



Imprint

Your Stories, Your Voice

October 2024
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Five tips to reduce
your digital
carbon footprint
P8

Most anticipated
Halloween
costumes
P10

Should we have
more sympathy
for eduroam?
P12

TABLE OF CONTENTS

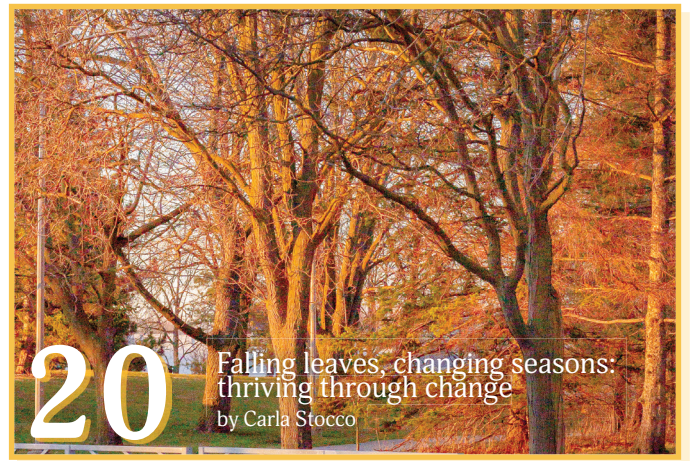
03 Rising costs and empty pantries:
Food banks call for long-term solutions to fight food insecurity
by Isabella McKenzie

08 Five tips to reduce your digital carbon footprint
by Bethany Poltl

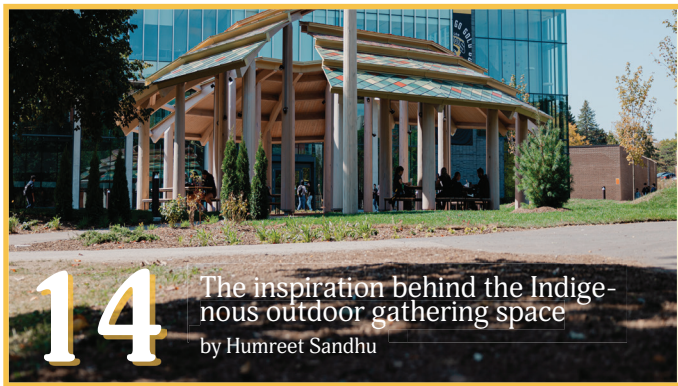
10 Most anticipated Halloween costumes of 2024
by Sophie Smith

12 Should we have more empathy for eduroam?
by Tiffany Wen

16 Diverse volunteer opportunities available on campus
by Dildare Yurtsever



20 Falling leaves, changing seasons:
thriving through change
by Carla Stocco



14 The inspiration behind the Indigenous outdoor gathering space
by Humreet Sandhu

26 Recipe: Apple crumble
by Ingrid Au



27 October crossword
by Zoe Cushman



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Rising costs and empty pantries: Food banks call for long-term solutions to fight food insecurity

Isabella McKenzie, Staff Writer

We've all seen the prices rise. The cost of groceries, rent, and inflation is causing food insecurity to affect more Ontarians than ever. Ontario food banks were visited 7.6 million times in the last year. This is a 134 per cent increase from 2019-2020, as reported by Feed Ontario on Sept. 10, 2024. In the same report, it is shown that food banks are feeling this pressure, with 69 per cent of Ontario food banks feeling concerned about not having enough food to support those in need, and 53 per cent worrying about having enough funding to adequately meet the demand in their areas. Food insecurity is at an all-time high and this issue is creeping closer and closer to home.

"Food insecurity doesn't discriminate," said Mujtaba Haider, a coordinator of the WUSA Food Support Service (FSS). "26 per cent of post-secondary students are affected by food insecurity." The FSS provides free food hampers to members of the UW community who are struggling to get adequate meals. Five types of hampers are offered: meat, vegetarian, kosher, halal, and basic hygiene products. To combat food insecurity, the FSS gave out over 1600 hampers to UW students in need in 2023, with the ongoing support of WUSA and the Food Bank of Waterloo Region.

"Right now, the government is expecting food banks to solve the problem, but food banks can't solve the problems," said Kim Wilhelm, CEO of the Food Bank of Waterloo Region. "We're fortunate at the Food Bank of Waterloo Region to have a number of refrigerated trucks and walk-in coolers, refrigerators, and freezers to store our perishable products, but at the same time, we're feeling stretched in the space that we have."



"26 per cent of post-secondary students are affected by food insecurity."

— Mujtaba Haider, WUSA FSS coordinator

Wilhelm emphasized that food banks were initially created for emergencies, however, they're now forced to be more than that due to the rising number of people who need food. "There are food banks that are promoting health and financial well-being and I think that as leaders, as a community, it's time to recognize that food alone won't solve the problem," Wilhelm said. "It's time to shift our focus from an emergency response towards empowerment and from short-term transactions of food to the long-term transformation of individuals who are experiencing poverty."

While food banks are happy and willing to take any adequate donations, the root of food insecurity falls into the hands of policymakers. "The reality is that addressing food insecurity requires a multifaceted approach that targets both the immediate needs and the underlying cause, poverty being the primary factor," Wilhelm said. "Ontario Works often does not meet the basic living costs. It hasn't been modernized in years, and so if we're able to increase these rates and index

them to inflation, it can significantly help reduce food insecurity.”

Increasing the minimum wage and working to combat the growing cost of living through affordable housing are also methods Haider and Wilhelm emphasized to increase food security. “It’s living in this post-pandemic world where job markets and economies are very unstable and fluctuate at extreme ends, so there are many factors that are causing this increasing year-over-year demand,” Haider said. “Also, we are a university service, run for students by students so that in itself causes some inherent limitations that come up.”

The FSS is thankful to be supported by WUSA and the Food Bank of Waterloo Region, however, they wish to become more self-sufficient and not so heavily reliant on external funding and donations. “We work in coordination with the Region of Waterloo Food Bank however, we are trying to be more self-sustainable,” said Haider. “Getting those donations is something that has always been a challenge for us.”

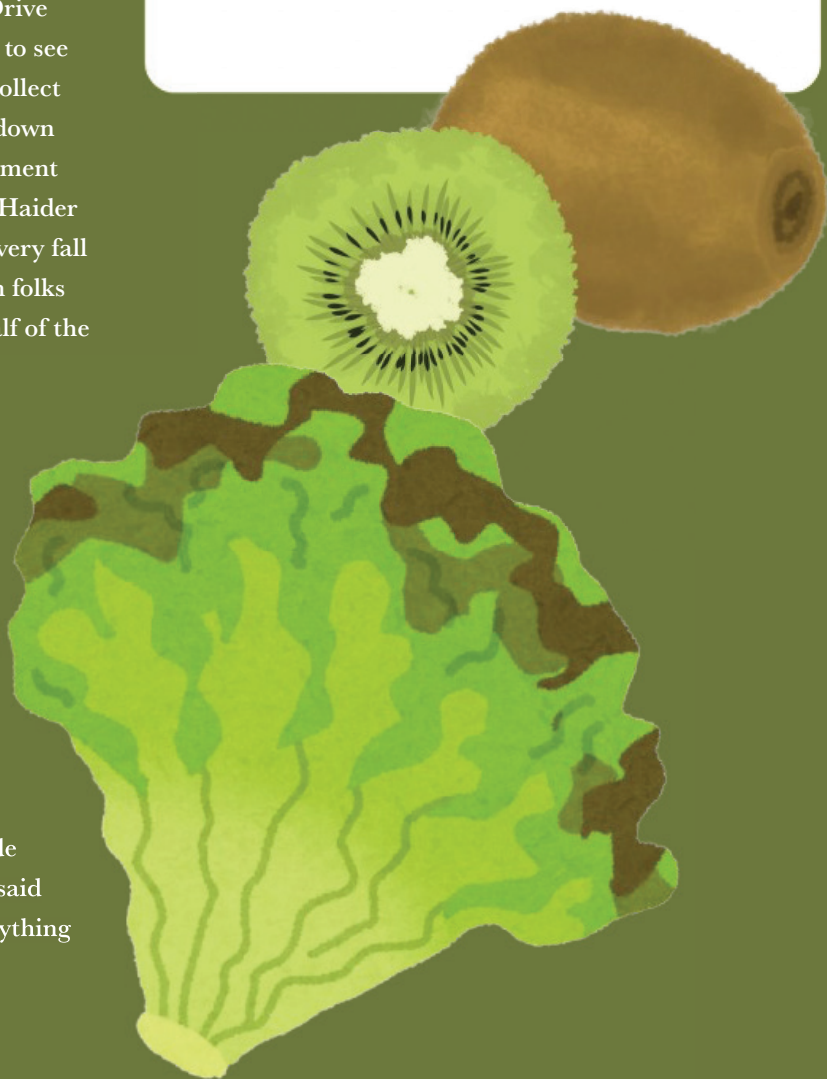
While the FSS is feeling the strains of this high demand, they’re looking forward to the Stock the Bank Food Drive event in November, where UW departments compete to see who can gather the most food to be donated. “They collect donations with their units and then they bring them down to us. We count them up and the people in the department and the group with the most donations win a prize,” Haider said. “This is something that we do historically and every fall semester closer to exam season... That’s usually when folks end up running into financial troubles — that later half of the semester.”

If you would like to donate to the FSS or the Food Bank of Waterloo Region, the items that are highest in demand are fruits, vegetables, canned beans, canned meat, and tomato sauce. “If people have room left in their budget after completing their grocery shopping, please consider picking up one of those [high demand] items and placing it on the bin on your way out of the store,” Wilhelm said. However, both food banks emphasized that any donation, big or small, makes a huge difference. “We really want to make sure that we’re still able to provide enough food to get all those food groups for people,” said Sam Galloway, a FSS coordinator. “We will take everything you’re willing to donate.”

Financial contributions are also greatly appreciated. “Alternatively, we ask people that if you have room in your budget to consider making a financial contribution. Financial contributions allow us to fill the gaps in our inventory, keep our trucks on the road and ensure that the food is delivered safely to our agencies.”

High demand items:

- * fruits
- * vegetables
- * canned beans
- * canned meat
- * tomato sauce



“The reality is that addressing food insecurity requires a multifaceted approach that targets both the immediate needs and the underlying cause, poverty being the primary factor.”

— Kim Wilhelm, CEO of Food Bank of Waterloo Region

The Food Bank of Waterloo Region utilizes these donations to power their mobile pantry. This food truck-like delivery service delivers food hampers to those who can't go and access a community centre. “On our mobile pantry we have refrigerators, freezers, and then shelving for dry storage,” Wilhelm said. “We literally go into a parking lot and ensure that people have access to fresh, nutritious food right off of our mobile pantry.”



Via Canva.com

Volunteering is another way to play a role in decreasing food insecurity. Not only does this give you valuable volunteer experience, but it allows you to give back to your community and help those in need, which is extremely rewarding. “It gives purpose to waking up in the morning — supporting students that really need this help in such unfortunate circumstances,” Haider said. “We just would love to see the student body and faculty and staff more engaged with our service.”

There are a variety of roles that the FSS offers that don’t just involve gathering donations. Volunteer positions range from office executives, communications and marketing positions, to analytics positions. Analytics volunteers look at the FSS surveys for trends in who and where needs food hampers the most. If you’re interested in more spaced-out volunteer hours or even more hands-on work, the Food Bank of Waterloo Region is also looking for volunteers for fundraisers and events. “[Individuals] could certainly consider volunteering at our distribution centre or at one of our fundraising events,” Wilhelm said. “Because of these contributions, as well as donations and food, we are able to provide the support that those individuals need so that they don’t go hungry.”

If you’re interested in fighting food insecurity in your community, check out thefoodbank.ca or the WUSA Food Support Service at wusa.ca. For in-person food donations to the FSS, donation bins are placed in the following buildings year-round:

- Student Life Centre Flock Stop Stairs (SLC)
- South Campus Hall (SCH)
- Renison University College
- Claudette Millar Hall (CMH)
- William M. Tatham Centre (TC)
- IST (EC2)

Monetary donations can also be made on the wusa.ca FSS Donations webpage.



As a community, we can donate food to those in need, volunteer our time when possible, and urge our officials to prioritize food security in their policies so more hungry stomachs can be filled with healthy food. “What you can donate is going to go directly into the hands of other students,” Galloway said. “[It] mean[s] a lot to us — it’s students helping students.”

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again!

THE ROCKY HORROR PICTURE SHOW

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Wear
Costumes!

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Come
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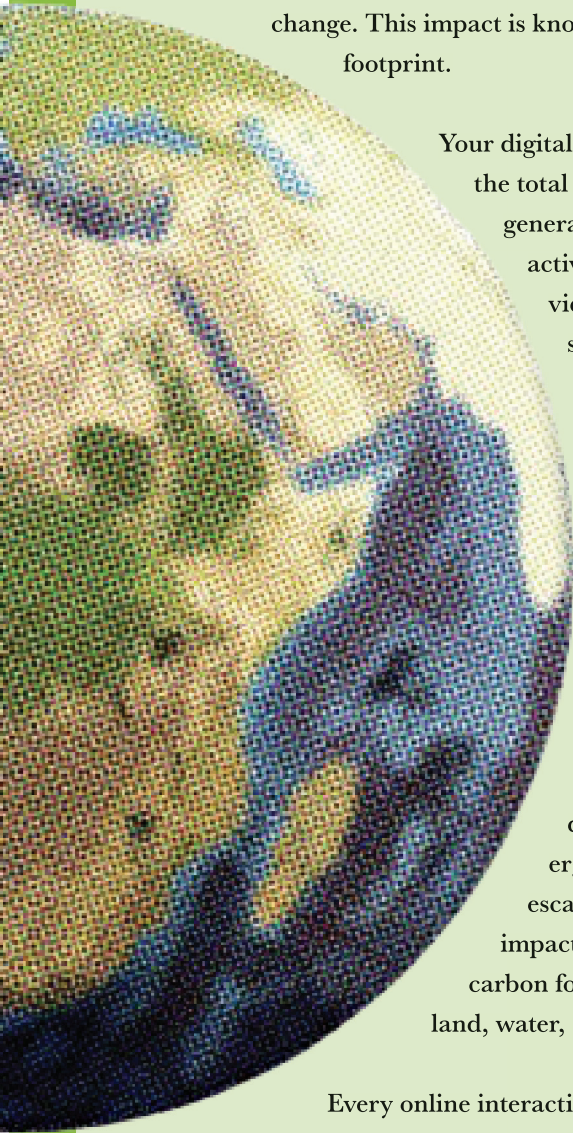


uwimprint.ca

Five tips to reduce your digital carbon footprint

Bethany Helaine Pörtl, Contributor

Everyday, approximately five billion people worldwide with internet access log onto various platforms — social media, education, or work related sites — on laptops, desktops, or handheld devices. At UW, over 40,000 staff, students, and faculty may be logging in everyday. Technology and the internet have transformed our world, allowing us to stay connected, hand in assignments, and repost memes. As use and dependence on online technology increases, energy consumption grows. Our online habits have an environmental impact as the rise in energy demand increases resource depletion, contributes to carbon emissions, and drives climate change. This impact is known as digital carbon footprint.



Your digital carbon footprint is the total carbon emissions generated by your online activities. Streaming videos, playing games, scrolling on social media, downloading files, sending emails, attending remote meetings, doing online school — any online activity generates carbon emissions. As digitalization of our world continues the demand for high energy technologies will escalate. The four major impact areas of digital carbon footprint are: energy, land, water, and marine life.

Every online interaction uses energy to

send requests from personal devices to servers in data centres, which take a massive amount of energy to run. Water is also necessary for data centres, as it is used to prevent servers from overheating. According to the company, an average Google data centre in 2021 consumed approximately 450,000 gallons of water per day. Data centres also take up a vast amount of space, leading to biodiversity loss. The core of internet connectivity lies in the ocean, where almost 1.5 million kilometres of submarine fibre optic cables carry telecommunication signals throughout the world. The installation and maintenance of these cables causes habitat disturbance, as well as chemical and noise pollution.

With our increasing global dependence on the internet and the already existing impact to our planet, what can we do to reduce our digital carbon footprint? How do we address the environmental challenges while maintaining our connections?

1. Reduce your energy consumption

Energy and digital devices are inseparable. Energy use is a major contributor to climate change, leading to approximately 60 per cent of total global greenhouse gas emissions according to UNICEF. By reducing your device's energy consumption, you lower your digital carbon footprint.

Think about enabling power saving mode to optimize energy usage, unplug chargers and devices when not in use, lower your screen brightness, and put your devices on sleep or hibernation modes when you're not using them to reduce idle energy.

2. Email mindfully

Emails are a highly used form of communication, especially within the university communication chain. Sending emails with large attachments can have the same carbon footprint as driving a car one kilometre.

To reduce the carbon footprint of your emails, regularly delete old emails, “reply all” only when necessary, unsubscribe from unwanted or unneeded newsletters, and compress large files before sending.

3. Do a digital declutter

Just like acquiring physical items that sit in your room or fill up your desk drawer, every file, app or program stored on your device uses energy to create and maintain. The more cluttered your device is, the greater the amount of energy it consumes during use.

Do a digital declutter — review and delete unneeded or unused files, periodically clear your web browser’s cache and cookies and think twice before downloading new apps. This will help your devices run faster, your storage space will be freed up and your digital carbon footprint will be lowered.

4. Limit AI use

AI usage has become the norm in recent years, with ChatGPT supporting 180 million users since 2022. Every query on ChatGPT produces 4.32 grams of CO₂ as opposed to the 0.2 grams of CO₂ generated by a Google search. To put it in perspective, 16 queries is the equivalent of boiling one kettle. For each person asking a query through AI, carbon footprint accumulates.

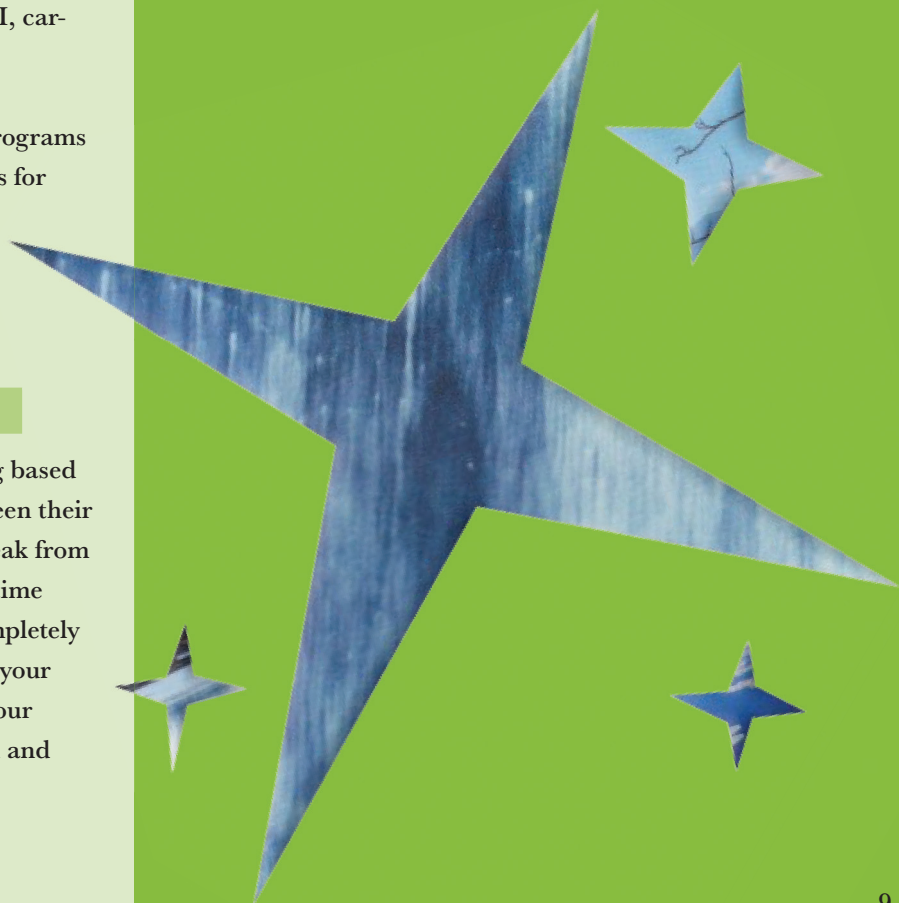
To reduce your emissions output try to only use AI programs when necessary. Choose AI models that are advocates for green technologies and seek out other research methods that are less carbon intensive, such as internet searches, conversations with experts, surveys, and more.

5. Set digital downtime

With school, work, and even socialization often being based online, it becomes a pattern for many to switch between their laptop and phone all day. Schedule time to take a break from going between one screen to another. Setting screen time limits on apps or disconnecting from your device completely is beneficial for your mental health and helps reduce your digital carbon footprint. Try swapping scrolling on your device for a stroll outside to help recharge your brain and lower stress.



Addressing our increasing digital carbon footprints requires us to be aware of how each click, share, and comment we make online has a ripple effect throughout our natural world. Collective action at the individual and institutional levels needs to occur. Action to adopt greener online habits, seek out technologies that operate sustainably, and hold accountable the companies we fund to run our digital spaces. Practicing and advocating for environmentally responsible technology use protects future generations and our planet, one mindful digital interaction at a time.



Most anticipated Halloween costumes of 2024

Sophie Smith, Contributor

That time of year is starting to creep up again--you might have already started to wonder what Halloween costume you will put together this year. With another year of up-and-coming artists and box office sellouts comes a new slew of pop culture moments bound to be relived this Halloween. With the help of fellow students, we've rounded up some of the most anticipated costumes of 2024.

Another artist that has been dominating the billboard charts this year is none other than Chappell Roan. If she was not already going to be a prevalent costume this year, the recent Chappell Roan Night at the Hub KW has definitely put her at the front of many minds. Her signature drag-inspired sparkly makeup, long red hair, and over the top outfits will make for great costumes. If you choose to recreate one of her iconic looks this year, good luck babe!

On the subject of singers, I think it goes without saying that from the Taylor Swift Society alone, we can expect to see an array of Swifts and Travis Kelces returning this year. With the continuing record-breaking success of her Eras Tour, various adaptations of the iconic stages of her career from her very first self-titled album to *The Tortured Poets Department* are also likely to be popular group costumes.

Finally, we cannot forget about an artist whose recent hits have not left the radio and many of our heads. When asked what costume she believes will be seen most this Halloween, fourth-year English and French student Sydney Hartley-Folz responded, "I think Sabrina Carpenter will definitely be popular this year." With her voluminous blond hair and go-to short dress plus high boot combo, you can expect to see many Sabrinas on Halloween night, espressos in hand.



As for Sydney and her roommates' costume plans this year, she said "we're currently planning on being characters from *The Nightmare Before Christmas*." Costumes inspired by the most iconic characters featured on screen, such as these, are always a popular choice for Halloween. As nostalgic sequels and anticipated new releases continue to fill theaters, this year is unlikely to be any different, especially for those in the Waterloo Movie Watchers Club.

Other notable mentions according to third-year psychology and legal studies student Lindsey Donando Visbal are, "Deadpool, Wolverine, and *Twisters* movie-themed costumes."

The success of the second *Beetlejuice* film will likely cause the return of some familiar favourites such as Beetlejuice Beetlejuice Beetlejuice and Lydia Deetz, along with new characters such as Astrid Deetz at their side. New characters from another beloved sequel that we can expect to see recreated this year are Riley's post-pubescent emotions of Anxiety, Ennui, Embarrassment, and Envy from *Inside Out 2*. These additions to the original core five could make the perfect costume for bigger groups of friends.

Finally, we anticipate spotting more than one tennis racket on Halloween night as Tashi, Art, and Patrick

from the cultural phenomenon that was the *Challengers* film make for the perfect trio costume.

For opportunities to show off your fabulous costumes check out the various events being held uptown. For graduate students, don't miss the annual Halloween Party at the Grad House (check out their Instagram for details to be posted closer to the date)!



SHOULD WE HAVE MORE EMPATHY FOR EDUROAM?

Tiffany Wen

There is no doubt that it would be virtually impossible to effectively function in a university setting without the use of Wi-Fi. Everything is online — course content, contact information, discussion groups, research materials, and so on.

Like many other universities, UW uses eduroam (short for education roaming) network services for campus Wi-Fi. It is a roaming service specifically made for research and education, allowing for students and faculty at different institutions to access the internet at any participating campuses.

Undoubtedly, eduroam serves an important purpose in the pervasively online dependent age we live in. On the other hand, the online dependent age for university students means that it's quickly noticeable when something is not working correctly. Whether you're reviewing a lecture on campus, reading an online textbook, joining a meeting, or taking an online class, it's safe to say that study plans can quickly come to a halt when there are network issues.

This was the case during the week of Friday, Sept. 13, 2024 (notice the unlucky date), where there seemed to be campus-wide issues with eduroam.

At the beginning of Professor Jennifer Clary-Lemon's visual rhetoric class, her students were scheduled to take a quick three-question reading quiz. But when suddenly faced with Wi-Fi issues, what can be done?

While some connected to the hotspot on their phones, others lined up to show the professor that their Wi-Fi still wasn't working and therefore they could not complete the 10-minute quiz.

“Students pay for the Wi-Fi through tuition... [T]echnology is a prerequisite for learning, so there's frustration. Everyone counts on the technology to work.”

- English Professor Jennifer Clary-Lemon

While it may not seem like too big of a deal at first, as a professor, Clary-Lemon outlines legitimate concerns, particularly concerns of equity. While some students have the advantage of accessing the network or their own personal hotspot, others may not, and that comes to the point of some students receiving their education and others not. She reinstates that of course, it's adaptable, but it comes with on-the-spot decision making and difficulty for the professor.

From a student perspective, some may not have found connectivity issues to be a problem at all. For others, it may be a larger inconvenience. Sam Jafarzadehpour, a fourth-year ARBUS student, has faced continuous difficulties with the Wi-Fi: “I often encounter significant challenges with the eduroam network — I experience issues ranging from my password not working, to the network being down entirely. This frustration often forces me to rely on the guest Wi-Fi or my personal data.”

At the Dana Porter Library, located in the centre of campus, hundreds of students are circling in and out every day. Hawk Scherbinsky, who works with the library’s circulation services, often attends the desk where students go when they have network issues. “Students come up saying they can’t connect, or they were booted off. Sometimes they want to know how to connect for the first time. But mostly, it’s about the Wi-Fi not working,” Scherbinsky said. So, when students come up to the desk, he sends them over to the IT service desk.

Jeanie Zhang, a student working at the IT service desk this work term, helps resolve the network issues that students in the library may face. She collects the student information for the network team and helps troubleshoot devices. However, she says the network issues may be attributed to too many students in the library connecting to the network. When this happens, the Wi-Fi inevitably becomes slow. She mentioned that she noticed a larger number of students with Wi-Fi problems around September 13.

Of course, it would be naive to believe that there isn’t a diligent team consistently working on the betterment of our campus network to satisfy UW’s dedicated and hardworking screenagers. UW’s Information Systems and Technology (IST) is the team that helps provide effective information systems, services, and technology that support all of the university’s research, educational, and administrative needs.

Similar to what Zhang said, the IST site provides an analogy for Wi-Fi to help users better understand.

Consider being at a table with one professor and 10 other students. If everyone needed to ask a question, there might be an overlap of voices and you may have to stop and wait for silence to speak again. The idea is that the same thing is happening with your device and the wireless access point. When there are so many people nearby using the Wi-Fi, people are essentially taking turns. This analogy provides insight or reasoning as to why there are seemingly random occurrences of network issues. When it’s put this way, it does feel a little more intense to expect 100 per cent performance from eduroam all the time.

When asked about potential issues with the Wi-Fi on campus, Natasha Jennings, the communications officer for IST provided an email statement: “Each of our department’s teams work diligently to support the central IT services provided to campus. While all services have scheduled maintenance and support windows, there are unfortunately times when a service is unexpectedly degraded or interrupted. When such a situation occurs, our teams work to investigate and remediate the situation as quickly as possible, always aiming to reduce any impact to our clients.”

Although students and classes may experience network issues, it’s safe to say that it generally works very well to support our vastly different needs all over campus. It can be frustrating for everyone involved, especially when it’s a larger problem around campus like it was on the week of Sept. 13. However, we can now understand that there is patience that needs to be extended towards eduroam and all that it does for the thousands of people it provides wireless connection to at a time. With that being said, the IST site provided a service announcement that the entire network core is being updated, which could take around a year to complete. Not only could this explain the disruptions we experience, but it also means that network performance should improve in the future. Make sure to pay attention to changes in function of the network, good and bad!



The inspiration behind the Indigenous outdoor gathering space

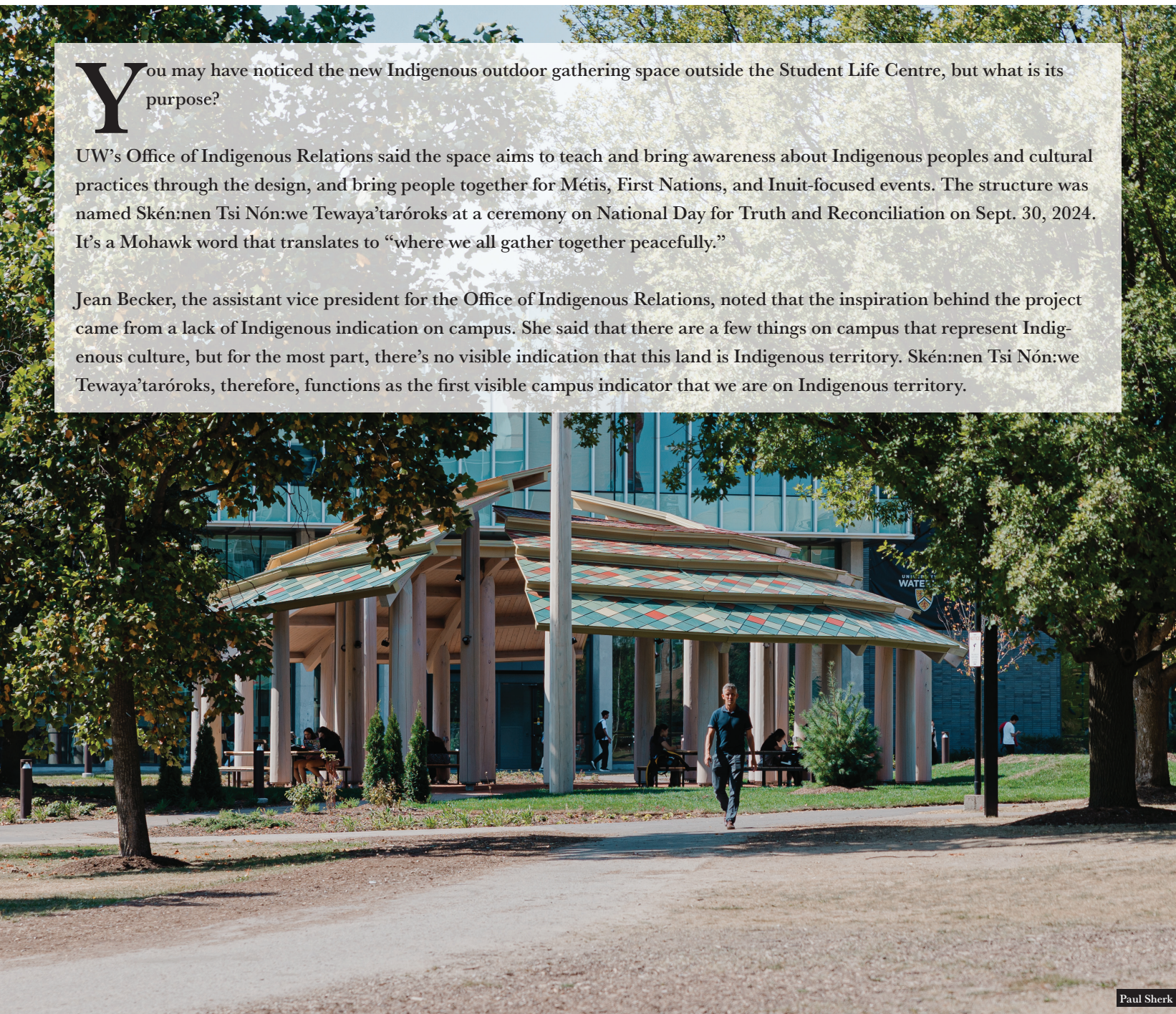
The structure located on the BMH Green was named Skén:nen Tsi Nón:we Tewayá'taróroks on Sept. 30

Humreet Sandhu, Staff Writer

You may have noticed the new Indigenous outdoor gathering space outside the Student Life Centre, but what is its purpose?

UW's Office of Indigenous Relations said the space aims to teach and bring awareness about Indigenous peoples and cultural practices through the design, and bring people together for Métis, First Nations, and Inuit-focused events. The structure was named Skén:nen Tsi Nón:we Tewayá'taróroks at a ceremony on National Day for Truth and Reconciliation on Sept. 30, 2024. It's a Mohawk word that translates to "where we all gather together peacefully."

Jean Becker, the assistant vice president for the Office of Indigenous Relations, noted that the inspiration behind the project came from a lack of Indigenous indication on campus. She said that there are a few things on campus that represent Indigenous culture, but for the most part, there's no visible indication that this land is Indigenous territory. Skén:nen Tsi Nón:we Tewayá'taróroks, therefore, functions as the first visible campus indicator that we are on Indigenous territory.





When asked how the gathering space fits into the bigger picture of truth and reconciliation on campus, Becker said, “I think that a big part of truth and reconciliation is the truth part. Until the truth about what happened here in Canada with Indigenous peoples is known and people understand that we have valid claims to be in this country and we are not some expendable peoples, we can’t get to reconciliation.”

Skén:nen Tsi Nón:we Tewayá’taróroks also provides an outdoor classroom setting for any professors teaching content on Indigenous peoples. When not in use for classes or events, the space is available for anyone on campus to gather.

The Office of Indigenous Relations worked with the Indigenous design studio of the Toronto-based architecture firm BrookMcIlroy to build the structure. Construction took place winter and spring of 2024, and the space has been available for use since the start of the fall term. Principal Ryan Gorie, who led the work at BrookMcIlroy, is Anishinaabeg and a member of Bingwi Neyaashi Anishinaabek. The design team also included Danny Roy, Dani Kastelein, and Erik Sziraki.

The structure and design elements of the gathering space were all taken from nature. One of its main features is a roof structure with four wing-like parts that slant and overlap. Through patterning and colouring, the roof design imitates a trout species native to the Grand River. The tile design and colours were chosen after consultation with Indigenous campus community members. The space also consists of four large seating areas, and in a few months, there will be plants and trees that hold significance to Indigenous cultures.

Emma Smith, interim director for the Waterloo Indigenous Student Centre (WISC), was asked about how the project came to be. “Elders Gene Becker, Elder Mike and Elder Henry were talking about how we’ve used that space for several different events such as the National Day for Truth and Reconciliation,” Smith explained. “They were wondering what the space could look like in terms of the Indigenization

projects on campus and within art and the structure of spaces on campus — similar to the new residence that’s being built and what that can look like as a means of showing Indigenous students and Indigenous community that they physically belong here.” According to Campus Housing, UW’s new residence building has a targeted opening of September 2026 and will prioritize Indigenous design principles, as well as amenity spaces that promote learning and wellness.

When asked about the purpose of the gathering space and the role she hopes it will play on campus, Smith said, “I think it’s a great covered space when it comes to accessing the outdoor spaces on campus.” She added that the area can be used for casual and formal gatherings. A formal event was held in the gathering space for National Day for Truth and Reconciliation on Sept. 30, which included a sunrise ceremony and commitment polishing ceremony. Events like this provide the opportunity for Indigenous culture to be grounded physically and stand year-round as a reminder of the work that’s been happening.

Smith was asked about her thoughts on the university’s overall efforts on truth and reconciliation. She explained that when she was an undergraduate student back in 2014, there weren’t many Indigenous staff on campus or events held to spread awareness about Indigenous peoples. “When the Truth and Reconciliation Commission came out, there was a lot of information sharing, a lot of workshops and trying to spread awareness on Indigenous culture and peoples,” Smith said. “I was a part of the Indigenous Student Association that was helping with terms [of] acknowledgment at the time, starting those up.”

She emphasized the massive shift on campus in the past couple of years with the presence of Indigenous student support systems. She stated that “at the Waterloo Indigenous Student Centre we are allowed to focus solely on Indigenous student support and connect with students one-on-one.” Additionally, teams such as the Centre for Teaching Excellence and the Office of Research now have dedicated Indigenous teams, which didn’t exist several years ago. “It’s a massive change to see everything in a short amount of time and it’s only going to get better from here.”



Diverse volunteer opportunities available on campus

Dildare Yurtsever, Contributor

Ever wanted to volunteer on campus, but don't know where to start? Well, look no further, because this is the ultimate guide to the on-campus volunteer opportunities right here at UW. Since the strict COVID-19 guidelines were lifted, in-person volunteer opportunities have consistently increased. At the same time, there continues to be many new online volunteering opportunities, offering flexibility to students no matter their location.

Robert Case is an associate professor at Renison University College who specializes in social developmental studies and focuses his teaching and research on social welfare and policy, as well as community-based activism and resilience. Case described volunteering as something that not only has concrete benefits such as developing new skills and networks, but also that it “helps build a sense of community cohesion and belonging.” There have been various transformative impacts that have been made in the world, from civil rights movements to abolitionist movements, and Case described all of these big changes as having volunteerism at their core: “That’s people doing things together, giving freely of their skills and their time as a form of volunteering.” Additionally, Case stressed the importance of developing skills of mutualism and cooperation within our communities to overcome our biggest worldly struggles such as climate change. “It has been through cooperation and mutual aid that we have achieved our greatest successes... and volunteering feeds those aspects of the human condition,” he stated.

Case had three pieces of advice for individuals who are considering volunteering for the first time. First, to remove some of the unfamiliarity that comes with volunteering, it helps to connect with friends and see what they are up to within the community. Second, follow your passion and don't be shy to reach out as there are countless organizations seeking volunteers. Case mentioned that it can take time to find the perfect role for yourself but it is crucial to keep in mind that “you're one piece of the puzzle” and that “your efforts are going to be valued regardless of where you think you are in terms of skills and knowledge.” Last but not least, you can also take the initiative to start up your own cause based on what you think the community would benefit from — Case urged people to remember, “volunteering is not an expertise-based thing necessarily, it is about participating and getting involved.”

With those benefits in mind, let's explore some of the ways to get involved in the UW community.



AccessAbility Services

AccessAbility Services is UW's main office that works to accommodate the learning needs of students with disabilities as they navigate their academic life. Students who are aided through AccessAbility can have a range of disabilities, some visible and others not, and can encompass emotional, physical, and psychological conditions. One of the most helpful and low-commitment volunteer opportunities available is the notetaker position. AccessAbility Services lists specific courses that require volunteer notetakers on their website, who will be responsible for sharing the class notes that they have taken through a PDF submission. After these notes have been submitted to AccessAbility services, they can be used by students who require accommodation in their learning.

Another volunteer opportunity available through AccessAbility Services is the Peer Mentorship Transition Program. This volunteer position provides students who are already registered with AccessAbility Services an opportunity to support incoming first-years with the transition into university life and refer them to any services or resources that help their learning. This volunteer position requires a commitment of one hour per week for a full academic year (fall and winter term) to meet online with their assigned mentee. If you are looking to apply, you will need to pass the interview stage as well as complete a Foundational Training Program for Peer Leaders to ensure that you have the skills needed to help navigate first-years as they transition into university life.

The Writing and Communication Centre

The Writing and Communication Centre (WCC) helps students hone their writing and communication skills, from resume reviews to help with writing papers. The WCC also enlists the help of volunteers to host English Conversation Circles (ECC) for multilingual students who would like to practice their conversational skills with other peers. To be able to run the ECC, the WCC hires volunteer facilitators to oversee the program and engage with individuals to help them practice their English speaking skills. The ECC is currently paused for the fall 2024 term as they review the program with campus staff and participants to ensure that the right programs and services are being provided. In the meantime however, the Renison Student Experience and Housing Division has a Conversation Partner Program on campus that pairs English language learners with

volunteers to practice conversational skills and engage in activities that promote intercultural exchange and learning. Volunteers are actively hired for this program and they get involved in helping international students practice their English skills, but they also get the opportunity to learn about diverse cultures around the world through the intercultural activities that are hosted.

Faculty-specific volunteer opportunities

There are many faculty-related volunteer activities that students can engage in. For instance, orientation leaders are frontline at welcoming first-year students to university life during the first week of September. These leaders are responsible for coordinating and leading engaging activities for incoming students, answering questions about student life and making presentations to increase the knowledge base regarding the programs that they will be studying. The orientation leader experience is also fun and fulfilling for leaders themselves as they get to spend time outdoors, playing games like water balloon fights, chalk throws, and ice breaker games all while engaging with first-year students. “It was a very rewarding experience, knowing that I was making a meaningful impact on the faculty of health by warmly welcoming the first years,” said Feyza Tunc, a third-year health sciences student and a 2024 faculty of health orientation leader.

In addition to volunteering as an orientation leader, students have the opportunity to become a faculty ambassador. Faculty ambassadors are the “face” of the faculty for prospective undergraduate students. They are responsible for demonstrating leadership skills by representing their faculty and program at various events tailored towards prospective students and their families. Some of the duties include leading campus and faculty-specific tours, participating in both on- and off-campus recruitment events, and being a part of a student panel at fairs such as the Ontario Universities’ Fair and the Fall Open House. Other roles include allowing prospective students to shadow you for a day, writing welcome notes for accepted students, as well as visiting high schools to share about the specific faculty and program.

Furthermore, faculty-specific societies are always looking for passionate students who would like to get further involved in their respective faculties through leadership positions. These societies include the Association of Health Students Undergraduate Members, Arts Student Union, Accounting & Finance Student Association, Engineering Society, Environment Students Society, Mathematics Society, Science Society, and Waterloo Architecture Student Association. All of these are volunteer-run student organizations that represent undergraduate students in their respective faculties, and often hold events that target the academic and social aspects of student life.

AHSUM

AFSA



MATHSOC

WUSA and student-run services

Countless student services — through WUSA and independent student-run societies — seek volunteers each term. Keep in mind that there are many others than the ones listed here — club fairs and online platforms are a great source to discover more information. Starting off, Racial Advocacy for Inclusion, Solidarity, and Equity (RAISE) is a service run by WUSA that seeks to address racism and xenophobia in the UW community. Volunteers at RAISE are responsible for providing peer support at any time and hold supportive and informed conversations with those seeking to discuss sensitive topics. They are responsible for attending office hours, monthly meetings, and participating in events that center around inclusion, diversity, and education in the UW community.

Additionally, the Women's Centre is a WUSA-run service that seeks volunteers each term to support all women and transgender individuals in their journey through university. Just as with RAISE, volunteers at the Women's Centre are responsible for engaging in peer support services, which entails connecting individuals with resources about sexual and mental health, and healthy relationships.

Lastly, the Campus Response Team (CRT) is a student-run service that houses first-aid trained individuals who volunteer at major campus events such as Carnival Night and Black and Gold Day, acting as the first point of response in case of emergencies. If you are looking to join the CRT, you will need to have a valid first aid certification and must successfully pass the interview stage.




These are only some of the many volunteer opportunities available at UW. Remember, volunteers are a crucial aspect of university life, so feel free to explore campus to see where your help is needed.



Falling leaves, changing seasons:

Thriving through change

Carlà Stocco, Contributor



Nothing feels the same. That was how I felt and is most people's likely reaction to change. Fall term arrived, and all too soon, I felt forced to face changes I fought to resist. A close friend moved on, a potential relationship wasn't meant to be. Suddenly the people I talked to weren't there. Life was changing and far too fast for comfort. I ached for familiarity, for the feeling of being known and knowing what to expect. The first part of being able to later thrive through these changes seemed to be acknowledging my feelings. I didn't need to pretend it wasn't hard missing people, or missing familiarity. Whether you're a first-year missing home or a fourth-year missing a friend, you deserve to feel your way through these changes. Somewhere between change and longing, you'll find your footing and just might find a new way to stand.

Why does change feel so difficult?

Change and unfamiliarity are challenging because they go against what we are biologically wired to seek—the familiar! An article from *Psychology Today* describes how familiarity has long been conducive to our survival. Evolved psychology supports the idea that our brains are wired to keep us safe from potential threats in our environment. Encountering a person or place multiple times and coming away unharmed leads our brain to prefer the familiar that is safe.

Equally, when we are forced to embrace change and unfamiliarity, considering how evolutionary psychology and our neurobiology play a role in our discomfort might help in developing compassion as we navigate changing courses, workplaces, or relationships.

So, wherever you find yourself this fall term — be it as a first-year adjusting to a new city, a third year overwhelmed by a challenging course load, or perhaps a fourth-year student struggling to accept the loss of a friendship — just as the leaves change color, life is always shifting. Although alone you can convince yourself otherwise, difficult changes happen to everyone. The best part? The falling of leaves also signals a new season will be arriving. Every new season can be a new shot at what you hope for. Find inspiration in considering how loss and change can make way for all that you will gain.

Noticing the little things amid big changes

Ever had a stranger do you some unexpected kindness on what had felt like the worst day? Sometimes looking back on our day, we begin to notice the little interactions and moments that make us feel whole. When feeling lost amid changes, taking note of the seemingly small positives in a negative spiral can remind us of our shared humanity, our shared struggles, and our shared ability to thrive. Positive psychology, for example, teaches us the value of noticing the things in life that make it both worth living and worthwhile. Dr. Eric Kim, a researcher in the field of public health at Harvard University, encourages us to consider jotting down three things we are grateful for on a nightly basis, as well as a second list of three kind acts we did for others. This practice, Kim encourages, can help us develop greater optimism, in turn reducing our tendency to spiral into negative rumination and instead notice the seemingly little things in life that can spark great joy over time and consistent practice. In summary, when it comes to noticing the little things, thinking back on these positive occurrences and your ability to spark kindness, can help shift your mind to a more positive head space.

Navigating change in university

Amid crowded transit, competitive job searches, and never-ending assignments, it sometimes feels like the hardest parts of university life remain the same. Meanwhile, friends drift, feelings shift, and courses and co-op jobs change frequently, making consistency in every area it seems to matter most missing. I reached out to Melissa Strachan, the associate director of counselling services at UW, who works with a team of counsellors at Campus Wellness that are committed to finding ways to support students in navigating change and promoting mental wellness. When asked how students can use tough changes to their advantage, Strachan suggests thoughtful reflection as a first step: “I think if someone takes the time to reflect back on life changes [they experienced] that were difficult, we can really learn a lot about ourselves and they can teach us how we move through struggle, how we move through challenges.” Strachan underscores the importance of asking oneself what we’ve learned through challenging times and how we have grown through similar experiences.

Looking for some quick tips you can start applying now to kick start your ability to handle tough changes? Or, prefer actively practicing these tips in a structured program designed to support you? Campus Wellness counsellors have shared their tips for thriving through changes this season and we’ve listed programs offered that can help you actively work on these skills:

Tip #1

Be patient, allow time to grow into yourself, and don’t be too hard on yourself

Ask any upper-year student on campus and they’ll likely admit they’ve developed much greater self-confidence after being successful for over three years at university. Chat with most first-year students and many will share anxieties about adjusting to university life after high school and discovering themselves in a new environment. Understand that it takes time to adjust to change, whether that means living with a roommate in residence or taking your first 400-level course, be pa-

tient and gentle with yourself. With greater self-compassion, you can eliminate self-imposed pressure to immediately adjust to life changes. The Mindfulness Self-Compassion program offered by Campus Wellness builds both of these skills in an effort to build participants’ resiliency. Mindfulness is often considered the first step in healing from tough emotions, allowing us to actively look at our difficult thoughts and feelings with curiosity, rather than judgment or shame. Combined with self-compassion, participants can learn to approach challenges with honesty and the compassion needed to heal from tough changes.

Tip #2

Communicate how you feel and reach out to supports

Learning to share your feelings and experiences during a period of change is essential to getting through it. To effectively cope with change, talk about your feelings and reach out to the supports around you. Many research studies have been cited in finding that journaling and expressive writing can be effective in reducing feelings of depression, anxiety, stress and enable better emotional regulation and self-awareness. Campus Wellness offers a new program called Journaling for Well-Being that offers an encouraging environment in which students “use reflective journaling to help [them] identify personal narratives that are negatively impacting how [they] think, feel, and interact with others.”

Tip #3

Stay connected to your family and friends

Whether it’s in-person, over text, video chat, or phone calls, staying connected to family and friends is a crucial aspect of being able to withstand the adversity that can follow major life changes. Feeling like you have no one to turn to? The WUSA Mates program offers one-on-one peer support, for students seeking a confidential chat with a peer eager to support them, be it with the university transition or developing better study habits. Book an appointment with a peer from Mates by emailing mates@wusa.ca.

Tip #4

Strive for a balance of school, social activities, and self-care

Learning to balance courses, social time, and self-care can be a major challenge in university. However, developing this balancing act is essential to keep yourself from burning out when unexpected changes to plans inevitably come about. Finding a hobby or club of interest can be an effective way to integrate both social time and a self-care activity. It can take time to find an activity you enjoy and that's okay. Karin Browne, the coordinator of competitive clubs, aquatics, and first-aid at the athletics and recreation department, believes that sports and physical activity "offer a stress-relief/outlet for students, [allowing them] to find a sense of community when they participate in activities with others who may have similar interests outside of academics." Not everyone will enjoy jogging or playing basketball. As Strachan underscores; "it's a matter of figuring out which [activity] really speaks to each individual person."

Note: You can sign up for programs offered by Campus Wellness by logging into your Portal account and selecting the 'Calendar' icon at the left hand side and clicking 'Events.' From there you can search for a program name or scroll to find the program you're looking for.

Understanding change

You need not rationalize every change, you might never be able to find the reasons for why some things stayed while others shifted. There is much peace we can find in accepting what cannot be undone. Sometimes the knots we tie so tightly, when they finally unravel, become the threads that tie together the greatest possibilities we never imagined.

As I find myself walking through an autumn forest this fall, shades of auburn and orange continually remind me just as the leaves change before the arrival of a new season, life changes before every new chapter. The green foliage of summer; now unrecognizable in the face of a sunset of colors. So, if life this fall is missing some familiar colors, welcome the new shades you're beginning to see. They might not be the colors you expected or signal the new season you wanted, but sometimes the most beautiful colors hide behind the hardest changes.



A look at the WUSA 2024 CARNIVAL



Sarah An

shot on Polaroid at
the Imprint booth

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APPLE CRUMBLE

Ingrid Au, Contributor



With the fall season fully integrated into our routines, consider putting apple picking on your agenda. This recipe celebrates the year-round fruit that complements fall flavours in the form of an apple crumble.

Apple crumble ingredients:

6-8 apples, sliced; sizes may vary, but aim to yield about 3 pounds of whole apples
½ cup of brown sugar
1 tbsp of lemon juice
1 tbsp of cinnamon
1 tbsp of cornstarch
½ tbsp of nutmeg
1 tsp of salt
1 ½ cup of store-bought granola

Homemade granola ingredients:

1 cup of old-fashioned rolled oats
4 tbsp of brown sugar
½ cup of melted butter; slightly cooled
Optional: chopped pecans, walnuts, or other nuts of your choice

Tools:

A brownie or pie pan
A mixing bowl

Instructions:

Preheat the oven to 350 F.

In a mixing bowl, combine the sliced apples, brown sugar, lemon juice, cinnamon, nutmeg, and salt.

Once combined, add the cornstarch to act as a thickening agent for the crumble. Pour the mixture into the pan and sprinkle on the premade granola.

Optionally, to make your own granola, mix the ingredients above together in a bowl and pour it on top of your apple mixture.

Bake the crumble for about 30 to 40 minutes or until the surface is golden brown if you used homemade granola. If you are using premade granola, bake it for about 15 to 20 minutes or until golden brown. Once baked, set it aside for about an hour to cool.

Optionally, you can sprinkle additional brown sugar on the top for an extra crunch after the crumble has cooled.

This recipe is the perfect comfort food for the fall as the days get shorter and the nights get cooler. Grab a slice of apple crumble, a warm blanket, and a good book, and you are all set for the fall. Enjoy!

October crossword

Zoe Cushman, Contributor

ACROSS

- 1 Words to live by
- 6 Gumbo ingredient
- 10 Egyptian deity of crafts and trades
- 14 ___ David Gilbert (internet funnyman)
- 15 Place for boats
- 16 ___-Cop (movie) or ___ Recall (video game)
- 17 Normal guy (two words)
- 19 Kitchenware brand
- 20 Solitary, as a wolf
- 21 Help
- 23 Told to back off, as a cat would
- 27 Smack
- 28 Willow twig used for basketry
- 29 Wartime roadside hazard (abbreviated)
- 31 Hawaiian greeting
- 34 Spud
- 36 Keepsake
- 38 Packing foam (abbreviated)
- 39 Trumpet section
- 41 Dictator Amin
- 42 Answer
- 45 Puts up with
- 48 Ukranian port
- 49 French for 'summer'
- 51 Bring to mind
- 52 Following
- 54 Examination dissecting meaning
- 56 Bass vocalist Avi
- 58 Revolutionary thinker Marx
- 59 Double-reed instrument
- 60 In full
- 66 What an eye and a microscope have in common
- 67 Cash drawer
- 68 World's smallest island nation
- 69 Exclamation of woe
- 70 Turn on an axis
- 71 Epic set during the Trojan War

DOWN

- 1 Grad school management degree
- 2 Korean reverse-isekai metafiction text published online (abbreviated)

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17						18					19				
				20					21	22					
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42			43	44					45	46	47				
48						49		50		51					
		52				53		54		55					
56	57							58							
59						60	61					62	63	64	65
66						67					68				
69						70					71				

- 3 Draw, as a score
- 4 Hydrocarbon liquid
- 5 Vigilant (two words)
- 6 Company responsible for ChatGPT
- 7 Toki Pona word that was originally an April Fools joke
- 8 Classic car
- 9 Regions
- 10 Event for select customers
- 11 Constructed languages inspired by Toki Pona
- 12 Kindergarten learning goal (abbreviated)
- 13 Owl sound
- 18 Deity in many religions
- 22 Eastern European
- 23 "Fingers crossed!" (two words)
- 24 Crustacean that is just a little guy :)
- 25 Glyph script developed by linguist Sonja Lang for Toki Pona
- 26 Ocean
- 30 To-___ (items on a list)
- 32 Matsui or Matsuyama
- 33 Comes about
- 35 ___-Wan Kenobi
- 37 Canada's immediate neighbour (abbreviated)
- 40 Fish eggs
- 43 Good-for-nothing
- 44 Biological categories
- 46 Peach cocktail featured in 'American Psycho'
- 47 Climbing vine
- 50 Facilitate
- 53 Woodworking fasteners
- 55 Assembled by, in sheet music
- 56 Soft drink nut
- 57 Brother of Cain
- 61 Nothing
- 62 Lentils
- 63 App part that enables interaction (abbreviated)
- 64 Themed period of time
- 65 Defective item

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WOMEN'S HOCKEY



OCTOBER 10

7:00 PM
CIF ARENA

W/M BASKETBALL



NOVEMBER 1

(W) 6:00 PM (PW) 8:00 PM
CARL TOTZKE COURT (PAC)

W/M VOLLEYBALL

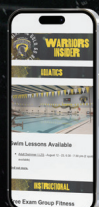


NOVEMBER 8

(W) 6:00 PM (PW) 8:00 PM
CARL TOTZKE COURT (PAC)



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