to read or paint, I end up sacrificing my sleep.” Olivia Orlic, also an undergraduate, felt similarly, stating “I wish I had more time.” It seems the struggle to effectively allocate time for recreational pursuits is not a unique experience for many students.

Contemplating my dwindling list of interests left me reflecting on all the various hobbies I once enjoyed growing up, like drawing, playing the piano, and swimming. I was never concerned with being the best at any of these — I just had fun doing them. Remembering this simple truth, I asked myself: Why should doing something simply for the pleasure of it have to end in childhood? After all, isn’t the joy one derives from something enough to justify it being a part of one’s life?

In coming to this conclusion, I committed to making more time in my life for hobbies. The only rules were that they were things that I am not getting graded (or judged) on, or paid for. In other words, rather than being supplementary

to work or school, they must be things that I simply enjoy doing.

I took watercolour classes and dance classes. I tried baking and even tried my hand at poetry. The commonality among all these pursuits was that I wasn’t fundamentally concerned with the results. I just wanted to have fun, learn something new, and take my mind off the stresses of school for a while. Because these were my only goals, there was no pressure to strive for perfection. It didn’t matter that my watercolours resembled those of a six year old, or that my dancing still made my sister laugh. This is not to say I didn’t bring a level of commitment to these activities — I always made an effort to do my best, but I never forgot that I was primarily there to let my hair down and escape reality for a brief moment.



And that is exactly what I did. I came to realize that on days in which I partake in at least one hobby, I feel less stressed, more confident, and happier. I noticed I felt more inspired and energized at work and at school. I observed particularly significant results in my mood when regularly partaking in a diverse range of activities targeting different skills (such as dancing as a form of physical exercise, and watercolour as a creative outlet). As it turns out, this is not delusional thinking on my part. There is an abundance of scientific evidence highlighting the importance of hobbies in supporting physical and mental health.

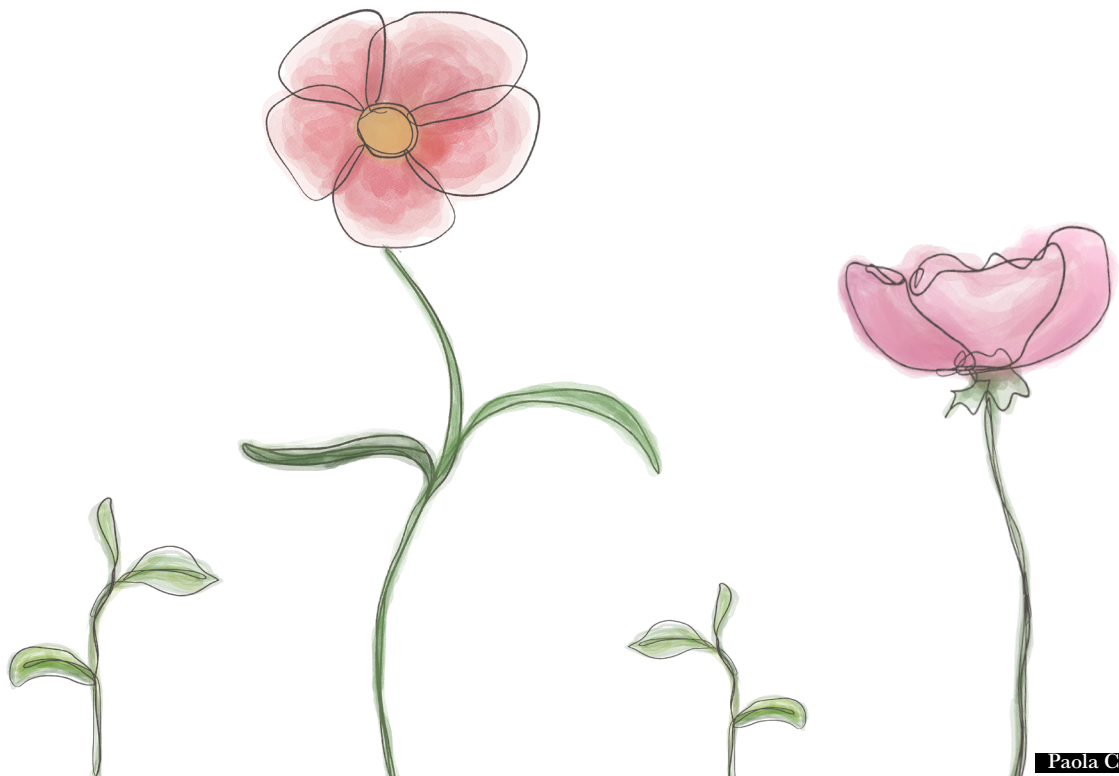
A study conducted by the National Center for Geriatrics and Gerontology in Japan and the Institute of Epidemiology & Health Care in London illustrated health benefits that could be attributed to hobby engagement. The study used data from thousands of adults across 16 countries collected between 2008-2020. The results showed an association with having a leisure hobby and less symptoms of depression and higher levels of happiness and life satisfaction.

Furthermore, similar results were found

in a study conducted by the Society of Behavioral Medicine in 2015 of a community sample of 115 people from the Northeast United States. The study collected data on participants mood, stress levels, heart rate and cortisol when engaged and not engaged in a leisure activity. Results indicated that people who regularly take part in hobbies are often less stressed and even experienced a lower heart rate when engaged in such activities.

During this busy stage in our lives, opening a crossword book or doing some knitting are often the last thing to be found on our to-do lists. Like many of you, I thought that with the jam-packed schedule of a student, such activities were a silly waste of time. But once I actually made space for them, I changed my tune. Now I genuinely believe there can be great value (beyond a grade) in doing something just for the sake of doing it. After all, how can anything be a waste of time if it makes you happy?

If you are not sure where to get started you do not have to look further than campus. There are over 200 clubs at UW, and with everything from chess to salsa, odds are you will find something that catches your eye.



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Being chancellor: Dominic Barton reflects on his time at UW

Andie Kaiser, Staff Writer

Spring term is a busy time for UW chancellor Dominic Barton, who is wrapping up his last couple of months in the role. Having taken the position of chancellor back in 2018, Barton is now in his second three-year term, which will come to an end on June 30.

Elected by the university senate, the chancellor is a voluntary public service role, serving as titular head of the university and working to represent UW on both a local and global level. In addition to the more public-facing responsibilities, the chancellor is also a member of UW's Board of Governors and Senate and works to guide and support various university leaders.

Though he never attended UW himself, Barton said that he has always been a "huge fan": "I felt that this is a hidden gem that Canada has," he added, praising both the innovation and leadership at the university. He noted that while most institutions would only be able to provide either research or hands-on experience, UW's co-op program opens the door for both opportunities. Throughout his time as chancellor, Barton hoped to share the merits of this "hidden gem" with other university leaders around the world. The question of "how do we get Waterloo more on the map?" was therefore a central one for the chancellor, who aimed to make use of his global knowledge while in the role.

Recognizing that he had a large network across the world, Barton explained that he would always work to increase Waterloo's visibility abroad, whether that be talking about the co-op program, faculty members, or simply sharing projects that students are developing. Another part of his outreach strategy was to connect former UW president Feridun Hamdullahpur (who held the position until 2021) and current president Vivek Goel with other university and business leaders from around the world. The result was the formation of a global advisory group, which Barton said met around twice a year and asked other leaders: "If you owned Waterloo, what would you do

with it?"

"I think [UW] deserves more recognition than it gets... I just think this is an amazing university and the world should know more about that," he added.

Barton said that over the course of his time at UW, he has definitely seen the university develop more of an international presence, which he said is "great." He also identified research as an area that he had learned more about, explaining that he would often speak to various faculty members in order to learn more about the projects that they were passionate about. As he learned more, Barton felt that it was important to share the research that was happening, and worked to bridge what he called "a general gap between the public and what universities do."

The desire to share Waterloo's research with the world was cultivated while Barton carried out the ceremonial responsibilities of chancellor: "Whenever I was doing the convocations, I'd spend time with the faculty, [such as] the dean of math, and say, 'what are you working on, what's your passion?'" It was these conversations that inspired him to develop the podcast "Global Futures in Focus with Dominic Barton" released by the university. In each episode, Barton speaks with experts from UW about issues (and solutions) that are shaping the future.

"I said, I'd love to just interview these [people] who are leading this stuff, because no one's talking about their stories," he said about creating the podcast.

Barton explained that there were other areas of learning that resulted from his involvement in university ceremonies. "My connection and understanding of the Indigenous community was just massively opened up," he said, adding that Elder Myeengun Henry has had a "big influence" on his work and life.

As for the future, Barton added that he is "really excited" about the incoming chancellor, Jagdeep Singh Bachher,

who will begin his three-year term on July 1. Barton spoke about Bachher's involvement with UW, which includes being a triple graduate and sitting on the Board of Governors. "He'll take it to a whole different level," Barton said of the incoming chancellor.

Though he is confident that Bachher will continue the kind of global work he has been involved in, Barton looks forward to seeing how Bachher will "change up" what it means to be chancellor. "People will probably do it the way [that] gives them energy, to [do] what's useful for the president," Barton explained about the role.

Reflecting on what he has learned over the course of his time as chancellor, Barton offered advice to UW students: "Be very ambitious, go for it... this is the place." He also encouraged students to take risks with the research they're doing, noting the amount of UW students he's met that have been developing new ideas and businesses.

The last thing he added was that students should aim to "be global": "This is a global world, so get out and see the world and meet people in different parts of the world — there's so much to be done globally."



La Scala chopped salad

Ingrid Au, Contributor

When I think of summer, I think of salads. It is the perfect dish to make on those summer days when the heat takes away your appetite, and the last thing you want is to turn on the stove. This salad has the perfect balance of acid, fat and heat – it is satiating and refreshing in the summertime.

Instructions

To make things easier, I usually use a measuring cup to mix my dressings in. This way, I can yield my measurements and it is easier to pour over the salad.

In a large salad bowl, combine lettuce, onions, salami and mozzarella. Drizzle the dressing over the top and mix it.

All this recipe needs is some chopped vegetables, some dressing and a quick toss. You can even make extra to meal prep for the rest of the week. Throughout the week, you can spice things up by adding chickpeas, different types of deli meats, artichokes, or pepperoncini to your salad. I truly believe this salad provides a diverse palate for the summer season. Enjoy!

Tools

- A large salad bowl
- Measuring cup

Ingredients

Salad:

- Half a head of iceberg lettuce, thinly sliced
- ¼ of a red onion, thinly sliced
- ½ cup of sliced spicy salami
- ½ cup of shredded mozzarella

Dressing:

- ½ cup of vinegar or red wine vinegar
- Cup of extra virgin olive oil
- 2-4 tsp of Dijon mustard
- 1 tsp of freshly grated garlic
- Salt and black pepper



Paola Condo

May crossword: UWACC setlist

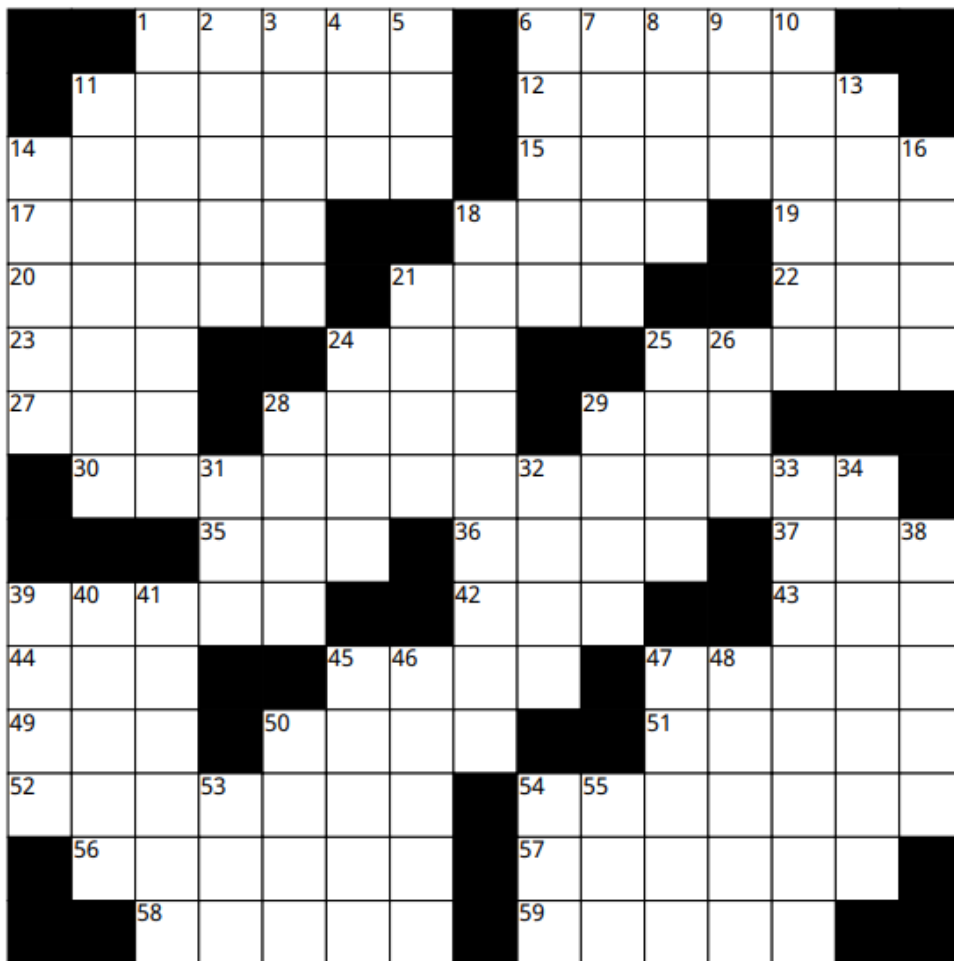
Zoe Cushman, Contributor

The crossword theme is UWACC setlist. Starred entries are connected with album or artist of various songs performed by the UWA Cappella Club since 2020.

ACROSS

- 1 Letter-shaped sink part
- 6 Hawk's descent
- 11 W23 AcaBellas - ___ Grande, artist of '7 Rings'*
- 12 W21 Unaccompanied Minors - artist of 'The Seed'*
- 14 Someone who watches your back at the gym
- 15 F22 Musical Interdudes - The ___ Demons, artist of 'Cheese On Bread'*
- 17 Honeycrisp or Wynoochee Early
- 18 Triumphant cries
- 19 "___ be a pleasure"
- 20 Worked front-of-house in a theatre
- 21 Wing measurement
- 22 Comedian and actress Charlotte
- 23 Hair colouring
- 24 Rice noodle and bone broth soup
- 25 Manager of a digital system, informally
- 27 International tribunal located in the Netherlands (abbreviated)
- 28 Opposite of succeed
- 29 Horace's '___ Poetica'
- 30 W24 ACE - album name of 'Intellectual Greed'*
- 35 Diving bird
- 36 "___ you like" (two words)
- 37 International grouping of neutral countries during the cold war (abbreviated)
- 39 Degree focus
- 42 Charlie Weaver's Mount ___
- 43 Data transfer bypassing CPU (abbreviated)
- 44 Much ___ About Nothing (Shakespeare play)
- 45 LGBTQ+ student organizations (abbreviated)
- 47 Buck-___ (2018 PC campaign slogan, two words)
- 49 W24 IFC - artist of 'Bird Set Free'*
- 50 Sheep noises
- 51 Ballet studio fixture
- 52 Japanese ball-and-cups game
- 54 W24 Water Boys - Michael ___, artist of 'Love Never Felt So Good'*
- 56 Parted, as drapes
- 57 Take to work, as a bus (two words)
- 58 Lethal Company modded moon
- 59 Back of a boat

DOWN



- 1 W24 Musical Interdudes - The ___, album name of 'I Don't Know What We're Talking About (And I Haven't For A While)'
- 2 Heading
- 3 Scored
- 4 Hydrocarbon suffix
- 5 Golfer's goal
- 6 James of the Magnus Archives
- 7 Capital of Hubei province
- 8 Soldier slain by Prince Hector in the Iliad
- 9 Roblox death sound
- 10 Image-curating professional organization (abbreviated)
- 11 High school behavioural studies course (abbreviated)
- 13 Central Asia's ___ Mountains
- 14 Riyadh resident
- 16 Garden in biblical canon
- 18 Formal defenses
- 21 ___ Tzu
- 24 Prepare for a trip
- 25 Flight board postings (abbreviated)
- 26 WiFi-enabled handheld Nintendo
- 28 Number of members in a barbershop quartet, such as UW's Loo-Wops
- 29 Apple frequency in a common idiom (two words)
- 31 Kung ___ (peanut and peppercorn dish)
- 32 Agrees nonverbally
- 33 W24 Water Boys - ___.Paak, artist of 'Fly As Me' with Bruno Mars*
- 34 F22 AcaBellas - Dove ___, artist of 'Boy-friend'*
- 38 W24 Unaccompanied Minors - ___ Morris, artist of 'The Bones' with Hozier*
- 39 Suppress traits in order to seem 'normal', in neurodivergent terminology
- 40 Farewell from the French
- 41 F23 In Full Colour - album name of 'Perfect Illusion'*
- 45 "No, you're NOT a ___" (gatekeeping copy-pasta)
- 46 F22 ACE - ___ Mendes, artist of 'Mercy'*
- 47 Answers for a five-option multiple-choice question
- 48 Bread maker
- 50 Uncovered
- 53 Banned insecticide (abbreviated)
- 54 Young ones (abbreviated)
- 55 Little island



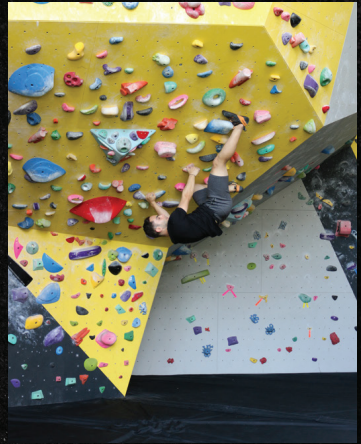
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