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#### two referendums and two different results

Mariam Naim, Contributor

an you remember what you were doing eight years ago? Do you remember what the world was like back then? Probably not—recalling memories from eight years prior would be a difficult task for anyone to achieve. However, there can be no denying that every single moment of those eight years was a building block for who you are and what the world is now. Little steps of change can be felt in everything that happens, even if that change occurred just yesterday.

#### 2016

Eight years ago, a referendum was called to discuss severing ties with five Israeli institutes. The question posed by the referendum was, "Do you think the University of Waterloo should sever ties with the following institutions due to their complicity in violation of human rights of Palestinians?" The institutions listed were University of Haifa, Hebrew University of Jerusalem, Technion - Israel Institute of Technology, Tel Aviv University, and Weizmann Institute of Science.

Both sides were allowed to argue their beliefs before the student body at a debate held in January 2016. During the debate, the two sides argued over three points:

- Maintaining or severing ties with the universities will benefit those living in the region of the universities (Israel and Palestine)
- Maintaining or severing ties with the universities will benefit the undergraduate students of the University of Waterloo
- Maintaining or severing ties with the universities will benefit Canadian society at large

The 'no' side believed that academics should be kept separate from politics. They stated that by severing ties with the five universities, there would be numerous consequences. For example, they spoke about the shortage of water in the Middle East, mentioning the research that Technion is conducting around water contamination and the harm that would come from severing ties. They mentioned reduced opportunities for co-op students, lack of innovation, and discrimination against Jewish students and Israeli universities. Furthermore, they stated that a university should not be held accountable for the actions of their country.

"There will be no benefit of this referendum to the Palestinian people or to the Israeli people living in the affected regions. There will be no benefit, the only end result of severing ties will be to create a further rift between the two nations," one member stated during the debate.

The 'yes' side argued that they were only seeking to target the five universities that are complicit with the Israeli Defence Forces (IDF), as opposed to all universities within Israel. They sought to follow the guidelines that Palestinians have highlighted for them in the Boycott, Divestment, and Sanction (BDS) movement. The 'yes' side spoke about the worsening violent conflict and how they wanted something to be done about it. Additionally, they asserted that they did not want their university identities to be associated with human rights violations, emphasizing that the conversation was larger than politics and that they should be having this conversation regardless of its political nature.

The 'yes' side asked the audience during the debate, "how would it feel if you were a Palestinian refugee coming into Canada and you [found] that your government or maybe even the university that you go to collaborates with universities that build the equipment that made you into a refugee in the first place?"

The result of the referendum was 'no' with 55 per cent of voters choosing not to sever ties. With that referendum, it was assumed that the topic would be laid to rest. That stance would be challenged in October 2023 with a number of protests surrounding the partnership between UW and Technion due to Technion's partnership with the IDF and their role in the escalating Israel-Palestine conflict. One such protest was an encampment in May by OccupyUW on the Grad House Green that lasted for eight weeks. Not long after that, a new referendum was announced by WUSA. The unrest had been festering for a while and it finally came to a head in Spring 2024.



#### 2024

In Spring 2024, a referendum was called to discuss severing ties with one Israeli institution, that being Technion. There were two questions posed:

- Should the University of Waterloo sever its partnership with Technion-Israel Institute of Technology due to its role in the research and development of technology used by the Israel Defense Forces?
- Should the University of Waterloo review its partnerships and investment portfolios to ensure alignment with Environmental, Social and Governance (ESG) principles and Amnesty International, to prioritize institutions that demonstrate a commitment to human rights, peace, and international law in a manner that is timely and transparent to the undergraduate student?

This year, the 'no' side argued points similar to those from 2016. They mentioned that they wanted to support opportunities for students, collaboration, and prevent the end of innovation as stated on their many instagram posts. The 'no' side insisted upon the improvements made to water purification and shortages. They listed numerous innovative opportunities like quantum computing, making diagnoses faster, new treatment options in medication, and pollution free futures. They highlighted the accomplishments of the relationship between UW and Technion with 11 research projects and \$3.4 million in research grants. The 'no' side declared on their Instagram page @ uw voicesforeducation, "we're excited to see what the future holds as researchers continue to collaborate across continents, driving innovation that will impact industries and communities around the world."

The 'yes' side argued for the severing of ties

and reviewing of partnerships due to the growing number of human rights violation concerns arising with UW's relationship with Technion and Technion's relationship with the Israeli Defence Forces. Yasseen Mobada, media representative for the 'yes' side, stated, "The Israeli Defense Forces [are] frequently and currently committing very well-documented war crimes... they're doing this with the help of many military weapons and so, Technion is participating directly in the research and development [for those weapons]... and because of that, we don't think it's ethical, defendable for [UW] to participate in research with them." The 'yes' side affirmed that they do not agree with the university conducting research that "is violating human rights, that is harming the environment, that is going against social goals," confirming their fight for a review of partnerships.

The result of this referendum was 'yes' for both questions. For the first question, 83.9 per cent of voters chose 'yes' and for the second question, 88.6 per cent of voters chose 'yes.' This means that WUSA must adopt 'yes' as their official position and advocate on behalf of the student body in whatever ways they decide fit. The results of the referendum are not binding for the university itself, however.

As the world changed, the two sides remained similar to how they were years prior – however, the results changed.

When asked of their knowledge of the previous referendum, Mobada said that they were aware of it. "It showed us that our goals were achievable with a highly thought-out and comprehensive campaign," he said. "It showed us the UW students are conscious of how our institution chooses to impact the world around us. With the current Israeli war crimes throughout the Levant, we were also encouraged that much of the ignorance among the student body that existed some years ago had likely been lifted."

As previously mentioned, in the year prior to this referendum, a number of large protests took place to demand ties be severed. It is through these several recurring protests that the student body got to know the reasons why the partnership was protested, being convinced of the cause themselves. The protests were rigorous, loud, and had a powerful presence across campus across several months. They drew a large number of students to participate in them as well. The student body was aware in the year prior to the circumstances surrounding the referendum, and as Mobada suggested, this significantly influenced the results of the referendum.



# Embracing inspiration: The impact of literature in the Wild Writers Literary Festival

Ananya Muralidharan, Contributor

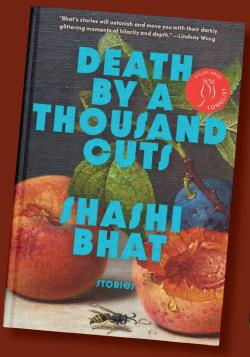


## It's not just for writers, but for everyone. Everyone can walk away excited.

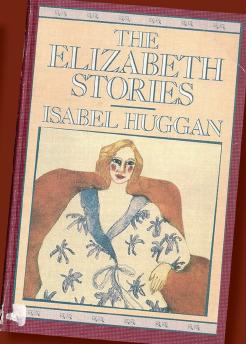


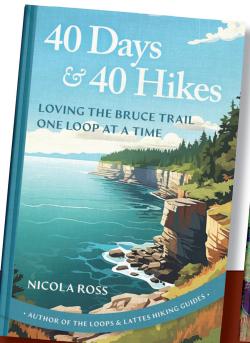
his is how student editorial assistant Georgia Berg described the annual Wild Writer's Literary Festival, which took place from Nov. 1-3 this year. Held by the *New Quarterly*, a Canadian literary magazine based out of St. Jerome's University, this festival hosts various workshops and panels for readers and writers, as well as celebrates the Canadian literary scene by featuring emerging pieces of Canadian literature.

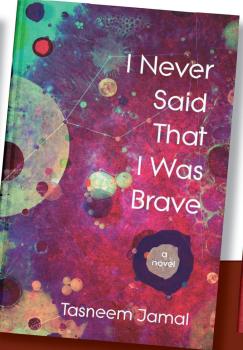
A number of UW faculty from the English department were involved in the festival this year. A panel about children's literature was moderated by professor Jennifer Harris, who has published numerous children's picture books in the past. In a conversation about the importance of children's literature, Harris expressed the lasting effect that picture books have on the lives of adults. "Children's literature is something a lot of people have really strong and fond memories of. We're at a university that values innovation, [and] where does innovation come from? Where do we learn to imagine, question, and look at the

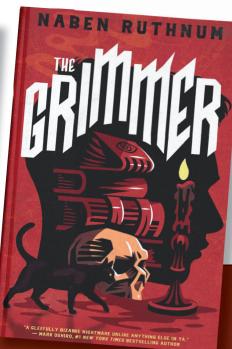


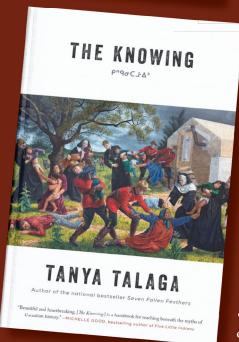












world differently? These are things we learn from picture books," Harris said. One of her works, *The Keeper of the Stars*, a tale about a young boy helping clean the night sky, was featured in the festival this year.

There was also a panel about horror in literature, moderated by professor Andrew Deman. When asked what people can take away from his panel, Deman said, "I would really love it if people could further garner a respect for the craft of horror and the complex symbolic engagements that it can have with our lived reality. It's a deeply underappreciated genre, both in terms of the craft that goes into it and also in terms of the value that it generates."

On the value of the festival as a whole, Deman conveyed the importance that the festival can have on all the ways literature manifests in our lives. "I hope people leave the festival feeling inspired and empowered to participate in all manner of literary endeavors. Not just [about] reading and writing, but also all the little ways that literary culture can draw out people's passions through pondering, discussing, and perceiving literature in new and exciting ways."

Professor Sarah Tolmie hosted a popular poetry masterclass called "Poetry Preparedness" sponsored by the UW English department. Tolmie, an accomplished author and poet herself, aimed to work with aspiring poets to hone their craft through a series of short, detailed, and diverse activities. She also aimed to implement physical exercises and objects, such as clay, to enhance the learning experience. "It's about realizing what skills you have [as] a language user. Those are the ones that will make you into a poet. Basically, [it's] instilling confidence in that simple truth," she said about a person's abilities to write poetry. *Check*, a poetic satire written by Tolmie about the groups we inevitably form, was featured as one of the works at the festival this year.

The theme of the festival's opening showcase was "Truth and Consequence," with many of the featured works using storytelling as a means to investigate personal and collective histories. You can check out some of the following titles that were featured at the Wild Writers Literary Festival this year, and you might even walk away inspired, empowered, and just a little bit excited.

# A review of the most popular Chaska menu items

Mariam Naim, Staff Writer

he long-awaited Chaska restaurant is finally open on campus! Chaska is an Indian restaurant that serves up street food from all over India. Being able to try the different street foods was a fond experience for the owner Naveen Seth as his family traveled across India to visit friends and family. Chaska is your chance to indulge in the vast Indian cuisine right here on campus. In fact, "Chaska" means obsession as Seth pointed out when talking about the origins of the restaurant name. Myself, along with Ashita Saxena, a member of the *Imprint* social media team, had the chance to try out the most popular menu items Chaska serves and tell you what we think of them!

Butter Chicken Rice Bowl 9/10

Price: \$10.99 regular, \$15.99 large

The butter chicken rice bowl was really tasty! The portion size was good for a meal and it came with rice, onions, and cucumber. The chicken was soft to bite into, and the pieces were big. It was not too spicy for those with a low spice tolerance (though personally, I would prefer some more spice).





A Chaska food truck at the fall 2024 WUSA carnival.

## Channa (Chickpea) Masala Rice Bowl

8/10

#### Price: \$7.99 regular, \$10.99 large

Another amazing bowl! The channa masala rice bowl was another hit! Each bite of the bowl was terrific with a mix of flavours. The chickpeas go great with the onions, cucumber and rice. However, it does get a couple points deduced because there was there was more rice than curry in the bowl.

## Naan - 7/10

**Price: \$2.99** 

The naan was a side item to complement the other dishes. The naan we got was thin and a bit hard to tear at points. Though it wasn't all bad, the naan was chewy and could hold the food that you wanted to eat with it quite well.

#### Bhalla Papdi Chaat

10/10

Price: \$10.99

The chaat is a must-try! The creamy sauces with the chutney, lentil dumplings and papdi were all perfect. The price and portion size was quite reasonable. I can see why it's one of the most popular dishes from Chaska. There was a lot of care that went into making this quality dish.

#### Kesar Falooda

9.5/10

**Price: \$7.99** 

The kesar falooda, upon first sip, tastes like ice cream! It is sweet and yummy. The rice noodles within the dessert added some needed contrast to the creamy treat. The only downside to this is that it's quite pricey for the size you get.

## Cutting Chai (Hot)

7.5/10

Price: \$2.99 hot, \$3.99 iced

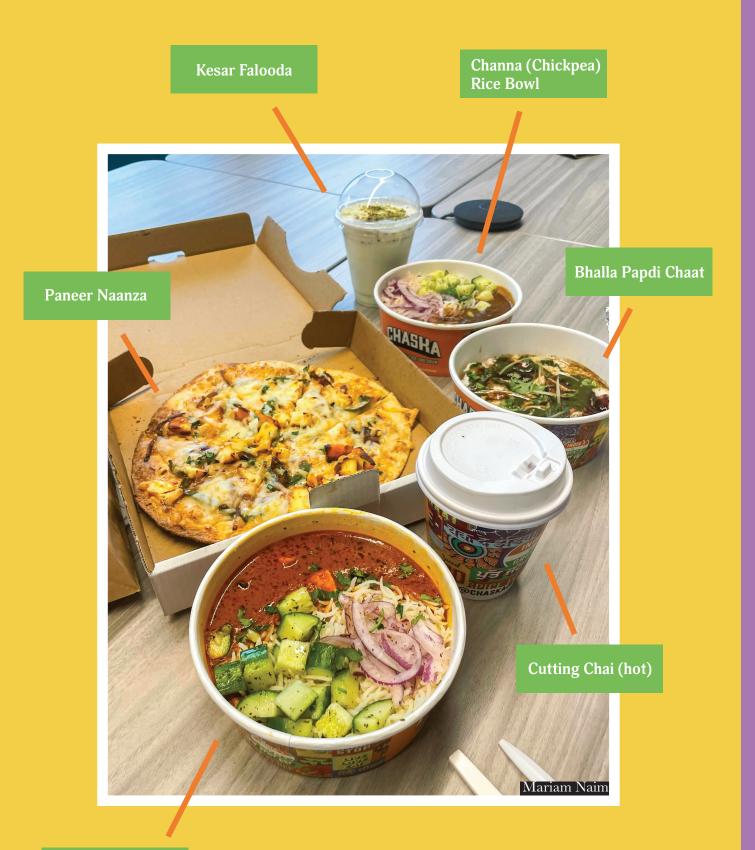
The cutting chai is strong and bitter, definitely recommend adding sugar to it, especially if you like your tea sweet. Regardless, the Cutting Chai tastes reminiscent of the chai from back home and their spice additions were tasty.

#### Paneer Naanza

8.5/10

**Price:** \$10.99

The paneer naanza is a bit spicy with the addition of green chilis — it's the kind of spice that doesn't seem so bad at first, but it builds up. In any case, the paneer naanza was a mix of cheese, manchurian and garlic sauce, onions, green pepper, green chilis, paneer, cilantro, and ginger. It's a wonderful combination that pairs well together to make for a delicious meal.



Butter Chicken Rice Bowl

### Nifty thrifty! A guide to thrifting and secondhand stores in Waterloo region

Ananya Muralidharan, Contributor

There's a certain magic that exists in secondhand stores, where every corner explored holds the potential for discovery. From unique fashion finds to quirky home decor, shopping second hand can be a fun and affordable way to expand your trove of items.

It can also be an effective way to reduce your environmental impact. Thrifting items such as clothes and furniture allows them to have an extended life cycle, ultimately reducing the volume of items being sent to landfills each year.

The Waterloo region has many secondhand stores that you can explore to find what you need. Whether you're looking for a cozy new fall sweater to match the weather's turning tides, or for an addition to your jewelry or furniture collection, look no further. In this review, we'll cover five thrift stores in the Waterloo region in terms of selection, price, and quality. Read on to find out where you might make your next great find!



#### Goodwill

**Hours:** Mon-Sat 9 a.m. - 9 p.m., Sun 10 a.m. - 5 p.m.

Address: 428 King St. N., Waterloo, ON N2J 2Z6

**Directions from campus:** Take the 201 bus towards Conestoga until the King / Weber stop. From there, it's approximately a two-minute walk.

**Price ranges:** \$6-\$10 for clothing, jewelry, bags | \$1-\$10 for kitchenware | \$5-\$30 for sports equipment, furniture, and luggage

**Selection of items:** Mainly clothes and kitchenware, furniture, games, puzzles, and sports equipment.

The Goodwill on King Street had a large and impressive collection of clothing. There was definitely a higher selection of women's clothing, with a big emphasis on tops and sweaters, though there were some options for men's pants and T-shirts. Due to the large nature of the store, you will need to spend more time looking for the things that appeal to you.

There was no used book section and their games and toys section was quite limited, but what was available was quite affordable compared to the rest of the store.

There was also a notable array of affordable kitchenware. I saw items such as cutlery, bowls, pots, pans, toasters, and sandwich presses. If you're looking to find some decently priced tools for your endeavors in the kitchen, Goodwill is a fantastic place to look.

My find of the trip were these two beautiful fall sweaters.



#### Worth a Second Look

**Hours:** Tues-Fri 9 a.m. - 5 p.m., Sat 9 a.m. - 3 p.m., closed Sun and Mon

Address: 37 Market Ln, Kitchener, ON N2H 1A1

**Directions from campus:** Take the ION towards Fairview until Kitchener Market station. From there, it's approximately a five-minute walk.

**Price ranges:** \$1-\$5 for books | \$1-\$30 for antiques and jewelry | \$30-\$200 for furniture

**Selection of items:** Antique items, furniture, books, jewelry, glassware, and fabrics.

Worth a Second Look is a secondhand store focused on providing used furniture and assorted houseware items. They also provide pick-up and delivery services to increase the ease of access to their used goods.

Their quaint store consists of two levels, with the first level containing a huge selection of antiques, speakers, fabrics, and home decor. The first floor also had quite an impressive variety of affordable books for sale, ranging from the classics to history books to photography collections.

The second floor housed the majority of the furniture for sale, varying from lamps, rugs, couches, dressers, dining tables, bookshelves, and artwork, which all run more expensive than the items on the first floor, but still affordable compared to full-priced furniture items.

Worth a Second Look is a great place to find affordable furniture if you're looking to refurbish your place.

My find of the trip was this cool antique radio.

## Retail Therapy KW Thrift and Consign

**Hours:** Wed-Fri 11 a.m. - 7 p.m., Sat-Sun 10 a.m. - 5 p.m., closed Mon and Tues

Address: 150 Victoria St. S., Kitchener, ON N2G 2B5

**Directions from campus:** Take the ION towards Fairview until Central station. From there, it's approximately an eight-minute walk.

**Price ranges:** \$5-\$15 for clothing | \$1-\$5 for games, books, CD's | \$15-\$130 for the high end section | \$40-\$250 for furniture and artwork

**Selection of items:** A little bit of everything!

Retail Therapy KW Thrift is a non-profit thrift store, where all proceeds go towards the Domestic Violence Victim's Alliance, an organization that helps survivors of intimate partner violence. According to a volunteer that I talked to, the organization reserves Mondays and Tuesdays for survivors of domestic violence to get what they need for free.

It's a cozy store that has a roughly equal selection of men's and women's clothing. There's also a sizable children's clothes section at the back of the store, as well as a book and record section. Scattered around are all kinds of items for sale, such as games, puzzles, luggage, home decor, shoes, and sports equipment. You can also find a high-end consignment section, which runs more expensive than the rest of the store, where you can get artwork, fancy glassware, and higher quality clothes. Outside of the store, there's a separate art and furniture room that you need to be led to by a store associate, where you can find furniture and a large assortment of artwork.

Since the store is a bit on the smaller end, the selection is more limited, but don't let that deter you from

dropping by and supporting its great cause.

My find of the trip was a pair of gorpcore Timberland shoes.

You can find them at their Instagram @retailtherapykw.



#### **Talize**

Hours: 9 a.m. - 9 p.m. daily

Address: 1144 Courtland Ave. E., Kitchener, ON

N2C 2H5

**Directions from campus:** Take the ION towards Fairview until Block Line station. From there, it's approximately a five-minute walk.

**Selection of items:** Truly a little bit of everything!

Price ranges: \$4-\$10 for t-shirts and pants | \$10-\$25 for sweaters and dresses | \$3-\$25 for books, toys, jewelry, and kitchenware

Out of all the stores covered, Talize probably had the largest variety and availability of all types of items such as clothes, books, games, jewelry, and bags. They have an especially large selection of graphic T-shirts, women's blouses, pants, outdoor wear, and athletic wear. However, their furniture and sports equipment section was a bit limited with only a couple pieces for each section.

Similar to the bigger thrift stores in this review, you will have to spend extra time sifting through items to find what you want.

Talize also has a student discount of 10 per cent off for all regularly priced items, but you must present your student ID during checkout. Additionally, if you donate clothes at their donation center, you will also receive a \$5-off coupon for future purchases.

My find of the trip was this tan cotton frock.



#### White Tiger Vintage

Hours: Mon and Wed-Fri 12 p.m. to 6 p.m., Sat 10 a.m. - 5 p.m., Sun 12 p.m. - 5 p.m., closed Tues

Address: 248 King St. E., Kitchener, ON N2G 2L1

**Directions from** 

campus: Take the ION towards Fairview until Kitchener Market station. From there, it's approximately a five-minute walk.

Selection of items: Men and women's clothing, shoes, belts, and jewelry.

**Price ranges:** \$20-\$130 for clothing and shoes | \$20-\$40

for jewelry

White Tiger Vintage is a

quaint vintage store in downtown Kitchener that boasts an impressive collection of all things vintage.

There is a larger women's clothing selection, with

an especially large selection of women's skirts and dresses. That's not to say that you can't have your pick of men's shirts, pants, jackets, and graphic t-shirts. White Tiger Vintage also has lots of sweaters and cardigans for both men and women of varying colors, fabrics, and designs that are perfect for the incoming fall weather. There are shoes for both men and women that are placed all around the store for sale.

Since they are a vintage store, their prices run higher than the other stores covered in this review, but their selection is a bit more curated as well. They also have a sale section as well as a sale bin at the front of the store that is filled with items that are between 30 to 40 per cent off.

My find of the trip was this gorgeous black leather jacket.





## Meet UW's 12th chancellor: Jagdeep Singh Bachher

Humreet Sandhu, Staff Writer

Jagdeep Singh Bachher, UW's newest chancellor, was installed in a ceremony on Oct. 25. His term began on July 1, and will run until June 30, 2027. The role involves representing the institution at public events, presiding over convocation ceremonies, and conferring certificates, diplomas and degrees.

Bachher is a triple alumnus from UW and the university's 12th chancellor. Bachher earned a bachelor's in mechanical engineering in 1993, and went on to earn his master's in management sciences in 1994, and a doctor of philosophy in management sciences in 2000.

When asked about what drew Bachher to the role of chancellor, he said, "It's a role [that allows me] to continue being part of the university. And I thought it'd be extremely exciting and a chance to continue to give back and be more of a direct connection to the students. Hopefully through my actions I can inspire them and be a part of the happiest day of their life, which is convocation." Bachher has served on the UW's Board of Governors since 2018, including as its vice chair since 2020.

Bachher's day-to-day activities include introducing students and potential investors to the university and helping wherever he can. He stated, "The university community, the President's office, the board members, they all know that I'm the chancellor and [am] available to help out or participate in things that they think would be interesting." He emphasized that the role is a learning experience and therefore the more he learns, the more he can be aware of the things that are going on.

He noted that the convocation in June provided a chance for him to practice the ceremonial part of his role: "The June convocation was the pre-exam and October's convocation was the examination. I am glad I did the pre-exam because it gave me a sense of how things work and how well orchestrated everything is. My role is to be the global ambassador for the university, so it's really about connections and conversations." He also explained that if he could successfully preside over the spring and



fall convocations, that would be a win in the books of a chancellor's duties. Since the convocations, he has been reflecting on what more he can do as chancellor.

When asked about how he was selected to be chancellor, he said, "I don't think there's a hiring process because there's no recruiter, there's no headhunter, there's no job application. It is a voting process that is done by the academic Senate and they identify candidates and speak to them about their interests." He did however mention that when the 11th chancellor, Dominic Barton, was completing his term, the conversation of Bachher becoming chancellor was being tossed around.

Bachher was asked about what his experience was like as a UW student and how this has shaped where he is today. He started his first year of university at age 15, after he had just immigrated from Nigeria. "I'm sure it's not the ideal," he said. "You know, you're the youngest in your class. You can't go and party with your friends. You're getting used to a sort of different style of homework from what it was like when I was growing up in Africa. So I would say the first year was a lot of just learning the Waterloo way."

He emphasized that he wouldn't be where he is today if it wasn't for the university: "Many of [the] things that I might have learned at the university at the time, I may not have appreciated how important they were for the journey later on." Bachher explained that as a university student, you are constantly thinking about the next term and you're not really reflecting on and enjoying the journey.

When asked about his vision of the university in the future and what he would like to achieve by the end of his term, Bachher said, "It's very hard to measure the impact in three years. All you can do is begin a journey and lay a foundation. And right now, Waterloo at 100 is the journey that we are all on and that is 33 years from now. So [my] three years is really the first three of that 33-year journey. So what I'm hoping for is that I can help the university move in the direction of the mission around Waterloo at 100." Waterloo at 100 is a strategic vision looking towards the future of the university's 100th anniversary in 2057.

Bachher emphasized that we as a university need to set out global futures for society, health, and technology. He stressed that all faculties at the university need to work together to think about solutions. "We've been amazing at entrepreneurship, maybe we've got to think about social entrepreneurship," Bachher said. "If you connect the dots there's lots of new things that can be created and invented." He continued to talk about how important it is to set a bold vision, and how we also need the financial resources to get there. "The University of Waterloo in 67 years has grown to \$525,000,000 CAD. The question I've been asking is: why is the endowment only \$525,000,000? Why can't it be a billion dollars? We need to have the resources to be able to go after a bold vision."

"You don't dream of becoming chancellor but when it happens you realize it might be a dream for a day but it's actually your reality — and you want to make it an amazing reality," Bachher said, adding how anyone at the university today could become chancellor in the future if they stay connected and never forget what the university has done for them. He said, "It could happen in 20 years, could be in 15 years, but it's possible and to me, that was the most exciting thing... If I can do this, so can any of you."



## What to expect when you're expecting (to graduate):

#### Advice from a UW career advisor and UW alumni

Isabella McKenzie, Staff Writer

From the beginning of first-year orientation to the end of your final undergraduate exam, many UW students look forward to graduating one day. Life after graduation brings on a new chapter of excitement, relaxation, limitless possibilities, but most of all uncertainty. As the safety bubble of the UW campus fades into the past, post-grad life can prove more difficult than our original ideations. With spring convocation finished and fall convocation swiftly approaching, it's important to think about the future and hear some advice from recent UW graduates and a career advisor from the UW Centre for Career Development (CCD).

Alicia Flatt, a career advisor at the UW CCD, highlighted finding a job as one of the main challenges experienced by upper-year and recent graduates. "The 2024 job market is tough right now," Flatt said.

"There's all kinds of things you can do to help with your work search, but a big piece of it is to continue to talk to and connect with the people who know you and like you."

- Alicia Flatt, career advisor at the UW Centre for Career Development Grace Benjaminsen, a UW spring 2024 graduate in Honours Arts Communications Studies, echoed this sentiment; "I'm paying double the rent for half the size of a room, plus food prices... it adds up."

Luckily, Flatt highlighted a few strategies to help with the looming job search, such as learning more about the industry you want to work in by going on an informational coffee date with someone from that field. "There's all kinds of things you can do to help with your work search, but a big piece of it is to continue to talk to and connect with the people who know you and like you," Flatt said.

Flatt did this when she first started her job search. She advises people not to go into the informational interview trying to get a job, but for advice and connection purposes only – if they happen to have a job opportunity available, they will suggest it as a part of their advice. "Ask them a lot of questions about their journey, who they are, what makes them tick, why they like this role, and what challenges they see," Flatt said. "At the end, ask them 'What advice do you have for me and is there anybody else you would recommend I talk to?""

This final question opens the door to others you can talk to for informational interviews without the hassle and awkwardness of cold calling. "People love showing how well connected they are," Flatt said. "I said, 'Great, do you mind emailing them and CCing me and introducing me?"... I ended up doing all of these informational interviews with all of these different people, not because I knew them... I had the warm referral and that ended up being really, really helpful."

Flatt also emphasized the importance of being flexible during your job search, and how there may be more enjoyable job avenues than you might think. "What we sometimes do in our career planning appointments at the Career Centre is sometimes we take like that dream job that people have and we try to dissect it," Flatt said. "What part of that job compels you to drive toward it... you can pull out the different pieces and then see what other things have those pieces that you love but you were just so laser focused on that job title that you didn't see that there's so many other cool things to do?"

This mindset can open up more opportunities
-- you just have to let them in. This can include
part-time and contract work which is on the rise.
"I do believe that there is value in being flexible,"
Benjaminsen said. "When a great opportunity
knocks, you don't want to smother it just because
you have a plan laid out for yourself. If it feels
right, don't let your pride get in your way. Nothing
is set in stone."

Will Hardie, a UW spring 2024 graduate in Social Development Studies, has also found the benefits of being flexible during this post-grad period. "I'm trying to be flexible in where I end up... I'm just trying to enjoy being out of school for a bit and having a break," Hardie said. "It's okay to take your time to figure out what you want to do if you

aren't sure about where your career will end up."

"If [contract work is] not what you want, and if that's what you're finding right now, it's not because there's a deficit in you," Flatt said.

"I do believe that there is value in being flexible. When a great opportunity knocks, you don't want to smother it just because you have a plan laid out for yourself. If it feels right, don't let your pride get in your way. Nothing is set in stone."

- Grace Benjaminsen, a UW 2024 graduate in Honours Arts Communication Studies

With these greater opportunities comes more jobs to search through, so, it becomes that much more important to set small and realistic goals for yourself with meaningful breaks - whatever that means to you. "I know it's kind of cliché, but be as gentle with yourself as possible," Flatt said. "It can feel like 'I have to spend eight hours a day work searching'... that would be really hard - you've just punished yourself into thinking 'you need to work search' – it helps nobody."

Flatt recommends setting realistic goals such as searching for jobs for 30 minutes to an hour, ap-



plying to 20 jobs per day, or deciding on a timeline that works for you. "Giving yourself permission to enjoy yourself even when you're work searching is a huge way to make sure that your mental health doesn't tank while you're in this process," Flatt said.

Finally, take advantage of UW's Centre for Career Development resources before and after you graduate. Current students receive appointments with a career advisor for free, and UW alumni receive three appointments for free, then additional appointments at \$40 per hour. "My suggestion to you is to use the resources you have been provided by the university, like career counselling for example. Look for connections to other alumni and ask professors for advice – they went through the same thing too," Benjaminsen said. "Always remember that you aren't alone in this and everyone is feeling the same way you are."

Surrounding yourself with loved ones and your hobbies can help remind you of this during your post-grad chapter. Graduating isn't all about finding a job - it's also about reconnecting with your community, making time for yourself, and rebuilding your routine. Many students get comfortable in the UW community with friends, clubs, hobbies, and the school campus. All of that can change once you graduate.

"The emotional toll of graduating hit me the hardest. Emerging out of my comfort zone was difficult for me since I planted a lot of roots in Waterloo and at the university in my five years there," Benjaminsen said. "I was leaving behind my routine and a town I had come to know very well, my friends and roommates, my house I had lived at for years, and my go-to places on campus that brought me a lot of comfort... This may sound cheesy, but it wasn't

the city that brought me so much nostalgia, it was the experiences as well as the people I became so close with that makes me miss it so much."

Keeping these connections alive and developing new ones is just as important as finding a job, as it's vital for your mental health. "Connections play into the work search, but also your mental health and your sense of well-being once you've graduated," Flatt said. "Because the university is familiar, it can feel quite sudden to move away from it. Trying to build in connection points or opportunities to meet with people who know you and love you and find those people and hang on to those people as much as you can is a big one."

Flatt recommends picking out the aspects of university that you enjoyed, such as friends, hobbies, clubs, and intramural sports, and intentionally integrating those into your post-grad life. "Find ways to try to continue those hobbies that you formed, or that club or community involvement in some way, so there's a bit of a through line between your school self and your post-school self," Flatt said. "It's also okay to grieve. After you've experienced change, it's okay to be like, 'hey, I missed that."

Starting this new chapter of your life will be equally exciting as it is nerve-wracking. While the unknown can be scary, the unknown also means unlimited possibilities and opportunities to create the life that you wish to live. Many graduates have come before you, and maybe you'll be the alumni who will be giving advice one day. "I wish I knew how exciting it would be! Stepping out of your comfort zone and into something new is thrilling," Benjaminsen said. "Life is not a competition, so focus on your own journey, take things at your own

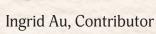
pace, and trust that everything will fall into place in its own time."





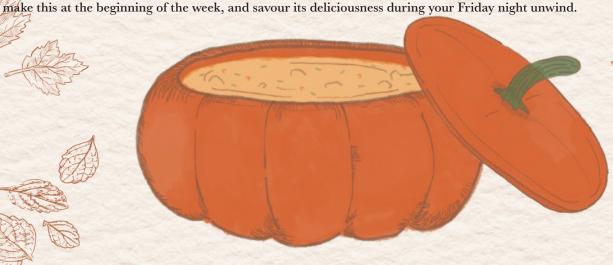
## ROASTED BUTTERNUT SQUASH SO





s the weather simmers to a cool chill, a warm bowl of soup is the perfect remedy after a cold day. Better yet, a soup made of the ultimate fall vegetable: butternut squash. This hearty soup is a dish that gets more flavourful as time passes. So







#### **Tools:**

Soup pot

Ladle

**Baking** sheet

Blender

#### **Ingredients:**

1 butternut squash

1 yellow onion, roughly chopped

5 cloves of garlic with peel

1 1/4 cup of coconut milk or 2 per cent milk

1/4 cup of heavy cream

4 tablespoons of olive oil

1 sprig of rosemary, finely chopped

Salt

Black pepper

#### **Instructions:**

Preheat the oven to 375 F.

Prepare the vegetables by slicing the squash

into large chunks and the onions into quarters. The garlic will stay in its bulb. Generously drizzle 2 tablespoons of olive oil over the vegetables and season with salt and black pepper.

Roast the vegetables for about 30-40 minutes or until the squash and garlic have softened and the onions are caramelized. Once the vegetables are finished, set them aside to cool. You must cool the vegetables before blending to prevent the blender lid from popping off due to rising heat.

Once the vegetables are cooled, squeeze the garlic cloves out of their bulb - the garlic will come out similar to a puree due to the roasting process. Then, blend the components until smooth.

In a pot heated with 2 tablespoons of olive oil, combine the blended vegetables, milk, cream, and rosemary. Season with salt and pepper, then simmer on low for 10 minutes.

In my opinion, November feels like the "Wednesday" of the year, stuck between Halloween and Christmas. Thus, the best way to celebrate this mundane month is by making soup. This way, you will always have a warm bowl of joy waiting for you after a long cold day.

#### November crossword

#### Zoe Cushman, Contributor

#### **ACROSS**

- 1 Secure, as a chest
- 5 Dual-purpose furniture item
- 10 Moonfish
- 14 'To ahve \_\_ in one's bonnet' (two words)
- 15 Slightest amount
- 16 Staple food for much of the world
- 17 Harvest
- 18 UW science faculty publication (two words)
- 20 Spare (two words)
- 22 3-D painting game set in Montreal
- 23 'Me, myself, \_\_' (two words)
- 24 Spanish contemporary art fair held in Madrid
- 28 Restaurant chain known for its breadsticks (two words)
- 32 Web service known for its iconic "You've got mail!"
- 33 Genre of The Onion or The Beaverton
- 34 Wide shoe sizes
- 35 \_\_g (Android phone)
- 36 Mazda model that used to have pop-up headlights
- 37 Transgression
- 38 Software test releases
- 39 Without direction, as an action
- 40 Climate change contributor (abbreviated)
- 41 Change genetically
- $42\ Unconditional\ social\ welfare\ program$
- (abbreviated)
- 43 UW engineering faculty publication (two words)
- 45 Domain of Agamemnon
- 47 Therefore, in Latin
- 48 Nwadiwe of Um, Actually
- 49 UW math faculty publication (two words)
- 53 Yogurt drink with fruit (two words)
- 57 Treble woodwind
- 58 American state with a motto of simply
- "Industry"
- 59 Controversial biotech giant
- 60 Adult female horse
- 61 Amount owed
- 62 "More Than a Friend" artist
- 63 Checked out

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61					62						63			

#### **DOWN**

- 1 Unadorned
- 2 Curly-horned mountain goat
- 3 Tidy
- 4 Moral filth
- 5 Iowa town twinned with Gjakova, Kosovo (two words)
- 6 Muse of astronomy
- 7 Weight allowance
- 8 Doc\_\_, foe of Spider-Man
- 9 Mortal enemies
- 10 "Coffee ?" (two words)
- 11 Where the orchstra sits in a theatre
- 12 It might be up one's sleeve or in the hole
- 13 She/\_\_
- 19 Memo directive
- 21 "The end of \_\_" (two words)
- 24 "Take Me Back to \_\_" (2023 Sleep Token song)
- 25 Strong Chinese liquor
- 26 Versatile starch
- 27 "Soy un perdedor / I'm \_\_, baby" (Beck

- lyric, two words)
- 28 Atomic number 76
- $29 \; Put \; aside \; (two \; words)$
- 30 Slanted type
- 31 Rule
- 35 Musical time-keeper
- 37 Loafer or sneaker
- 38 Scottish town
- 40 Orange-billed goose
- 41 Gin and vermouth cocktail
- 43 Details (abbreviated)
- 44 Untrustworthy sort
- 46 Black ball in pool
- 49 Roman Catholic title (abbreviated)
- 50 Kijiji competitor
- 51 Had clothes on
- 52 Expected tournament ranking
- 53 Dirt and rain
- 54 Consumed
- 55 Snatch
- 56 'Who \_\_ to judge?' (two words)

